Free sample from The Car Camping Trip Planner & Skills Kit. This is worksheet 7 of 11. Get all 11 worksheets: carcampsetup.com/kit/car-camping-trip-planner-and-skills-kit

Meal, Water & Fuel Plan

Every meal, every gallon and every cylinder, before you leave

Name _____ **Trip dates** _____

People _____

Running out of water, fuel or a meal is the most avoidable way to cut a trip short. Plan each meal, then let the meals decide the cooler, the water and the propane.

Meal grid

Day	Breakfast	Lunch	Dinner	Snacks	Needs the cooler?
Day 1					
Day 2					
Day 3					
Day 4					

Cook the most perishable meals first; keep the last day's meals shelf-stable in case the ice runs short.

Water

Step	Rule	Your number
Gallons to carry	People x days x 1.5 gal (drinking, cooking and washing, the site's checklist figure)	
Never below	People x days x 1 gal, the Ready.gov emergency minimum for drinking and sanitation	
Reserve	Add one day in case you stay longer or it is hotter than forecast	

Step	Rule	Your number
Weight	Gallons x 8.34 lb (a full 5.3 gal container is about 44 lb)	

Propane (from the Propane Calculator)

Step	Rule	Your number
BTU burned	Burners x BTU per hour x hours a day x days x throttle (about 60 percent)	
Cold or windy?	Add about 25 percent	
Pounds of propane	BTU / 21,600 per lb	
1 lb cylinders	Pounds, rounded up, plus one spare	

Butane canisters vaporize poorly near freezing; on cold trips, bring propane. At 3 lb of propane or more, a 20 lb tank with an adapter hose is usually cheaper per BTU.

Dishes and greywater (LNT)

- [ ] Plates scraped into the trash bag before washing
- [ ] A small amount of biodegradable soap; food bits strained out and packed out
- [ ] At dispersed sites, strained dishwater scattered at least 200 feet from water
- [ ] At developed campgrounds, the campground's sink or dump station used, per its rules

Stove, fuel and water

Real listings from the site's own catalog.

- **Coleman Triton 2-Burner Propane Stove**: Two pots at once, the car camping standard.
- **Boss Life Outdoors Propane Cylinders, 16 oz, 6 pack**: Enough 1 lb cylinders for a weekend plus the spare.
- **CALPOSE 6 Feet Propane Adapter Hose, 1 lb to 20 lb**: Runs the stove from a 20 lb tank on longer trips.
- **Cedilis 5.3 Gallon Collapsible Water Container with Spigot, 2 pack**: About 10 gallons, enough for two people for three days at 1.5 gal a day.

Current prices and our latest picks for each item: **carcampsetup.com/kit/car-camping-trip-planner-and-skills-kit/gear/**

Researched guidance, not professional advice. Never run a stove, heater, lantern, grill or the engine for heat inside a tent or a closed car. Carbon monoxide has no smell.