

REDUCING CAMPING WASTE

SUSTAINABLE PREP, STEP + VIRTUAL PACKING LIST





① PICK A SITE

Coming from Calgary, we have personally looked through the [Travel Alberta camping site picker](#), which will help you find established camping sites so you do not disturb the fragile ecosystem and you camp legally.

The regulations in Alberta parks for camping may change regularly, so check the current Alberta Parks rules [here](#).



② PLAN YOUR MEALS

Making your own food is probably one of the most timely tasks to prep for camping, but it is so extremely worth it!

Plan out your meals so you can do a bulk shopping trip and can estimate how much food you are going to need based on the amount of people you are feeding and how many days you will be away.

For example, fruit is a great delicious snack that needs no prep, and that you could possibly pick up on your way to your destination and support roadside stands and farmers markets!

EASY PRE-MADE CAMPING MEALS

BREAKFAST



↖
Chia Pudding

- Banana bread
- Pancakes
- Veggie scramble
- Hashbrowns
- Granola + fruit

LUNCH + SNACKS



↖
Banana PB pitas

- Pasta salad
- Veggies + hummus
- Quinoa salad
- Fried PB + J
- Corn on the cob

DINNER



↖
Tacos

- Chili
- Pasta
- Burritos
- Sweet potatoes
- Pizza

DESSERT



↖
PB s'mores

- Apples and chocolate peanut butter
- Peach cobbler
- PB + J fat bombs
- Brownies
- Peanut butter cups

CAMPING MEAL PLANNER

BREAKFAST

LUNCH

DINNER

SNACKS

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DRINKS



③ GET SOME DRINKS

Opting out of buying cans and bottles is probably one of the most noticeable changes when setting off on a zero waste camping trip, and realistically, can't always be done. Great alternatives are: refilling beer growlers from local breweries, making your own juice and adult beverages to pack in reusable bottles, or buying bulk bottles instead of a ton of cans.

PLASTIC FREE SIPS



WATER

Instead of using bottled water, why not use the plastic free alternative around you - spring water! Bring a water filter with you, so you can use as much water as you may need on your trip without worrying about running out, or piling up bottle waste. You can also bring as much water as you have room for on your trip, and freeze water bottles for cooler ice that is drinkable once it melts!

SODA

Making your own soda at home with a SodaSteam can be a great alternative to create both custom cocktails and save waste and storage space! It's transportable so you can also bring it with you on your adventure.

KOMBUCHA

Wild Tea Kombucha is a Calgary-based business that offers cocktail-inspired brews, and they have growler refills!

COFFEE

To skip out on the plastic packaging, you can buy bulk beans and grind them yourself! Most grocery stores have a section where you can fill up on whole beans. A local roasterie, Devil's Head Roasting, let's you bring your own container to fill up at their store front (plus you get a discount when you do).

TEA

Switch to loose leaf tea that you put in a reusable diffuser or bag, and dump your extra leaves in your compost when you are done!

ADULT ALTERNATIVES

When making your own can't be achieved, purchasing local is your best bet. Some Calgarian producers include:

SunnyCider - they make cider with fruit that would have gone to waste. Delicious and gluten free.

Partake - non-alcoholic beer with the same craft taste!





④ GET PACKING + GO

Follow this checklist as a guide to see what items you should bring to stay fully prepared and waste free! It can also be found as a digital version [here](#).

Don't have all the necessary camping gear? You don't have to buy new! You can find about anything and everything secondhand, or borrow camping equipment to save money.

PACKING CHECKLIST



CAMPSITE

- Sleeping bags
- Mattress or pads
- Pillows
- Blankets
- Camp chairs
- Camp table (if needed)
- Clothes line + clips
- Dryer lint or paper recycling for kindling



PERSONAL

- Appropriate clothing
- Toilet paper
- Hand sanitizer
- Toothbrush
- Toothpaste
- Floss
- Shampoo + conditioner
- Other toiletry items
- Towel
- Sunscreen
- Bug repellent
- Lip balm



TOOLS

- Headlamps or flashlights
- Lantern
- Axe
- Hammer
- Knife
- First aid kit



FOOD + COOKING

- Matches or lighter
- Iron skillet or dutch that can be used over the fire
- Prepped meals and snacks
- Empty containers for leftovers
- Spices and condiment
- Metal or wood eating and cooking utensils
- Reusable plates + bowls
- Reusable mugs + cups
- Cutting board
- French press for coffee
- Reusable straws
- Cooler
- Ice
- Water bottles
- Dish washing bin



CLEANING

- Biodegradable soap
- Dish scrubber
- Reusable paper towel
- Cleaning cloths
- Small broom + dustpan
- Sealable garbage container
- Sealable container for compost
- Natural cleaning supplies

ON SITE TIPS

COMPOSTING

Although food is compostable, do not throw it out on the ground. Even if it's natural, always bring back what you brought out (including pet waste, cigarettes, and all food scraps)!

Luckily, you should have next to 0 items of garbage if you follow this guide, but you may want to bring a small bin for waste just in case. You will likely have some compost and maybe recycling items, which can also be put in a sealable container and disposed of when you get home.

COOKING

Instead of propane, you can use the natural heat of the fire with a fire safe iron skillet or dutch oven. You can use scraps from home like paper or laundry lint for kindling!

WASHING

If you're using biodegradable soap, Leave No Trace Canada recommends using small amounts and doing so about 70 metres away from any bodies of water. Once you're done, scatter soapy water. Clean messes with reusable cloths and toxic free, natural cleaning products (vinegar is great!)

CLEANING

One of the best things about camping is that nature is your home, but it's easy to forget that toothpaste can contain toxic ingredients that may be harmful to wildlife. All natural toothpastes leave no toxic trace so you can spit freely (at least 200 feet away from any water source).

Wash your hands with water with some biodegradable soap, but make sure to do this away from water sources as well.

