

CAMPGROUND COOKBOOK

Cinnamon Bay Campground
St. John, US Virgin Islands



By: Bladen Currier

COOKING KIT

- ★ Each tent is provided its own cooking kit, which includes:
 - Cooking mechanisms: a two burner propane cooktop and a charcoal grill
 - A lighter and a propane tank are included in the kit
 - Cooking Utensils: a sharp knife, a can opener, spoons, spatulas, tongs, etc.
 - Eating Utensils: forks, knives, spoons
 - Dishes: plates, bowls, cups, mugs, 1 pot with a lid, 1 pan
 - Other: a sponge, a colander, a clean/dirty dish tub, a large water jug, cutting board
 - There is dish soap at the communal dishwashing sink
 - Food Storage: A cooler, dry pantry box (can be locked), and shelves inside the tent
 - Ice not included



FOOD IDEAS

Breakfast:

- Coffee or Tea
 - Instant packets are the way to go!
- Oatmeal
 - Only downside is having to boil water in the morning
- Pancakes
 - 'Just add water' pancakes are easiest to make, but it does take time in the morning and creates more dishes to wash
- Cereal
- Breakfast bars
- Fruit
 - See lunch section below for fruit tips

Lunch:

- PB&J
 - Suggestions: squeeze pouches or bottles of peanut butter and jelly so that you don't have to wash spreading knives every time you make lunch
 - Many people either bought or brought bread. Some people had issues with the bread getting smushed, getting moldy quickly, and getting soggy in the cooler. I found tortillas to be the best option for me, they stayed good all week and had many other uses outside of pb&j!
- Pasta Salad
 - Chill leftover pasta from your dinner and add toppings you love! Some toppings I chose were chickpeas, carrots, cucumbers, diced chicken, and a seasoning.
- Fruit: apples, oranges, clementines, grapes, etc.
 - Some students say the produce at the grocery stores on the island were pretty rough, while others had no issues. The fruit there is very expensive though!
- Snacks
 - I don't have much else to add to the lunch list because pretty much everyone brought sandwiches and snacks to hold them over! Check out the snack section below for snack ideas

Dinner:

*** Dinners may not be what you are used to. It takes a little creativity and reaching outside your comfort zone. Try mix-and-matching some of the suggestions below to see what you can come up with!!

- Ramen
 - Consider protein packed versions
- Chickpeas
 - Seasoned with rice and canned veggies
- Fried rice
 - Eggs, rice, soy sauce, canned veggies
- Tuna
- Tofu
 - Make some at home and bring it with you!
- Premade rice packets
- Canned Black Beans
- Pre-cooked chicken
 - It may sound scary but Walmart has single serve, pre-seasoned chicken packets that add protein to your meals!
- Canned Veggies
- Mac n cheese
- Mashed Potatoes
 - Just add water!
- Pasta with marinara sauce
 - Add veggies and cheese
- Camping meals/ freeze dried meals/ dehydrated meals
 - Mountain House Brand and Tasty Bites are 2 top recommended brands from previous students
- Spam
- Tacos
 - Beans, corn, tortillas, guacamole, peppers, ground beef/chicken

Snacks:

*** Pro tip: Bring snacks packed with nutrients and protein because you will be exerting a lot of energy in the salty water and hot sun, but also bring snacks you like! If you don't like granola bars... don't bring them! You will want to snack on something you love. My goldfish packets really brightened my day.

- Protein granola bars (or regular)
- Nuts: peanuts, cashews, pistachios, almonds, etc.
- Trail mix
- Goldfish, cheezits, pretzels
 - Don't bring big bags of snacks, bring individual bags because big bags will go stale quickly!
- Crackers: peanut butter, cheese, plain, etc.
- Meats: Slim jim, beef jerky
- Candy: skittles, m&ms, starburst, fruit roll ups
 - Sometimes, you may really crave something sweet and you'll be so glad you have it! Be aware that it is hot and humid, so chocolates may melt and hard candy may get sticky
- Fruit strips, dried fruit, apple sauce, oranges

TIPS

What Else to Bring:

- Storage: ziploc bags, tupperware, saran/cling wrap, aluminum foil wrap
 - You definitely don't need all of these things, and you could likely get away with just bringing ziploc bags. It depends on your preference. But, having some way to store excess food and taking lunch to the beach is necessary! Tupperware is great for avoiding smushed sandwiches
- For flavor: Salt and pepper shakers, a mini/travel multi spice shaker, 1 time use spice packets, dressing packets
 - These things are not necessary to bring or buy, but could make all the difference in how much you enjoy your meal. You know yourself best- bring what you think you may want!
- Liquid IV/ Water Enhancers
 - Liquid IV is great for staying hydrated throughout the day. Water Enhancers such as gatorade packets, mio, and other brands, may help provide a little flavor and nutrients or vitamins you may be low on. The water offered at the sink is safe for drinking, but does not taste like the water you are probably used to. Some flavor can help hide the unusual taste!

- A lunchbox and ice pack
 - Also not necessary at all... Most people throw their lunches in their bag for the day and it works out great! If you prefer to keep your food cold and protected from getting smushed, this may be the way to go.

Group Meals vs Solo Meals

- There are two options for meals: you can make your own food, or you can plan meals to make with your tent group or other friends on the trip. There is no right or wrong answer here, it just depends on what you think will work best for you! Consider cost, bulk/weight of items (if you bring it with you), food preferences/allergies/intolerances, etc. when making these decisions
- It can be hard to coordinate with a group, especially with different food wants/needs, how many meals you plan to make together, people dropping out of a planned meal to go out to dinner, feeling too tired at night to make a whole meal as opposed to using a premade single serve camping meal, etc. Last year's group thinks that a mix of both solo and group meals would be best if you really want to try group meals!

Grocery Store and Other Food Options:

- On your first day you will stop at the grocery store on the way in. This is a great time to stock up on items you may need
- Throughout the week, there will be a few opportunities to stop at a store in town, but you will need to figure out when this may be and plan ahead of time so that you know what you need!
- The Cinnamon Bay Campground Store has some cold and dry food options if you need something. The selection is small but is definitely helpful if you run out of food and need something without having to make a trip in town
- The campground also has breakfast, lunch, and dinner meals that you can buy from the cafe. But be wary, these meals can be quite expensive!
- When planning meals, know that you will have one group lunch and one group dinner that are pre-planned by Brian. So no need for lunch/dinner on those days! Also consider what meals you may or may not need for your travel days