

**Listen to the full episode here:**

**Or watch the video version here:**

## **Lauren swaps the Oztent RV with the Mercedes backseat, and the swag bags for the Swagger 3Ps!**

Be it caravan park setups or roadside pullups, Lauren's Sprinter van is decked out with the campsite tackle, kitchen kit, and sleep systems for every off-grid adventure.

Join our gear gurus as they unload Lauren's mobile mover - from the truck tarp shelter fit for family-sized shindigs, to the work-in-progress bevvie station in the crevice of her barn door.

### **Shortcuts:**

- 00:00 - Intro
- 00:35 - Last Week on the Snowys Camping Show...
- 02:22 - Lauren's Camping Style
- 03:18 - Lauren's Sprinter Van Setup
- 08:59 - Interior
- 10:06 - Lauren's Shelters, Awnings and Groundsheets
- 14:40 - Lauren's Sleep System
- 17:39 - Lauren's Camp Kitchen
- 21:03 - Lauren's Drawer Systems
- 23:33 - Lauren's Washing Station
- 24:09 - Water
- 25:11 - Lauren's #VanLife
- 26:00 - Activities and Games
- 29:27 - Pro's of Lauren's Setup
- 29:43 - Potential Changes
- 31:08 - Lauren's Past Setups
- 32:14 - Lauren's Future Setups
- 36:12 - Watch This Space...

### **Mentioned in this Episode:**

- [Coleman Instant Swagger 3P Tent](#)
- [Tarps & Matting](#)
- [Supa Peg Outbound Shield 6 Freestanding Awning](#)
- [Zempire Bomberpad 3D Camp Mattress](#)
- [Exped SIM 3.8 M Sleeping Mat](#)
- [OZtrail Cotton Canvas Jumbo Sleeping Bag](#)
- [Coleman Stratus Fleece Sleeping Bag Liner](#)

[Stoves & Cookers](#)

[Companion 4kg LCC27 Gas Cylinder](#)

[Cookware](#)

[Tableware](#)

[Solar & Power](#)

[First Aid & Survival](#)

[Pegs, Poles & Repair](#)

[Sinks, Tubs & Buckets](#)

[Bulk Water Storage](#)

[Sea to Summit Watercells](#)

[myCOOLMAN CCP85DZ Dual Zone Portable Fridge/Freezer 85L](#)

[Drawer Fridges](#)



*Lauren's setup can accommodate both a couples' trip and larger family holiday of six people.  
Credit: Lauren Wishart*

## **Thanks for listening, tune in again for next week's episode!**

Thanks for tuning in to this week's episode of the Snowys Camping Show Podcast. Don't forget to subscribe to us on [YouTube](#), [Spotify](#), [iTunes](#), [Amazon Music](#), [iHeartRadio](#), [Pocket Casts](#), [Podcast Addict](#), or [Stitcher](#) so you never miss an upload.

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!