



EASY CAMPING

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STARTER SERIES

ONE-POT CAMPING MEALS

6 EASY RECIPES EVERY BEGINNER CAN COOK

COOK SIMPLE.
EAT WELL.
ENJOY MORE.

Simple meals don't need expensive gear.

These six recipes are designed for beginner campers using ingredients you'll find in any Australian supermarket.

Each recipe also includes a **Fire Ban Friendly** version so you can cook confidently on an LPG stove whenever campfires aren't permitted.

WHAT'S INSIDE

-  CAMPFIRE SAUSAGE BAKE
-  CREAMY CHICKEN PASTA
-  AUSSIE CAMP CHILLI
-  CHICKEN & RICE
-  TACO RICE SKILLET
-  CAMP BREAKFAST HASH

INCLUDED

- ✓ SHOPPING CHECKLIST
- ✓ CAMP KITCHEN GEAR GUIDE
- ✓ FIRE-BAN COOKING ALTERNATIVES
- ✓ BEGINNER COOKING TIPS
- ✓ MINIMAL WASHING UP



ONE POT
Minimal cleanup



FIRE FRIENDLY
Cook over coals



FIRE BAN READY
LPG stove version



BUDGET MEALS
Affordable ingredients



BEGINNER APPROVED
No fancy skills



WHY ONE-POT MEALS?

LESS STRESS. MORE TIME OUTDOORS.

One-pot meals aren't about cooking less—they're about camping more.

Every minute you spend washing dishes is a minute you're missing the reason you came camping in the first place. The best campsites don't have sinks, benches or running hot water.

One pot means one flame to manage, one pan to clean and one place to stand. That matters after sunset, when temperatures drop, insects appear and everyone would rather be sitting around the fire than scrubbing cookware in the dark.



COOKING AFTER DARK

Experienced campers try to have preparation finished before sunset.

Not because it's impossible afterwards—but because everything takes twice as long once you're relying on a headlamp.

Every extra chopping board, saucepan and utensil becomes another thing to wash, dry and pack before bed.



WATER ISN'T FREE

At home, washing another saucepan costs almost nothing.

At camp it might cost two litres of drinking water.

That's why **experienced campers** often choose recipes based on how little water they'll need to clean up afterwards—not just how good they'll taste.



THE 80% RULE

Many beginners pack recipes they cook at home.

Experienced campers simplify them.

If removing an ingredient doesn't noticeably change the meal, leave it at home.

Less food to buy. Less gear to pack. Less waste.



DON'T CHASE PERFECTION

Nobody remembers whether the carrots were diced perfectly.

Everyone remembers eating around a fire while someone tells stories.

Camp cooking should **lower your beffess**—not raise your standards.

FIELD NOTE

THE MEAL THAT CHANGED HOW I CAMP

For years I packed recipes that looked impressive. Steaks. Multiple pans. Marinades. Fancy breakfasts.

The funny thing? Nobody remembers those meals.

The meal everyone still talks about is a basic sausage and potato camp oven cooked after a long hike in the Grampians.

It wasn't better because of the recipe. It was better because everyone was hungry, sitting together and relaxed.

That's when I realised:

**THE CAMPSITE CREATES THE MEMORY.
THE FOOD JUST GIVES EVERYONE
A REASON TO SIT DOWN TOGETHER.**

INSIDER TIP

BUILD YOUR "CAMP MEAL BOX"

Experienced campers eventually stop packing ingredients individually.

Instead they build a small plastic tub that always contains:

- | | |
|------------------|------------------|
| ✓ Salt | ✓ Stock cubes |
| ✓ Pepper | ✓ Cornflour |
| ✓ Oil | ✓ Aluminium foil |
| ✓ Mixed herbs | ✓ Zip-lock bags |
| ✓ Garlic powder | ✓ Wooden spoon |
| ✓ Smoked paprika | |

It weighs very little, never leaves the camping gear and means 80% of your meals are already half packed before you even think about the recipe.

QUICK REFERENCE

BEFORE YOU LIGHT THE FIRE

-  Chop everything first.
-  Open every tin.
-  Measure every spice.
-  Have washing-up water ready before cooking.
-  Keep a torch nearby.
-  Put the serving bowls out now.

EXPERIENCED CAMPER INSIGHT

The easiest time to prepare dinner is before you're hungry.

Most camp cooking mistakes happen because people rush after sunset.





CAMPFIRE BEEF & VEG STEW

HEARTY. WARMING. EASY.

This classic stew is filling, flavoursome and perfect after a day outdoors. Everything cooks together in one pot for a rich, comforting meal with minimal fuss.



SERVES
2



TIME
50 MIN



DIFFICULTY
EASY



COST PER SERVE
\$3.20*

*Approximate cost based on seasonal ingredients.



SHOPPING LIST

- 250g beef chuck, cut into 2cm cubes
- 1 tbsp olive oil
- ½ large onion, diced
- 2 garlic cloves, crushed
- 2 carrots, peeled and chopped
- 2 potatoes, chopped
- ½ cup (75g) frozen peas
- 1 tbsp tomato paste
- 1 cup beef stock
- 1 tbsp Worcestershire sauce
- ½ tsp dried mixed herbs
- Salt and pepper to taste

OPTIONAL ADD-INS

- ½ cup chopped celery
- 1 tsp plain flour (for thicker stew)
- Fresh parsley, to serve



METHOD

- 1 Heat oil in your pot over medium-high heat. Add beef and brown on all sides. Remove and set aside.
- 2 Add onion and garlic to the pot. Cook until softened.
- 3 Add carrots and potatoes. Stir for a few minutes.
- 4 Stir in tomato paste and cook for 1 minute.
- 5 Return beef to the pot. Add stock, Worcestershire sauce and herbs. Season with salt and pepper.
- 6 Bring to a simmer, then reduce heat to low. Cover and cook for 35–40 minutes, stirring occasionally, until beef is tender.
- 7 Add peas in the last 5 minutes. Adjust seasoning and serve hot.



FIRE-BAN VERSION

Use a portable gas stove and your camp pot or a large saucepan.

- 1 Follow steps 1–5 as above on your gas stove.
- 2 Simmer on low for 35–40 minutes, stirring occasionally.
- 3 Add peas in the last 5 minutes and serve.

TIP: A heat diffuser plate helps prevent hot spots and stops the bottom from catching.



INSIDER TIP

Brown the beef in batches. Crowding the pot steams the meat instead of browning it. Browning builds deeper flavour, which makes the stew taste like it's been cooking all day.



COMMON MISTAKES

- ✗ Cutting veg too small – it turns to mush. Keep pieces chunky.
- ✗ Boiling instead of simmering – toughens the beef.
- ✗ Not seasoning enough – taste and adjust near the end.
- ✗ Skipping the rest – let the stew sit for 5–10 minutes before serving.



CAMP COOK'S NOTE

This stew tastes even better the next day. Make extra and enjoy it for lunch or dinner tomorrow.

It also freezes well—portion it into zip-lock bags and lay flat in the esky to freeze. Perfect for future trips.





TUSCAN CHICKEN PASTA

CREAMY. GARLICKY. COMFORTING.

This creamy Tuscan chicken pasta is packed with flavour and comes together in one pot with minimal fuss. Sun-dried tomatoes and spinach give it a little something special—perfect for chilly nights around camp.



SERVES
2



TIME
35 MIN



DIFFICULTY
EASY



COST PER SERVE
\$2.35*

*Approximate cost based on seasonal ingredients.



SHOPPING LIST

- 2 chicken thigh fillets, chopped
- 1 tbsp olive oil
- 2 garlic cloves, minced
- ½ onion, diced
- ½ cup sun-dried tomatoes, chopped
- 1 cup (75g) baby spinach
- 1 cup (100g) short pasta (penne or fusilli)
- 2 cups (500ml) chicken stock
- ½ cup (125ml) thickened cream
- ¼ cup grated parmesan cheese
- Salt and pepper to taste
- 1 tsp Italian herbs

OPTIONAL ADD-INS

- Pinch of chilli flakes for heat
- A squeeze of lemon juice
- Extra parmesan to serve



METHOD

- 1 Heat oil in your pot over medium heat. Add chicken and cook until browned. Remove and set aside.
- 2 Add onion and garlic to the pot. Cook until softened.
- 3 Add sun-dried tomatoes and cook for 1 minute.
- 4 Add pasta and chicken stock. Stir well.
- 5 Bring to a simmer, then reduce heat to low. Cover and cook for 12–15 minutes, stirring occasionally, until pasta is tender.
- 6 Return chicken to the pot. Add cream, spinach, Italian herbs and parmesan. Stir until spinach wilts and sauce is creamy.
- 7 Season with salt and pepper to taste and serve hot.



FIRE-BAN VERSION

Use a portable gas stove and your camp pot or a large saucepan.

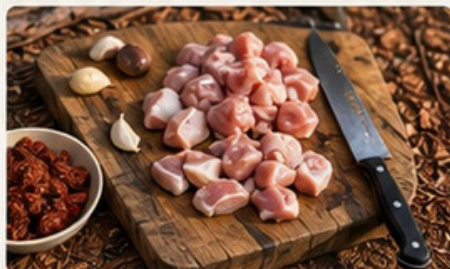
- 1 Follow steps 1–3 as above on your gas stove.
- 2 Add pasta and stock. Bring to a simmer, then cook on low for 12–15 minutes, stirring occasionally.
- 3 Return chicken. Add cream, spinach, herbs and parmesan. Stir until creamy and spinach is wilted.

TIP: Stir a little more often on gas to prevent pasta from sticking.



INSIDER TIP

Cut your chicken into small, even pieces so it cooks fast and stays tender. Thighs are more forgiving than breast and stay juicier—perfect for camping.



COMMON MISTAKES

- ✗ Using too much heat – pasta can stick and burn.
- ✗ Not enough liquid – pasta needs enough stock to cook properly.
- ✗ Adding cream too early – it can split if boiled too hard.
- ✗ Skipping the stir – a good stir every couple of minutes keeps it creamy, not clumpy.



CAMP COOK'S NOTE

This one-pot meal reheats well. Add a splash of water or stock when reheating to loosen the sauce.

Leftovers? Pack it into a container with a tight lid and keep it cool. It's great for lunch the next day.





AUSSIE CAMP CHILLI

HEARTY. SPICY. PROPER AUSSIE.

This Aussie camp chilli is a crowd-pleaser that's rich, smoky and packed with flavour. Serve it on its own or with rice, wraps or crusty bread.



SERVES
2



TIME
40 MIN



DIFFICULTY
EASY



COST PER SERVE
\$1.90*

*Approximate cost based on seasonal ingredients.



SHOPPING LIST

- 250g beef mince
- 1 tbsp olive oil
- 1 onion, diced
- 1 garlic clove, minced
- 1 red capsicum, diced
- 1 tin (400g) chopped tomatoes
- 1 tin (400g) red kidney beans, drained
- 1 tbsp tomato paste
- 1 cup (250ml) beef stock
- 1 tsp ground cumin
- 1 tsp smoked paprika
- ½ tsp chilli powder (adjust to taste)
- Salt and pepper to taste

OPTIONAL ADD-INS

- Grated cheese, to serve
- Fresh coriander, to serve
- Sliced jalapeños, for extra heat



METHOD

- 1 Heat oil in your pot over medium heat. Add mince and cook until browned. Remove and set aside.
- 2 Add onion and garlic to the pot. Cook until softened.
- 3 Add capsicum and cook for 2–3 minutes.
- 4 Stir in tomatoes, beans, tomato paste, stock, cumin, paprika and chilli powder. Stir well.
- 5 Return beef to the pot. Bring to a simmer, then reduce heat to low.
- 6 Cover and cook for 20–25 minutes, stirring occasionally, until thick and flavoursome.
- 7 Season with salt and pepper and serve hot.



FIRE-BAN VERSION

Use a portable gas stove and your camp pot or a large saucepan.

- 1 Follow steps 1–4 as above on your gas stove.
- 2 Reduce heat to low and simmer for 20–25 minutes, stirring occasionally.
- 3 Season and serve.

TIP: Add a splash of extra stock if the chilli thickens too much.



INSIDER TIP

Make a double batch and freeze half in zip-lock bags. It's a lifesaver on busy weekend trips!



COMMON MISTAKES

- ✗ Using too much heat – chilli should simmer, not boil.
- ✗ Not draining the beans – it can make the chilli too runny.
- ✗ Not tasting and adjusting seasoning at the end.
- ✗ Cutting veg too large – it takes longer to cook.



CAMP COOK'S NOTE

This chilli tastes even better the next day. Let it cool, portion it into containers or zip-lock bags and keep it in the esky.





CHICKEN & RICE

SIMPLE. COMFORTING. NO FUSS.

This classic chicken and rice is creamy, flavourful and satisfying. Everything cooks together in one pot for an easy, wholesome meal the whole camp will love.



SERVES

2



TIME

40 MIN



DIFFICULTY

EASY



COST PER SERVE

\$1.75*

*Approximate cost based on seasonal ingredients.



SHOPPING LIST

- 2 chicken thigh fillets, diced
- 1 tbsp olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 1 carrot, diced
- 1 cup (150g) long grain rice
- 2 cups (500ml) chicken stock
- ½ cup (125ml) milk
- ½ cup (75g) frozen peas
- 1 tbsp Worcestershire sauce
- Salt and pepper to taste
- 1 tbsp fresh parsley, chopped

OPTIONAL ADD-INS

- ½ cup corn kernels
- ½ tsp dried thyme
- Lemon wedges, to serve



METHOD

- 1 Heat oil in your pot over medium heat. Add chicken and cook until browned. Remove and set aside.
- 2 Add onion, garlic and carrot to the pot. Cook until softened.
- 3 Add rice and stir to coat in the flavours. Cook for 1 minute.
- 4 Add stock, milk and Worcestershire sauce. Stir well and bring to the boil.
- 5 Return chicken to the pot. Reduce heat to low, cover and cook for 20–25 minutes, stirring occasionally, until rice is tender and liquid is mostly absorbed.
- 6 Add peas, stir through and cook for 2–3 minutes.
- 7 Season with salt and pepper. Sprinkle with parsley and serve.



FIRE-BAN VERSION

Use a portable gas stove and your camp pot or a large saucepan.

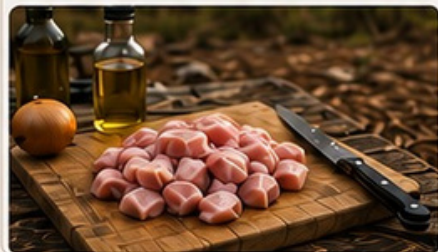
- 1 Follow steps 1–4 as above on your gas stove.
- 2 Simmer on low for 20–25 minutes, stirring occasionally.
- 3 Add peas in the last 3 minutes.
- 4 Season and serve.

TIP: If the rice is still firm, add a splash more stock or water and cook a little longer.



INSIDER TIP

Cut chicken into small, even pieces so it cooks quickly and stays tender. Thighs add more flavour and won't dry out.



COMMON MISTAKES

- ✗ Not browning the chicken – it adds heaps of flavour.
- ✗ Using too much heat – rice can stick or burn on the bottom.
- ✗ Not enough liquid – rice needs enough stock to cook properly.
- ✗ Stirring too often – let it simmer and absorb the liquid.



CAMP COOK'S NOTE

This meal reheats beautifully. Store any leftovers in a container in the esky. Add a splash of stock or water when reheating to loosen it up.





TACO RICE SKILLET

BOLD. CHEESY. FAMILY FAVOURITE.

All the best taco flavours with rice, beans and veggies—cooked together in one pan. Top it with your favourites and you've got a quick, easy and seriously satisfying camp meal.



SERVES
2



TIME
30 MIN



DIFFICULTY
EASY



COST PER SERVE
\$1.90*

*Approximate cost based on seasonal ingredients.



SHOPPING LIST

- 200g beef mince
- 1 tbsp olive oil
- 1 small onion, diced
- 1 garlic clove, minced
- 1 red capsicum, diced
- 1 cup (150g) long grain rice
- 1 cup (250ml) tomato passata
- 1 cup (250ml) beef stock
- ½ cup (75g) canned corn kernels, drained
- ½ cup (75g) canned black beans, rinsed
- 1 tsp taco seasoning
- Salt and pepper to taste
- ½ cup (50g) grated cheese

OPTIONAL TOPPINGS

- Sour cream
- Chopped lettuce
- Diced tomato
- Sliced spring onion
- Fresh coriander



METHOD

- 1 Heat oil in your pot over medium heat. Add mince and cook, breaking it up, until browned. Remove and set aside.
- 2 Add onion, garlic and capsicum to the pot. Cook until softened.
- 3 Add rice and stir to coat in the flavours. Cook for 1 minute.
- 4 Add passata, stock, corn, beans and taco seasoning. Stir well.
- 5 Return mince to the pot. Stir to combine.
- 6 Bring to a simmer, then reduce heat to low. Cover and cook for 18–20 minutes, stirring occasionally, until rice is tender and most of the liquid is absorbed.
- 7 Sprinkle over cheese. Cover and cook for 2 minutes until melted.
- 8 Season with salt and pepper. Top with your favourite toppings and serve.



FIRE-BAN VERSION

Use a portable gas stove and your camp pot or a large saucepan.

- 1 Follow steps 1–5 as above on your gas stove.
- 2 Simmer on low for 18–20 minutes, stirring occasionally.
- 3 Sprinkle over cheese, cover and cook for 2 minutes.
- 4 Season and top to serve.

TIP: If the rice is a little firm, add a splash more stock or water and cook for a few extra minutes.



INSIDER TIP

Make a little extra and wrap leftovers in foil for a quick taco rice burrito for lunch the next day.



COMMON MISTAKES

- ✗ Too much heat – rice can stick or burn.
- ✗ Not enough liquid – rice won't cook through.
- ✗ Not stirring occasionally – rice can catch on the bottom.
- ✗ Adding cheese too early – it can sink or get stringy.



CAMP COOK'S NOTE

This one's always a hit around camp. It's filling, budget-friendly and easy to customise with what you've got.

Pack any leftovers in a container and store in the esky. Reheat with a splash of water.





CAMP BREAKFAST HASH

HEARTY. EASY. THE PERFECT START.

A classic camp breakfast that's filling, flavoursome and cooked all in one pot. Crispy potatoes, savoury bacon and eggs – what more could you want around camp?



SERVES

2



TIME

30 MIN



DIFFICULTY

EASY



COST PER SERVE

\$1.70*

*Approximate cost based on seasonal ingredients.



SHOPPING LIST

- 2 medium potatoes, diced small
- 1 tbsp olive oil
- 4 rashers bacon, chopped
- ½ onion, diced
- ½ red capsicum, diced
- 1 clove garlic, minced
- 2 eggs
- Salt and pepper to taste
- 1 tbsp chopped parsley (optional)

OPTIONAL ADD-INS

- A pinch of chilli flakes
- 1 tbsp grated cheese
- A dash of hot sauce



METHOD

- 1 Heat oil in your pot over medium heat. Add potatoes and cook for 10–12 minutes, stirring occasionally, until starting to crisp.
- 2 Add bacon and cook for 4–5 minutes until lightly browned.
- 3 Add onion, capsicum and garlic. Cook for 5 minutes until softened. Season with salt and pepper. Stir to combine.
- 5 Make two small wells in the hash and crack an egg into each.
- 6 Cover and cook for 5–6 minutes until eggs are cooked to your liking.
- 7 Sprinkle with parsley and serve hot.



FIRE-BAN VERSION

Use a portable gas stove and your camp pot or a large frypan.

- 1 Follow steps 1–4 as above on your gas stove.
- 2 Make wells, crack in eggs and cover with a lid.
- 3 Cook on low for 5–6 minutes until eggs are cooked.
- 4 Season and sprinkle with parsley.

TIP: For runny yolks, keep the heat low and don't overcook.



INSIDER TIP

Par-boil the potatoes at home for 5 minutes to save time in the morning. They'll crisp up beautifully in the pot.



COMMON MISTAKES

- ✗ Cutting potatoes too big – they won't cook through.
- ✗ Not letting potatoes crisp – be patient!
- ✗ Crowding the pot – cook in batches if needed.
- ✗ Cooking eggs on too high heat – they'll go rubbery.



CAMP COOK'S NOTE

This hash is a ripper way to start the day. Make it your own – swap bacon for chorizo or add a handful of baby spinach at the end.

Leftovers (if there are any!) reheat well for a quick lunch.





SHOPPING LIST

Everything you need for 8 easy, delicious one-pot meals.

Serves **2** people per meal.



PRODUCE

- ☐ Potatoes – 6 medium
- ☐ Onions – 4
- ☐ Garlic – 1 whole bulb
- ☐ Carrots – 2
- ☐ Capsicum (red) – 2
- ☐ Zucchini – 1
- ☐ Cherry tomatoes – 1 punnet (250g)
- ☐ Spinach (baby) – 1 small bag (optional)
- ☐ Lemon – 1
- ☐ Fresh parsley – 1 small bunch
- ☐ Fresh coriander – 1 small bunch (optional)

MEAT & PROTEIN

- ☐ Chicken thigh fillets – 4 (approx. 500g)
- ☐ Beef mince – 300g
- ☐ Rashers bacon – 6
- ☐ Eggs – 4
- ☐ Chorizo or baby spinach (optional for breakfast hash) – 100g

DRY GOODS

- ☐ Brown rice – ¾ cup (135g)
- ☐ Long grain rice – 1 cup (150g)
- ☐ Taco seasoning – 1 tbsp
- ☐ Chilli flakes – 1 pinch (optional)
- ☐ Polenta – ½ cup (90g)
- ☐ Flour – 2 tbsp

PANTRY STAPLES

- ☐ Olive oil
- ☐ Canned diced tomatoes – 1 x 400g
- ☐ Tomato paste – 1 x 250ml
- ☐ Canned black beans – 1 x 400g
- ☐ Canned corn kernels – 1 x 420g
- ☐ Green peas (frozen) – ½ cup
- ☐ Chicken stock – 2 cups (500ml)
- ☐ Beef stock – 1 cup (250ml)
- ☐ Milk – ½ cup (125ml)
- ☐ Worcestershire sauce – 2 tbsp
- ☐ Soy sauce – 1 tbsp (optional)

SPICES & SEASONINGS

- ☐ Salt
- ☐ Black pepper
- ☐ Paprika
- ☐ Dried thyme
- ☐ Italian herbs
- ☐ Taco seasoning (or make your own)
- ☐ Chilli flakes
- ☐ Ground cumin (optional)

OPTIONAL EXTRAS

- ☐ Grated cheese (extra for topping)
- ☐ Hot sauce
- ☐ Baby spinach (to add to breakfast hash)
- ☐ Chorizo (to swap in breakfast hash)
- ☐ Fresh coriander (for garnish in taco rice skillet)
- ☐ Sour cream (for topping)

LONGER LASTING / HANDY ITEMS

- ☐ Cooking oil spray (or extra olive oil)
- ☐ Aluminium foil
- ☐ Baking paper (optional)
- ☐ Zip-lock bags or containers (for leftovers)
- ☐ Camp oven / large pot with lid
- ☐ Spatula / wooden spoon
- ☐ Measuring cups & spoons

QUICK NOTES

- Plan for batches.** Most meals reheat beautifully. Cook once, eat twice! Let leftovers cool completely before storing.
- Keep it organised.** Pre-chop veggies at home and store in zip-lock bags. Label each bag for the meal it's going into.
- Stock smart.** Buy pantry staples in bulk sizes – stocks, rice, beans and tinned goods won't go to waste.
- Fresh swaps.** No fresh herbs? Use dried – 1 tsp dried = 1 tbsp fresh. Baby spinach can be swapped for frozen if needed.
- Leftover safety.** Store in sealed containers and keep esky-cold. Reheat meals until piping hot throughout.

AUSSIE INSIDER TIPS

- Pack for the conditions.** If it's hot, bring frozen peas, pre-chopped veggies or even pre-cooked bacon to save time and keep things cooler.
- Use what you've got.** Swap proteins – leftover roast chicken, sausages or even canned tuna work in a pinch.
- Flavour boosters.** A splash of Worcestershire, a squeeze of lemon or a pinch of smoked paprika can take any meal up a notch.
- Cook like a pro.** Let your pot get hot before adding oil, and don't rush the browning – that's where the flavour lives.
- Camp clean-up hack.** Line your pot with baking paper or foil for sticky meals. Less scrubbing, more relaxing.





QUICK REFERENCE

Handy camping info at a glance.

Keep this page with you on every trip.

KEEP IT SIMPLE



The easier your setup,
the more you'll use it.
Quality over quantity
every time.

WEATHER GUIDE

Read the bush, not just the forecast



Hot Day

Morning dew disappears before 8 am = expect a hot afternoon. Cook your evening meal early because you'll use less water cleaning up before flies become active.



High Cloud

Thin high cloud often arrives before a weather change. If you wake to high cloud after a clear night, secure your awning before leaving camp.



Afternoon Wind

Many Victorian camps receive stronger winds from about 2-5 pm. If your washing or towels are still out after lunch, expect them to become sails.



Rain After Heat

After a hot day, even light rain can turn popular campsites into mud around entrances and tent doors. Keep one pair of shoes inside your tent.



CAMP SETUP GUIDE

Decisions that make camp easier tomorrow

- 1 Face your tent where the morning sun will hit it.**
You'll dry condensation faster and pack a dry tent.
- 2 Don't put the kitchen beside the fire.**
Leave one walking lane between them so nobody carrying boiling water walks through chairs.
- 3 Pitch slightly higher than the surrounding ground.**
Five centimetres of elevation beats waterproof gear every time.
- 4 Think about midnight.**
Ask yourself: "Where will I walk if I need the toilet at 2 am?"
Avoid roots, guy ropes and rocks.



FIRE SAFETY

The mistakes experienced campers stop making

- ✓ **Build the smallest fire that will cook your meal.**
Large fires impress people. Small fires cook better.
- ✓ **Never collect your final armload of wood after sunset.** Collect twice what you think you'll need before dinner. Darkness arrives faster than you think.
- ✓ **Cook over glowing coals.** Not flames. Flames burn. Coals cook.
- ✓ **Keep one bucket for putting fires out.**
Another for washing. Mixing them usually means neither job gets done properly.



FIRST AID BASICS

Camp-specific lessons



Burns

Never apply butter.
Never apply toothpaste.
Cool running water for 20 minutes is still the gold standard.



Blisters

Experienced hikers stop the walk at the "hot spot". Beginners stop when the blister arrives. That's already too late.



Splinters

Australian hardwood splinters are surprisingly stubborn. Remove them before bed. They swell harder to remove.



Insect Bites

Clean, apply cream or antihistamine.



Dehydration

Sip water regularly, rest in shade.



EMERGENCY CONTACTS



Triple Zero (000)

For life-threatening emergencies



State Emergency Service (SES)

132 500

Always let someone know your plans and expected return.



COOKING CHEAT SHEET

Visual cues that won't let you down

Chicken		Done when juices run clear—not pink.
Beef mince		No pink, and it smells amazing.
Sausages		Brown doesn't mean cooked. Turn them every few minutes instead of constantly rolling.
Rice		If you hear crackling... You've run out of water.
Pasta		Taste one piece. Ignore the packet. Altitude, wind and cookware all change cooking times.
Veggies		Cook until tender but still have a little bite.
Fish		Flesh turns opaque and flakes easily.



TIP: Cooking times vary with altitude, wind and cookware. Your eyes and taste buds are better than the packet.



WATER GUIDE

The experienced camper's rule

- Carry three separate water supplies: drinking, cooking and washing. If someone tips a bucket, dinner still happens.
- Beginners usually underestimate water because they only think about drinking. Washing hands, dishes and cooking can easily double your usage.
- **Don't leave drinking water on the picnic table.**
Australian sun heats it faster than most people realise. Keep it in the shade or inside the vehicle.
- **Filter or boil untreated water from rivers and creeks.** Even clear running water can make you sick.
- **In hot weather or hard activities, drink more than you think you need.**
Thirst is already dehydration.



QUICK TIP

Pale yellow urine = good hydration.
Dark yellow = drink more water.



CLOTHING GUIDE

Lessons learned the hard way



Cotton isn't dangerous.
Wet cotton is.



Never sleep in the clothes you cooked in. Even if they feel dry, they'll often smell of smoke and hold moisture.



Keep one complete outfit sealed in a dry bag. Not because you expect rain. Because accidents happen.



A beanie weighs nothing and saves a miserable night.



Keep tomorrow's socks inside your sleeping bag overnight in winter. Warm socks make cold mornings much easier.



Socks are more important than most people think. Look after your feet.



QUICK TIP

Dress in layers so you can add or remove as conditions change.



CAMPSITE CHECKLIST (BEFORE YOU LEAVE)

Leave camp better than you found it

- | | |
|---|--|
| ☐ Tent packed and area checked | ☐ Torch / headlamp |
| ☐ Sleeping gear | ☐ Power bank / chargers |
| ☐ Cooking gear & utensils | ☐ Maps / offline maps |
| ☐ Food & water | ☐ Rubbish & food scraps |
| ☐ Clothing & footwear | ☐ Fire completely out |
| ☐ First aid kit | ☐ Look for pegs, guy ropes, stakes, tea towels, bits of rubbish |
| ☐ Toiletries & towel | |



Before driving away:

Walk around your campsite once clockwise. Then once anticlockwise. You'll almost always find something.



LEAVE NO TRACE PRINCIPLES

Small actions. Big impact.



Plan ahead and prepare



Travel and camp on durable surfaces



Dispose of waste properly



Leave what you find



Minimise campfire impact



Respect wildlife



Be considerate of others



Don't move rocks to improve your campsite. Someone else will want the original campsite tomorrow. If a fire scar already exists, have it. Don't create number two. Think ahead—before deciding there's nothing to see!



SPACE-SAVING HACKS

Small changes. Big difference.



Put an old tea towel between every pot and frypan. Stops scratches and rattles.



Use zip-lock bags to group meal ingredients and keep things dry.



Your frypan lid can double as a plate. Your pot can double as a mixing bowl. Multipurpose gear saves space.



INSIDER TIP

The best camp kitchens aren't the biggest—they're the ones where everything has one permanent home.



OPTIONAL UPGRADES

Buy once. Use for years.



Camp cupboard—buy this after your fifth or sixth trip, when you're tired of unpacking tubs every meal.



Portable pantry—worth it if you regularly camp for more than three nights.



Collapsible sink—one of the few upgrades that genuinely makes washing up easier.



LED strip lighting—better than lanterns for cooking because it lights the whole bench instead of creating shadows.



Adjustable table—you'll appreciate it more at 50 than you did at 25.





BEGINNER CAMP KITCHEN

Simple gear. Smart setup. Better meals.

You don't need a fancy setup to cook great meals outdoors. This beginner's guide shows you the essential gear, how to set it up and how to keep it working trip after trip.

KEEP IT SIMPLE



The easier your setup, the more you'll use it. Quality over quantity every time.



1. ESSENTIAL COOKING GEAR



Portable Stove

Buy the stove you'll still use in five years, not the cheapest one you'll replace next summer. A stable two-burner stove with good flame control makes cooking easier than adding more cookware ever will.



Camp Pot

If one pot can't cook 80% of your meals, it's the wrong pot. A heavy-based 4-6 L pot with a tight-fitting lid becomes your soup pot, pasta pot, rice cooker and washing-up bucket after dinner.



Frypan

If your frypan is too small, you'll cook in batches. By the time the second batch is ready, the first one is cold. For two campers, a 28 cm frypan is the sweet spot.



Knife & Board

A blunt knife causes more camping injuries than a sharp one because you push harder. Give it five strokes on a sharpener before every trip.



Long Tongs & Spatula

Good tongs save more meals than fancy cookware. You'll use them to stir, flip, move hot lids, lift grill plates and rescue dropped food from the edge of the fire.



Measuring Cup & Spoons

For consistent results and less mess. Measure at home where there's light and a flat surface.



INSIDER TIP

Pack tonight's dinner on top and tomorrow's underneath. Every time you dig through the esky looking for food, you let the cold escape.



2. COOKWARE TIPS

- ✓ Lids don't just keep heat in — they stop fuel disappearing. If your stove is running flat out with the lid off, you're paying to heat the air.
- ✓ Heavy bases forgive distractions while you're talking around the fire. Thin pots make beginners think they're bad cooks.
- ✓ Non-stick is convenient, but can be scratched. Wooden or silicone utensils make it last.
- ✓ Every extra pot becomes another thing to wash with your limited water. Most experienced campers own fewer pots than beginners.
- ✓ Before every trip, tighten every handle, hinge and screw on your cooking gear. Five minutes in the garage beats trying to cook dinner with a loose handle in the bush.



INSIDER TIP

A lid is your best friend. If it boils faster, adjust the heat lower and let the lid do the work.



4. KITCHEN SETUP

- 1 Leave one walking lane between the fire and your prep area. Nobody carrying boiling water should ever weave around chairs.
- 2 Set your prep surface around waist height. Your back will notice the difference by Sunday morning.
- 3 Hang your rubbish bag before you start cooking. The cleanest campsites don't clean more — they create fewer messes.
- 4 Moisture, ants and fine dust all start at ground level. Keep food crates on a folding table or plastic crate.
- 5 Keep your esky in the shade and off the ground. A board or crate underneath improves airflow.
- 6 If you can't reach every cooking item without taking one step, your kitchen is too spread out.



PRO TIP

If the wind changes, so should you. Shield your stove — it cooks better and uses less fuel.



5. CLEANING & MAINTENANCE

- ✓ The easiest meal to clean up is the one that never sticks. Fill the pot with warm water while you eat — not after you've spent an hour talking around the fire.
- ✓ Use a scraper or spatula to remove stuck-on bits before washing.
- ✓ A collapsible wash tub is perfect for washing up.
- ✓ Dry the outside of your cookware as well. A damp base is the quickest way to start rust on steel gear.
- ✓ Every first trip of the season, spray soapy water on your gas connections. Tiny bubbles mean a leak long before you can smell it.



INSIDER TIP

A tablespoon of white vinegar in warm washing water cuts greasy camp cookware faster than extra detergent.



6. SAFETY BASICS

- ✓ Always cook in a well-ventilated area. Never use a gas stove inside a tent "just for five minutes." Carbon monoxide doesn't smell.
- ✓ Keep flammable items away from heat and open flames.
- ✓ Let pots and pans cool before cleaning or packing.
- ✓ Keep a fire extinguisher or fire blanket in your kit. Know how to use it.

REMEMBER

Most camp incidents happen when people are rushed, tired or distracted. Take your time and stay safe.



7. SPACE-SAVING HACKS

- ✓ Stack pots and pans with a cloth or paper towel between each to stop scratches.
- ✓ Use zip-lock bags to group meal ingredients and keep things dry.
- ✓ Collapsible bowls, cups and tubs save loads of space.
- ✓ Multi-use gear: A frypan is also a lid. A pot is also a bowl. Keep it simple.



INSIDER TIP

The meals that share ingredients save time, money, fuel and space.



8. OPTIONAL UPGRADES

- ✓ **Camp kitchen cupboard** — buy this after your fifth or sixth trip, when you're tired of unpacking tubs every meal.
- ✓ **Portable pantry** — worth it if you regularly camp for more than three nights.
- ✓ **Collapsible sink** — one of the few upgrades that genuinely makes washing up easier.
- ✓ **LED strip lighting** — better than lanterns for cooking because it lights the whole bench instead of creating shadows.
- ✓ **Adjustable table** — you'll appreciate it more at 50 than you did at 25.



QUICK SUMMARY

- ✓ Good gear makes camp cooking easier.
- ✓ Smart setup keeps everything flowing.
- ✓ Plan ahead and pack like you mean it.
- ✓ Clean as you cook and you'll pack happy.
- ✓ Keep it simple, keep it safe and enjoy every meal outdoors.



GOOD FOOD. SIMPLE SETUP. BETTER MEMORIES.

