



A CAMP ON WHEELS FIELD GUIDE

15 Camping-Friendly *Recipes*

Breakfasts that survive the cooler, dinners kids actually eat, and desserts worth the sticky fingers — every recipe tested at a real campsite.



BEFORE YOU COOK

Hey there, camp cook.

Somewhere between the first coffee at sunrise and the last marshmallow at night, campsite food stops being about eating and starts being the thing everyone remembers.

We run Camp on Wheels — a family-owned business based in Edmonton — and every one of these fifteen recipes has been cooked beside one of our rooftop-tent SUVs, usually with a kid "helping" and at least one ingredient forgotten at home.

So these aren't chef recipes. They're camp recipes: short ingredient lists, most of the work done in your kitchen the night before, and nothing that can't survive a cooler, a bumpy gravel road, or a nine-year-old sous-chef.

Cook them in order, cook them out of order, or just steal the foil-packet trick and call it a win. Either way, nobody's going home hungry.

Happy cooking out there.

— *The Camp on Wheels Family*

The Menu

01	The Camp Kitchen	04
02	Breakfast — Recipes 1–3	05
03	Lunch — Recipes 4–6	06
04	Dinner: The Classics — Recipes 7–8	07
05	Dinner: One Pot at a Time — Recipes 9–11	08
06	Sides & Snacks — Recipes 12–13	09
07	Dessert — Recipes 14–15	10
08	Printable: Menu Planner & Grocery Staples	11
09	About This Guide	12

All 15, at a Glance

- | | | |
|-------------------------------|---------------------------------|-------------------------------|
| 01 Overnight Oats Jars | 02 Foil-Pack Breakfast Burritos | 03 One-Bowl Campfire Pancakes |
| 04 Build-Your-Own Trail Lunch | 05 Campfire Quesadillas | 06 Pesto Tortellini Salad |
| 07 The Foil Packet Dinner | 08 BBQ Veggie & Sausage Skewers | 09 One-Pot Mac & Cheese |
| 10 Walking Tacos | 11 Make-Ahead Campfire Chili | 12 Corn on the Grate |
| 13 Foil-Loaf Garlic Bread | 14 Campfire Cones | 15 Apple Crisp Foil Packets |

The Camp Kitchen

1 The Pack-From-Home Rule

Ninety percent of good camp cooking happens in your kitchen the night before. The campsite is for heat, smoke, and eating — not chopping.

- 🔥 Chop every vegetable at home and pack by meal, not by ingredient.
- 🔥 Freeze anything saucy flat in zip bags — it's an ice pack on day one, dinner on day two.
- 🔥 Pre-mix dry ingredients (pancakes, spice blends) into labelled bags.
- 🔥 One clear bin holds the whole kitchen — if it doesn't fit, it doesn't come.

Camp Kitchen Checklist

- ☐ Two-burner stove & full fuel canister
- ☐ Nesting cookware set & long tongs
- ☐ Small cutting board & one good knife
- ☐ Heavy-duty foil — more than feels reasonable
- ☐ Cooler, plus a water jug that stays on the table
- ☐ Two wash bins, soap, and a scrub cloth
- ☐ Lighter and matches, stored separately

GEAR SPOTLIGHT



The **Coleman two-burner stove** runs every recipe in this guide that doesn't need open flame — coffee on one side, breakfast on the other.

GEAR SPOTLIGHT



The **GSI Bugaboo Base Camper set** nests into one stack: two pots, a pan, and lids — the only cookware these fifteen recipes need.

PRO TIP #1

Write the menu on the kitchen bin lid with masking tape before you leave. When someone asks "what's for dinner?" for the fourth time, you just point.

Breakfast

Overnight Oats Jars

RECIPE 01 • SERVES 4 • ZERO COOKING

Pack: rolled oats, milk or yogurt, maple syrup, frozen berries, four jars with lids.

1. At home, layer oats, milk, syrup, and berries in jars.
2. Ride them in the cooler overnight — done.
3. Hand out jars and spoons while the coffee brews.

Foil-Pack Breakfast Burritos

RECIPE 02 • SERVES 4 • 10 MIN TO WARM

Pack: burritos rolled at home — scrambled eggs, cheese, potatoes, salsa — each wrapped in foil.

1. Make and wrap the burritos the night before you leave.
2. Warm 10 minutes on the stove or grate, turning once.
3. Unwrap halfway — the foil is the plate.



RECIPE 03 — MOMENTS FROM GONE

One-Bowl Campfire Pancakes

RECIPE 03 • SERVES 4 • 15 MINUTES

Pack: dry mix pre-measured in a zip bag (flour, sugar, baking powder, salt), plus an egg, milk, and butter.

1. Add egg and milk straight into the zip bag. Squish to mix.
2. Snip a corner and pipe onto the buttered pan — no bowl, no whisk.
3. Flip when bubbles pop. First pancake goes to the cook.

PRO TIP #2

Crack eggs at home into a screw-top bottle. No shells in the bin, no crushed cartons in the cooler, and kids can pour their own.

Lunch

Build-Your-Own Trail Lunch

RECIPE 04 • SERVES ANY CREW • ZERO COOKING

Pack: crackers, cheese cubes, sliced deli meat, grapes, cut vegetables, one cookie each.

1. Set everything out in its containers — that's the whole recipe.
2. Each kid builds their own box. Builders eat what they build.
3. Pairs well with a trailhead, a beach, or a tailgate.

Pesto Tortellini Salad

RECIPE 06 • SERVES 4 • MADE AT HOME

Pack: cooked tortellini tossed with pesto, cherry tomatoes, bocconcini, and olive oil, in one sealed container.

1. Make it the night before — it only gets better in the cooler.
2. Serve cold with a big spoon straight from the container.
3. Day-two leftovers are a legitimate breakfast. No judgment.



RECIPE 05 — CUT WITH SCISSORS

Campfire Quesadillas

RECIPE 05 • SERVES 4 • 10 MINUTES

Pack: tortillas, shredded cheese, leftover chicken or beans, salsa.

1. Load half of each tortilla, fold, and set in the dry pan.
2. Two minutes a side, pressed with the spatula.
3. Cut with scissors — faster than a knife, safer with helpers.

PRO TIP #3

Pack lunch in its own soft cooler bag on top of everything else. Nobody digs past tonight's dinner to find the cheese, and the big cooler stays cold.

Dinner: The Classics

The Foil Packet Dinner

RECIPE 07 • SERVES 4 • 25 MINUTES OVER COALS

Pack: four portions of sausage, chicken, or plant-based protein; baby potatoes, corn, sliced peppers, olive oil, salt, pepper, foil.

1. Divide everything across four sheets of foil.
2. Drizzle with oil, season, and fold into sealed packets.
3. On the grate over coals, 20–25 minutes, turning once.
4. Open carefully — the steam arrives before the food does.

Everyone gets their own packet, which means everyone gets zero complaints about touching food.



RECIPE 07, MID-COOK — COALS, NOT FLAMES

BBQ Veggie & Sausage Skewers

RECIPE 08 • SERVES 4 • 10–12 MINUTES

Pack: smoked sausage, peppers, zucchini, red onion, cherry tomatoes, oil, BBQ seasoning, skewers.

1. Vegetables cut at home; sausage sliced at camp.
2. Kids thread their own skewers — sausage-only is allowed.
3. Brush with oil, season, and grill 10–12 minutes, turning.

From Field Guide No. 01

These two earned their spot in our first guide, *Rooftop Camping with Kids* — where you'll also find the packing lists, kid-job charts, and the s'mores variations that go with them.

Dinner: One Pot at a Time

One-Pot Mac & Cheese

RECIPE 09 • SERVES 4 • 15 MINUTES

Pack: macaroni, a brick of cheddar (grated at home), butter, a splash of milk, salt.

1. Boil macaroni in just enough water to cover it.
2. Don't drain — let the last of the water turn to sauce.
3. Stir in cheese, butter, and milk off the heat.



ONE PAN, ONE PASS, ONE WASH

Make-Ahead Campfire Chili

RECIPE 11 • SERVES 4+ • REHEAT & TOP

Pack: your best chili, cooked at home and frozen flat in zip bags; shredded cheese and corn chips for topping.

1. The frozen bags keep the cooler cold on day one.
2. Day two: thawed and ready. Reheat in the pot, 10 minutes.
3. Top at the table — cheese, chips, and zero complaints.

Walking Tacos

RECIPE 10 • SERVES 4 • 10 MINUTES

Pack: single-serve corn chip bags, taco-seasoned beef or beans (made at home), cheese, lettuce, salsa.

1. Warm the taco filling in the pot.
2. Crush each chip bag gently, cut it open along the side.
3. Spoon filling and toppings straight into the bag. Fork in, walk away.

PRO TIP #4

Label every freezer bag with the day and the meal — "Sat dinner: chili" — before it goes in the cooler. Future-you, digging in melting ice by headlamp, says thanks.



Sides & Snacks

Corn on the Grate

RECIPE 12 • SERVES 4 • 15 MINUTES

Pack: corn cobs (husks on), butter, salt, a lime if you're feeling fancy.

1. Soak cobs in water 10 minutes, husks and all.
2. Straight onto the grate, 15 minutes, turning often.
3. Peel back the husk — it's the handle. Butter, salt, lime.

Foil-Loaf Garlic Bread

RECIPE 13 • SERVES 4 • 15 MINUTES

Pack: one loaf, garlic butter made at home in a small container.

1. Slice the loaf almost through, butter between every slice.
2. Wrap the whole thing in foil.
3. Grate-edge or stove-top, 15 minutes. Pull-apart from the middle.

The Standing Snack Board

Set out once, mid-afternoon, and let it run — it buys you an hour of quiet and saves the "I'm hungry" chorus before dinner:

- ☐ Apple slices and grapes
- ☐ Cheese cubes and crackers
- ☐ Trail mix — kids pick out what they pick out
- ☐ Refill the water bottles while you're at it

The Golden Rule of Sides

If it can be wrapped in foil, it can ride the edge of the grate while the main cooks. Corn, garlic bread, leftover potatoes — the fire has room for all of it.

PRO TIP #5

Bring one lemon and one lime. Nearly everything in this guide — corn, quesadillas, tortellini, even the snack board — wakes up with a squeeze of citrus.

Camp Drinks, Sorted

Kids: a hot chocolate kit in its own bag — packets, mini marshmallows, one shared whisk

Everyone: powdered lemonade mixed in the water jug on hot afternoons

The cook: coffee first, questions later — a small press or pour-over earns its space

Dessert

Campfire Cones

RECIPE 14 • SERVES 4 • 8 MINUTES

Pack: waffle cones, chocolate chips, mini marshmallows, sliced banana or berries, foil.

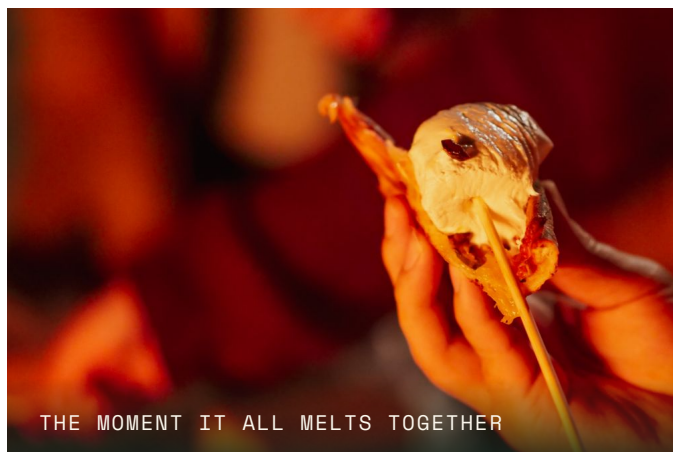
1. Each kid stuffs a cone — chocolate, marshmallows, fruit.
2. Wrap in foil and set near (not in) the coals, 6–8 minutes.
3. Unwrap into a warm, melty, self-contained sundae.

Apple Crisp Foil Packets

RECIPE 15 • SERVES 4 • 15 MINUTES

Pack: apples sliced at home with cinnamon and brown sugar; a zip bag of oats-butter-sugar crumble.

1. Apples into four foil packets, crumble on top.
2. Seal and set on the grate, 12–15 minutes.
3. Eat straight from the foil while someone starts the campfire story.



THE MOMENT IT ALL MELTS TOGETHER

S'mores, Still Undeclared

No dessert chapter replaces the original. Graham cracker, chocolate, golden marshmallow — and if you want the three upgrade variations (peanut butter cup, cookie s'more, banana boat), they're in Field Guide No. 01.

PRO TIP #6

Build dessert packets before dinner, while hands are clean and daylight is free. When the coals are ready, dessert is too.

Camp Menu Planner

Fill it in at the kitchen table. Tape it to the cooler.

PIN
THIS
UP

Day One

Breakfast _____

Lunch _____

Dinner _____

Dessert _____

Day Two

Breakfast _____

Lunch _____

Dinner _____

Dessert _____

Day Three

Breakfast _____

Lunch _____

Dinner _____

Dessert _____

1 Pantry Staples

- ☐ Olive oil, salt & pepper, BBQ seasoning
- ☐ Heavy-duty foil & zip bags
- ☐ Pancake dry mix, pre-measured
- ☐ Maple syrup & brown sugar
- ☐ Crackers, chips, trail mix
- ☐ Marshmallows, chocolate, graham crackers

2 Cooler Staples

- ☐ Eggs (in a bottle) & butter
- ☐ Cheese — block and shredded
- ☐ Tortillas & one good loaf
- ☐ One protein per dinner, frozen flat
- ☐ Fruit that travels: apples, oranges, grapes
- ☐ Milk or yogurt for the oats jars

ONE LAST THING

Where These Recipes Came From.

Every recipe in this guide was cooked — and burned at least once — beside a Camp on Wheels rooftop-tent SUV somewhere in Alberta, by us and by the families who rent from us.

Camp on Wheels is an Edmonton-based, family-owned rooftop-tent SUV rental business. We camp with our own kids in the same tents we rent out, which is why every recipe here assumes small helpers, big appetites, and one working cooler.

Curious what a rooftop-tent trip looks like without owning the gear? Find us at camponwheels.ca.



Need a campsite to cook at?

Scan for family-tested routes and trip ideas, or visit

blog.camponwheels.ca/tag/trip-suggestions



THANKS FOR READING

Now go burn *the first pancake.*

It's tradition. The second one is always perfect, and nobody remembers the first one anyway.

One last tip: keep this guide on your phone and print the menu planner — it's the page you'll actually use at the kitchen table the night before.

The Whole Guide in Five Lines

- 🔥 Prep at home; the campsite is for heat and eating.
- 🔥 Freeze dinners flat — ice pack first, meal later.
- 🔥 Foil packets forgive almost every cooking mistake.
- 🔥 Kids eat what kids build — let them assemble.
- 🔥 Build dessert before dinner, while hands are clean.

WHO WE ARE



We are an Edmonton-based small family business built around a simple idea: the best camping experiences should feel easy to start and hard to forget.

After exploring Alberta and the BC Rockies with a rooftop tent, we wanted other families, couples, and first-time campers to feel the same freedom we felt: drive a comfortable SUV, keep the gear organized, sleep above the campsite, and wake up close to the mountains.

"Go outside and start collecting memories."

— THE CAMP ON WHEELS FAMILY

Photography: Camp on Wheels; Michal Robak, Tea Creative, Dave Garcia, Lum3n, Kindel Media, Salim Da, and Stephen Leonardi via Pexels. Product images courtesy of Coleman and GSI Outdoors.

As an Amazon Associate, Camp on Wheels may earn from qualifying purchases.

camponwheels.ca