



CAMP SNACKS

Bring-it, build-it, graze-all-day snacks for a hungry crew.

Recipes that work when your phone doesn't.

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7-Layer Dip: The Make-Ahead Camp Cooler Classic

Prep 15 min · Serves 10

The classic 7-layer dip, built for the cooler: layer it at home, keep it cold, and scoop it at camp. No cooking, kid-friendly, gone in minutes.

INGREDIENTS

- 1 can (16 oz) refried beans
- 1 packet taco seasoning, or your own blend
- 1 cup guacamole, or 2 ripe avocados mashed with a little lime and salt
- 1 cup sour cream
- 1 cup salsa or pico de gallo — a store jar is completely fine
- 1 1/2 cups shredded cheese (cheddar or a Mexican blend)
- Toppings: 1 diced tomato, sliced black olives, sliced green onions
- Optional: 1 lb ground beef, browned with taco seasoning, for a heartier with-meat version
- Tortilla chips or scoops, for serving

METHOD

- 1 Stir the taco seasoning into the refried beans (warm them slightly so they spread easily), then spread them in an even layer in the bottom of a dish or foil pan. If you're adding ground beef, season and brown it, let it cool, and layer it over the beans.
- 2 Spread the guacamole over the beans, then the sour cream over that. Even layers are the whole trick — a flexible spatula or the back of a spoon does it.
- 3 Spoon the salsa or pico over the sour cream, draining off extra liquid first so it doesn't go runny. Top with the shredded cheese.
- 4 Finish with the diced tomato, olives, and green onions. Cover it tightly.
- 5 Keep it cold. This is a dairy-and-fresh-veg dip, so it needs to ride in the [cooler]([gear/camping-cooler]) and stay there until you serve it — built the night before, it travels great.
- 6 Camp trick: instead of one big dish, layer it into clear individual cups. Every kid gets their own, nobody's double-dipping around the fire, and they pack into the cooler without sliding around.

Full recipe & tips: dragonflysupply.com/recipes/7-layer-dip

Camp Trail Mix: Build Your Own (or Just Buy a Bag)

Prep 5 min · Serves 8

Build your own camp trail mix with a simple base-sweet-salty-crunchy formula, plus a nut-free version — and yes, a store-bought bag is completely fine too.

INGREDIENTS

- 2 cups nuts or seeds (peanuts, almonds, cashews — or pumpkin/sunflower seeds for nut-free)
- 1 cup dried fruit (raisins, cranberries, banana chips, apricots)
- 1 cup something sweet (chocolate chips, M&Ms, or yogurt-covered raisins)
- 1 cup something crunchy (pretzels, Chex, granola, or cheese crackers)
- Optional: a shake of salt, or a handful of coconut flakes

METHOD

- 1 The formula is roughly 2 parts base to 1 part each of fruit, sweet, and crunchy — adjust to taste.
- 2 Dump everything in a big zip-top bag or container and shake to combine.
- 3 For a nut-free mix (handy on shared trips with allergies), swap the nuts for pumpkin and sunflower seeds and lean on pretzels, cereal, and dried fruit.
- 4 Portion into snack bags or one big container, and it keeps for a couple of weeks — perfect to make the night before you leave.

Full recipe & tips: dragonflysupply.com/recipes/trail-mix-recipe

Campfire Popcorn: How to Make Popcorn Over the Fire

Prep 5 min · Cook 10 min · Serves 4

Campfire popcorn three ways — in a popper, a foil pouch, or a pot over the coals. Real kernels, real butter, and the most fun snack to make at camp.

INGREDIENTS

- 1/2 cup popcorn kernels
- 2 tbsp oil (canola, coconut, or another high-heat oil)
- Salt, to taste
- Butter, melted (optional)
- Heavy-duty foil (for the pouch method)

METHOD

- 1 Popper method (easiest): use a long-handled [campfire popcorn popper][gear/campfire-popcorn-popper]. Add the oil and kernels, hold it over the coals, and shake constantly until the popping slows to a few seconds between pops.

- 2 Foil-pouch method (no popper): make a loose pouch from a doubled sheet of heavy-duty foil with a little oil and a single layer of kernels inside — leave plenty of room for the popcorn to expand. Crimp it shut, tie it to a long stick, and hold it over the coals, shaking, until the popping stops.
- 3 Pot method: a heavy pot with a tight lid over a camp stove or coals works too. Oil and kernels in, lid on, and shake the pot over the heat until the popping slows.
- 4 Tip the popcorn into a bowl, salt it, drizzle with melted butter if you like, and serve right away.

Full recipe & tips: dragonflysupply.com/recipes/campfire-popcorn

Campfire Cheese Dip: The Easy Camp Crowd-Pleaser

Prep 5 min · Cook 10 min · Serves 6

The campfire dip every camper asks for: melt cheese and salsa in a cast-iron skillet over the coals. Mild, kid-friendly, and ready in about ten minutes.

INGREDIENTS

- 1 lb (about 4 cups) cheese that melts well — cheddar, Monterey Jack, or a block of processed melting cheese for foolproof results, cut into cubes
- 1 jar (about 16 oz) salsa — your favorite; a store jar is completely fine
- 1/2 cup milk or evaporated milk (keeps it smooth)
- Optional: 1 lb ground beef or mild sausage, browned and drained
- Optional: 1 can (10 oz) diced tomatoes with green chiles, drained
- Tortilla chips, for serving

METHOD

- 1 Build a bed of low, even coals, or set a camp stove to medium-low. Gentle heat is the whole secret — a roaring flame scorches cheese before it ever melts.
- 2 If you're adding meat, brown it first in a [cast-iron skillet](/gear/camping-dutch-oven) and pour off the fat. Cast iron holds steady heat and goes right over the coals; a camp Dutch oven works too.
- 3 Add the cubed cheese, salsa, and milk to the skillet. A pair of long-handled [campfire tongs](/gear/camping-shovel) makes moving a hot, heavy skillet over the fire a lot easier on your knuckles.
- 4 Stir often as it melts, 5–10 minutes, until smooth and bubbly. If it gets too thick, splash in a little more milk.
- 5 Pull it off the heat and serve straight from the skillet with tortilla chips. It firms up as it cools, so park it near the edge of the fire to keep it dipable.

- 6 Make it special: skip the jar and stir in a batch of [fire-roasted salsa](/recipes/fire-roasted-salsa) — char tomatoes, onion, and a jalapeño on the grate, chop, and spoon it in. Same dip, completely different flavor.

Full recipe & tips: dragonflysupply.com/recipes/campfire-cheese-dip

Fire-Roasted Salsa: Char It Right on the Coals

Prep 10 min · Cook 10 min · Serves 6

Fire roasted salsa is the best salsa you'll make at camp: char tomatoes, onion, and corn right on the coals, then chop. Smoky, chunky, no blender needed.

INGREDIENTS

- 4 ripe tomatoes (Roma hold up best), whole
- 1/2 onion, peeled and cut into thick slabs
- 1 jalapeño — optional, and easy to leave out for a kid-friendly batch
- 1–2 cloves garlic, unpeeled (optional)
- 1 lime, juiced
- Small handful cilantro, chopped (optional)
- Salt, to taste
- Corn version: 1–2 ears corn, husked — and 1 can (15 oz) black beans, drained, for fire-roasted corn and black bean salsa
- Tortilla chips, for serving

METHOD

- 1 Build a bed of hot coals. You can char straight on the grate, or set a [cast-iron skillet](/gear/camping-dutch-oven) or camp griddle over the fire — either way you want real heat, because that blistered, blackened skin is where all the smoky flavor lives.
- 2 Lay the tomatoes, onion slabs, jalapeño (if using), and garlic right on the grate or in the hot skillet. Turn them with [campfire tongs](/gear/camping-shovel) until the skins are blistered and charred in spots, about 5–10 minutes. Don't be shy with the char.
- 3 Corn version: char the husked corn the same way, turning until it's spotted brown all over, then stand it up and cut the kernels off the cob.
- 4 Let everything cool enough to handle, slip the garlic out of its skin, then chop it all by hand for a chunky salsa — or mash it in a bowl or a zip-top bag. No blender required at camp; chunky is the point.
- 5 Stir in the lime juice, cilantro, and salt to taste. For corn and black bean salsa, fold in the charred corn and the drained black beans now.

- 6 Let it sit a few minutes for the flavors to settle, then serve with chips — it's also a standout spooned over a skillet of [campfire cheese dip](/recipes/campfire-cheese-dip), piled on tacos, or with eggs in the morning.

Full recipe & tips: dragonflysupply.com/recipes/fire-roasted-salsa

Bacon-Wrapped Smokies with Brown Sugar (Camp Snack)

Prep 20 min · Cook 30 min · Serves 8

Bacon-wrapped smokies with brown sugar — the sweet, sticky camp snack everyone fights over. Little smokies, bacon, and brown sugar on the grill or coals.

INGREDIENTS

- 1 package (14 oz) little smokies
- 1 lb bacon, cut into thirds
- 1 cup brown sugar
- Toothpicks
- Foil pan or Dutch oven

METHOD

- 1 Wrap each little smokie with a one-third piece of bacon and secure it with a toothpick. This is the part the kids can do.
- 2 Roll each wrapped smokie in brown sugar to coat.
- 3 Arrange them in a foil pan or a Dutch oven (or right on a grill tray). Sprinkle any leftover brown sugar over the top.
- 4 Cook over coals or on the grill about 25–30 minutes, until the bacon is crisp and the sugar has melted into a sticky glaze. In a Dutch oven, use coals top and bottom; in a foil pan, set it on a grate over the coals.
- 5 Let them cool a couple of minutes so the glaze sets, then serve with the toothpicks still in.

Full recipe & tips: dragonflysupply.com/recipes/bacon-wrapped-smokies

Bacon-Wrapped Jalapeño Poppers (Campfire or Grill)

Prep 20 min · Cook 20 min · Serves 6

Bacon-wrapped jalapeño poppers for the campfire or grill: jalapeños stuffed with cream cheese and cheddar, wrapped in bacon, and cooked until crisp.

INGREDIENTS

- 12 jalapeños, halved lengthwise and seeded
- 8 oz cream cheese, softened
- 1 cup shredded cheddar
- 12 slices bacon, cut in half
- 1/2 tsp garlic powder
- Toothpicks

METHOD

- 1 At home or at camp, mix the cream cheese, cheddar, and garlic powder. Halve the jalapeños the long way and scrape out all the seeds and ribs (this is where the heat lives).
- 2 Fill each jalapeño half with the cheese mixture.
- 3 Wrap each one with a half-slice of bacon and secure it with a toothpick.
- 4 Set them on the grill grate or a grate over the coals, cheese-side up, and cook about 18–22 minutes, turning once, until the bacon is crisp and the cheese is bubbling.
- 5 Let them cool a minute before handing them out — the filling stays molten longer than you think.

Full recipe & tips: dragonflysupply.com/recipes/bacon-wrapped-jalapeno-poppers

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From one camping family to another. Written by Brian Diamond — former Cubmaster and Assistant Scoutmaster, decades of real family camping with an Eagle Scout son.

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