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In this episode, Ben and Lauren discover that less is most certainly not more.

From the mats on the wider side to the gear with a bigger pack size, Snowys' resident camp cook Cam shares how he manages to camp comfortably off the grid as one of the bigger blokes in the group.

Listen in for how to live larger on every pared-back, outdoor escape!



Snowys' resident camp cook Cam shares how he manages to camp comfortably off the grid.

Shortcuts:

- 00:00 - Intro
- 00:32 - Camping for Big Blokes
- 02:12 - Introducing Cam from Snowys
- 03:36 - Cam's Camping Background
- 07:25 - Sleeping Gear
- 12:38 - Self-Inflating Sleeping Mats
- 13:46 - Cam's Setup
- 15:16 - Stretchers
- 16:17 - Packing Space



19:48 - Food
20:53 - Furniture
32:10 - Tents
34:13 - Double Mats?
36:53 - The Take-Home Tips

Mentioned in this Episode:

Podcasts:

[Ep77 - Camp Cooking Competitions with Cam](#)

Blogs:

[Camp Cooking with Cam](#)

Products:

[Exped Mega Mats](#)

[OZtrail Fatmats](#)

[Zempire Monstamats](#)

[OZtrail Easy Fold stretchers](#)

[Quest Camp Table 4](#)

[Helinox](#)

[Wanderlite](#)

Other:

[Camp Cooking with Cam - YouTube](#)

Thanks for listening, tune in again for next fortnight's episode!

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If you have any questions for Ben and Lauren, make sure you head over to our [Facebook group](#) and let us know as we'd love to hear from you.

Catch you out there!