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Back by popular demand, we have another Q&A session with Ben and Lauren!

This week, you asked them all kinds of things - like the true definition of camping, and their favourite recipes for cooking over fire. From questions about gear checks and maintenance, to First Aid, essential luxury items, and how to keep pests at bay - watch or check out [this blog](#) for a written version.



The way you explore the outdoors shouldn't matter. Image: OZtrail

Shortcuts:

00:00 - Intro

01:34 - Has anyone made up their own windbreak? I was thinking of using shade cloth and star droppers. Thinking star droppers might be on the heavy and awkward to store side of things though, are there aluminium poles that would be suitable?

06:39 - What do you look for when choosing a campsite and do you have any local faves?

10:44 - I'm thinking of getting a good head torch but I don't know if it's worth spending good dollars on one or just replacing cheap ones as they stuff up.

15:02 - Do you always pack clothing for any possible weather, or do you only ever bring clothing for the expected weather?



16:28 – What's your favourite recipe for camp stove and for open fires?

19:38 – Do you consider using a caravan “camping”?

22:19 – First aid, what knowledge is essential for campers and what items do you never leave without in your first aid kit?

26:41 – Unpacking at home rituals and gear checks and maintenance. Wet or windy weather activities!

30:31 – Ben you always seem very focused on weight and functionality (rightfully so) but what do you take camping that isn't necessary or you consider luxury?

33:19 – How to keep pesky pests at bay. Wildlife sure are experts at penetrating defences.

36:28 – Right way to stake tent? Some say 45° away from tent, others 45° toward tent and some say vertically. Confusion reigns. For me, critical tent remains secure in wind!

Mentioned in this Episode:

Products:

[Tarps](#)

[Poles](#)

[Black Diamond](#), [Petzl](#), [Silva](#), [Ledlenser](#) & [Nitecore](#) headlamps

[Petzl Tikkin](#) headlamp

[Petzl Core](#) Rechargeable Battery

[BioLite](#) Headlamp

[‘Fire to Fork’](#) by Harry Fisher

[Camp ovens](#)

[Vacuum sealers](#)

[Outdoor thermals](#)

[Camp stoves](#)

[First aid kits](#)

[Coffee makers](#)

[12V fans](#)

[Breezeway](#) 12V fans

[Hard Korr](#) orange lighting

[Tent pegs](#)

Other:

[WikiCamps](#)

[St John First Aid Training](#)

Thanks for listening, tune in again for next week'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!