Build your own River Kitchen

Some people say that the most important part of the expedition is the food. A good river kitchen can transform backcountry cooking from a chore into an engaging, memorable experience. Use this guide to create a river kitchen that will allow you to cook 5-star meals to accompany your 5-star views.

Make sure to bring any specialized cooking gear associated with your expedition menu, like charcoal. Consider asking members of your trip to supply their own plate/bowl, camp mug, and silverware if you don't have enough for everyone. Also, check your permit for any required kitchen items for the stretch of river you are running. If you plan on serving a riverside lunch, you could pack a separate, accessible set of utensils for prepping and serving lunch. If not, bring storage containers so people can pack their lunch at breakfast.

Kitchen Setup
___ Stove
___ Propane
___ Handwash system
___ Table(s)
___ Trash container
___ Recycle bag
___ Kitchen floor

Cooking Utensils
___ Knives
___ Spatulas
___ Serving spoons
___ Tongs
___ Can opener
___ Whisk

Menu Notes
_____
_____
_____
_____
_____
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Cookware
___ Cutting boards
___ Pots and lids
___ Pans
___ Griddle
___ Large mixing / serving bowls
___ Coffee system
___ Dutch oven, charcoal

Other Supplies
___ Trash bags
___ Lighters / matches
___ Dish cloths
___ Oven mitt or hot pads
___ Aprons
___ Paper towels
___ Ziplock bags
___ Aluminum foil
___ Shopping bags

Kitchen Staples
___ Cooking oil
___ Salt + pepper
___ Other spices
___ Hot sauce
___ Sugar
___ Honey
___ Teas
___ Hot chocolate
___ Coffee

Dishware
- Bring enough for each person + extra for serving

___ Plates
___ Bowls
___ Cups/mugs
___ Cutlery
___ Lunch storage containers

Get kids outside! Visit cfimoab.org/join-and-support to learn how you can create opportunities for kids to experience the magic of the river.

Check out more river resources, insights, and history: cfimoab.org/coyotes-corner or follow @cfimoab.