



OPERATION: CAMPOUT!

Dear Campers,

The Maryland Park Service is pleased to welcome you. We're excited you have chosen to participate in Operation: Campout! This program is designed to offer you an opportunity to experience Maryland's natural, cultural, historical and recreational resources firsthand! We are including a few things you should know before your camping adventure begins.

Please note this packet includes:

- FAQ – Frequently Asked Questions
- Gear List of required and recommended items
- Suggested food menu list
- Recipe ideas

Please take a moment to read and review the recommended Gear List. We encourage you to bring everything on the list. It's better to have an item and not need it than to need an item and not have it.

The suggested food menu list includes common items you already have in your kitchen or are available at your local grocery store. We recommend bringing foods that are easy to cook, requiring little clean up. Remember to pack your cooler with ice to keep your perishables cold. Reusable ice packs work great too.

If you have any questions, please contact Christina Carlson at 443-603-6073 or email Christina.Carlson@maryland.gov

We look forward to seeing you soon!

The Maryland Park Service staff



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Frequently Asked Questions

How much does it cost?

There is no charge to borrow the Gear Locker of camping equipment. The campsite reservation service charge varies per park and length of stay.

Swallow Falls SP

- Campsite: \$28 per night
- Campsite with electric, water and sewer: \$39 per night

New Germany SP

- Campsite: \$25 per night

Patapsco Valley SP

- Campsite: \$25 per night
- Campsite with electric: \$31 per night

Pocomoke River SP

- Campsite: \$26 per night
- Campsite with electric: \$32 per night

Rocky Gap SP

- Campsite: \$28 per night
- Campsite with electric: \$34 per night

Cunningham Falls SP

- Campsite: \$28 per night
- Campsite with electric: \$34 per night

Janes Island State Park

- Campsite: \$28 per night
- Campsite with electric: \$34 per night

*Price will vary slightly. We rounded up to the nearest dollar to make it simple.



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How do I reserve a campsite and equipment?

Below you will find a list of the six participating parks. We encourage you to visit our website for park descriptions and amenities offered at each park. Website: dnr.maryland.gov

Once you've decided where your adventure will take you, contact the park directly to make your camping gear reservation. The park will be able to assist you in checking available dates.

Be sure you let the park staff know you need to reserve "Operation Campout!" gear.

- Swallow Falls State Park – (301) 387-6938
- New Germany State Park – (301) 895-5453
- Rocky Gap State Park – (301) 722-1480
- Cunningham Falls State Park – (301) 271-7574
- Patapsco Valley State Park – (410) 461-5005
- Pocomoke River State Park – (410) 632-2566
- Janes Island State Park – (410) 968-1565

How many people can I bring?

Campsites can accommodate up to six people. A six-person tent will be provided.

What should I bring?

We provide tents, sleeping pads, cook stove, chairs, lantern and a few other essential camping items. You need to bring your own sleeping bags, food and personal items.

What age do my kids need to be?

Kids will have a fantastic time; there is no age restriction for children.

Can we bring our pet?

Our campgrounds have designated loops for pets if you would like to bring your pet with you. Make sure you let the park know if you are bringing your pet so the appropriate campsite reservation can be made. Service animals are always welcome.

Will we see any wildlife?

You bet! Many different animals make their home in our state parks making for great wildlife viewing.

Will I have to sleep on the ground?

No, we will loan you foam sleeping pads to go underneath your sleeping bags.

Will there be a lot of bugs?

Bugs are an unavoidable part of camping. What kind of bugs and how many will all depend on the park location, weather, and time of year. Remember to keep strong aromatic sprays and soaps at home; these products attract mosquitoes and bees.

Will there be bathroom facilities? Yes! All of our campground areas have bathrooms and shower facilities nearby.



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Gear List

Supplied Items:

- ✓ Tent for six people
- ✓ Ground tarp for tent
- ✓ Lantern
- ✓ Folding camp chairs (4)
- ✓ Sleeping pads (4)
- ✓ Cooking stove
- ✓ Roasting sticks (marshmallows, hot dogs, etc.)

*Some parks have added items to the gear locker to suit camper needs. Check with the individual park to confirm what is supplied.

Essential Items:

Good walking shoes/boots
Shorts
Long pants
Long sleeve shirt/sweatshirt
Short sleeve shirt/t-shirt
Extra pairs of socks
Raingear
Sleeping bag/blankets/bedding
Pillow
Backpack/ daypack
Firewood (available at park)
Matches/Lighter/ Fire starter/Kindling
Cookware (pots, pans)
Dishware (plates, cups, silverware)
Cooler with ice/reusable cold packs
Washtub with sponge and soap
Large water containers
Water bottle
Food items



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Personal hygiene & safety:

Towel
Wash cloth
Lip Balm
Toothbrush/toothpaste
Soap/Shampoo
Deodorant
Sunglasses
Sunscreen (SPF30 or greater)
Insect Repellant
First-Aid Kit
Flashlight/headlamp

Clothing:

Hat
Sleepwear
Underwear
Swimsuit
Water shoes
Warm jacket

Kitchen Items:

Resealable plastic bags
Paper towels
Trash bags
Hand sanitizer
Dish towel
Can opener
Aluminum foil

- Due to the potential threat of the Emerald Ash Borer, the importation of personal firewood is prohibited.

Recommended Items: Extras: Camera, Extra batteries, Notebook and pencil, Playing cards, Nature guide, Binoculars, Bicycle/Helmet, Fishing rods & tackle



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Suggested Camping Food Menu List

SNACKS

Fruit, dried fruit, fruit strips, trail mix, beef jerky, cashew/peanut/almond nuts, energy bars, crackers, popcorn, etc.

BREAKFAST: Outdoor Cooking

Just add water! Instant oatmeal, Hot cereals, Pancakes (find mix that only needs water), tea, instant coffee, hot chocolate

Cook it! Breakfast sausages, bacon, eggs (liquid eggs in carton are easy to transport)

Quick and easy: Cereal, granola, fruit, breakfast bars

Don't forget... butter, syrup, milk

LUNCH: Packed lunch, no cooking required

Easy: Chicken strips

Sandwiches: PB&J, deli meat & cheese

Wraps: tortillas, humus, meat, etc.

Snacks: dried fruit, trail mix, chips, rice cakes, pretzels, string cheese, energy bars, cookies

Drinks: water, juice, sports drink, lemonade

DINNER: Outdoor Cooking

Suggested meals below but options are endless, feel free to create your own dishes with the most popular ingredients below.

Key Ingredients for Camp Dinners:

Grill it!

Meat: marinated steak, chicken breast, ground beef, hot dogs, sausages

Vegetables: onion, bell peppers, mushrooms, tomatoes, potatoes, corn on the cob, carrots

Cook it!

Canned Items: beans, vegetables (corn, carrots, peas, green beans), soup (chicken noodle, tomato, vegetable blend)

Quick & easy: quick cooking pasta (Knorr's), instant rice mixes, couscous

Dessert: S'mores (marshmallows, graham crackers, Hershey chocolate bars)

Drinks: tea, instant apple cider, instant hot chocolate

Cooking Essentials: aluminum foil, olive oil, spices, seasonings, re-sealable plastic bags

Don't forget your condiments and spices!



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Recipe Ideas

Trail Mix:

Prep time: 10 mins Total time: 10 mins

Servings: 2 – add more ingredients for bigger groups as needed

Ingredients:

- 2 cups chocolate chips
- 1 cup almonds
- 1 cup raisins
- 1 cup banana chips
- 1 cup dry cereal
- 1 cup dried apricots or cranberries

Instructions: Use a bowl to mix all ingredients together. Use small plastic bags to portion out trail mix for your hike.

Breakfast Scramble:

Prep time: 10 mins Cook time: 10 mins Total time: 20 mins

Servings: 4

Ingredients:

- 8 eggs or liquid eggs
- 6 hash brown patties
- 6 slices of ham
- 1 bell pepper, chopped
- Salt and pepper to taste
- ½ cup onion, chopped
- 4 mushrooms

Instructions: Chop bell pepper, mushrooms, and ham into smaller pieces. Warm skillet over medium heat and scramble eggs. Add hash brown patties and break up with fork and mix into eggs. Next add chopped onions and pepper, mushrooms, and ham to scramble. Finally add salt and pepper to taste. Add ketchup or hot sauce for additional flavor.



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Eggs in a Hat:

Prep time: 5 mins Cook time: 10 mins Total time: 15 mins

Servings: 4

Ingredients:

- 8 slices of your favorite bread
- 8 eggs
- 8 slices of ham
- 8 slices of cheese

Instructions: Warm a skillet over a camp stove and use cooking spray or butter to grease the pan. Using a cookie cutter or a drinking glass to cut out a hole in the center of your bread. Place the bread in the skillet and toast on both sides. Next, crack an egg or pour liquid egg into the hole in the bread and cook until the egg white is almost solid. Flip the bread over and place a slice of cheese and then a slice of ham on top. Once the cheese has melted the meal is ready to enjoy.

Campfire Foil Packs:

Prep time: 30 mins Cook time: 40 mins Total time: 1 hr 10 mins

Servings: 4

Ingredients:

- 1 pound skinless, boneless chicken breast meat - cubed
- 2 onions, diced
- 1 (8 ounce) package sliced fresh mushrooms
- 1 yellow bell pepper, seeded and sliced into strips
- 1 red bell pepper, seeded and sliced into strips
- 4 cloves garlic, sliced
- 4 small potatoes, cubed
- 1/4 cup olive oil
- 1 lemon, juiced

Instructions: In a large bowl, or a large zip-top bag, combine the chicken, onion, mushrooms, yellow pepper, red pepper, garlic, and potatoes. Pour in the olive oil and lemon juice, then mix well. Evenly divide the mixture between 4 large sheets of aluminum foil. Top each with another sheet of foil, and roll up the edges tightly. Wrap each packet again, securely in another sheet of foil to double wrap. Cook in the hot coals of a campfire until the chicken is opaque and the potatoes are tender, around 40 minutes.



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Campfire Banana Splits:

Prep time: 10 mins Cook time: 8 mins Total time: 18 mins

Servings: 6

Ingredients

- 6 large bananas, unpeeled, stems removed
- 2 cups semisweet chocolate chips
- 1 (10.5 ounce) package miniature marshmallows

Instructions:

Preheat the grill for high heat. Spray 4 sheets of aluminum foil, large enough to wrap bananas with cooking spray. Slice the peel of the banana from stem to bottom, while slicing the banana inside lengthwise. The bananas can be cut into slices instead if you like, (while still in the peel) for easier handling later. Carefully open the banana just wide enough to place the chocolate chips and marshmallows inside the peel with the banana. Stuff with as much of the chocolate chips and marshmallows as desired. Wrap the bananas with the aluminum foil and place on the grill or directly in the coals of a fire. Leave in long enough to melt the chips and the marshmallows, about 5 minutes. Unwrap bananas, open the peels wide, and eat with a spoon. Yummy!

(Updated 07/2024)