

Food while camping!

Decide well in advance of your trip how you will feed yourself at the event. Will you have cold, prepared foods from your cooler? Will you cook for yourself alone, or team up with friends to make a food group? Will you shop for food at the Pennsic food merchants (Do you like the food available? Can you pay the prices?) Or will you adopt a combination approach?

Be sure that any foods you bring with you are safe from the elements and from local wildlife! Be sure you have enough ice in your cooler, and that you can get more if you need it. Ensure that dry goods stay dry. When camping in a wilder park, put your food in the car to keep the animals out of it. Take your garbage out every night!

Bring sufficient bottled water for your needs, and a bit more to be sure. Water that is designated potable may still not agree with your stomach if you are used to city water. Pennsic water is potable but it is a funny colour, even after filtering, and has a lot of iron in it. This can give you a funny tummy, and that is no fun! At Pennsic you might want to bring only enough for camp use- there are lots of places to get it in "town".

If you will have a cold food weekend consider things like hams, dry sausage, cheese, boiled eggs, fruits, bread/buns/pita, granola bars, juice. Many foods can be had in tins or jars as well: tuna, bean salad, dolmades, hummus, baba ghanoush.

Even if you intend to buy most of your foods from vendors at Pennsic, there are a few things that are good to bring. I like to have breakfast foods in camp (perhaps Granola bars and tinned fruit) in order to have breakfast at my own pace, the hill seems very long on an empty stomach! I always leave camp with snacks like small bags of dried fruit or nuts in case I get hungry when on the go, or in class. Remember to bring a few easy-to-pack comfort foods. I always have some crackers and a tin of tomato soup, just in case I don't feel well. Most of your friends will let you use their equipment in such a case.

Cooking in camp is another whole article, but here are some tips to keep in mind. Prepare the menus well in advance while keeping in mind what equipment you will have for cooking. Look for sales on foods that you like and that will cook up easily. If you freeze the components of the second night's dinner, they will help to keep the cooler cold before then. Some ideas on period and easy-to-cook foods: BBQ pork tenderloin, beef rouladen with various fillings, sausages of all kinds; Rice/barley/bread; salad or cut vegetables cooked or raw. Remember that you cannot bring many foods into the US. It might be easier to pack your cooler with non-food items and go shopping when you get there. It saves space and you don't need to wonder if they will stop you at the border, or if your ice will last the trip in the hot car!