

Hit the Road + Hit the Sack



At this point I hope I've inspired you to hit the road this summer, and I promise to keep up with the recommendations and tips. But first I wanted to share with you how I went about setting up my car for car camping.

This has been a trial and error process for sure. The first time my mom and I went car camping together she forgot to move the passenger seat forwards and ended up spending the night cramped and uncomfortable. This is the hardest, and most important part of car camping — creating a comfortable sleeping space. I've tried sleeping on a camping mat (which ended up deflating), blankets on a truck bed, and layers of duvets in the back of my car. My most successful try was sticking my old dorm mattress foam topper in the back of my car, and using regular bedding.

Depending on whether you're one person or two, you can find a ton of options for foam toppers on Amazon. Joann's also sells foam sheets by the yard and oftentimes thrift stores will sell mattress toppers, both new and used. I covered my topper with a mattress protector and chose to use a duvet over using a sleeping bag. Unless I am sleeping somewhere extremely cold I prefer blankets because of the freedom of movement and temperature control. They are also easier to wash.

Once your bed is set up it's time to consider what else you will need. Car camping is still camping and there is a lot of overlap in the supplies you pack. Although I no longer make lists, they can be extremely helpful when starting out, to make sure you don't forget anything. Since we roadtrip so frequently, my mom and I have put together an overnight bin. This includes a single burner propane-stove, lighter, kettle, coffee/tea supplies, paper towels, trashbags, an electric lantern, insect repellent, and a first-aid kit. By having a tote ready to toss in the trunk it makes it so much easier to get away stress-free and have impromptu trips. If you don't have a car that's suitable for sleeping, this advice still pretty much applies, just have another bin with your tent, stakes, tarp, and mats.



Some of my car camping set-ups

Some of the other gadgets I've picked up over the years of road tripping are also super helpful. [This](#) phone mount doubles as a wireless charger and automatically closes, making it super simple to use. On road trips there is always something to do on your phone, whether it's listening to music, navigating, or calling, so I find it helpful and much safer to have it near eye level. For those of you who have the newer, ridiculous phones (as I unfortunately do) that have a shared charging port/AUX cable, this allows you to charge your phone and listen to music at the same time

I also finally got a [trash can](#) for my car, which is priceless when it comes to keeping it clean. Even on short trips I find the can helpful, but it is a savior when you are spending 8-hours in a car and have receipts, wrappers, and who knows what else littering your limited space. I line it with Dollar Tree's 4-gallon bags and it can also double as a cooler, which could

be helpful on day trips. I also keep napkins, an umbrella, and spare pint of oil in my car at all times, because you never know when you'll need 'em most.

Now that you have a better idea of how to prep your car for car camping and road trips we'll hit the road again. Next week I'll share some more of my favorite stories and stops to inspire your own adventures.

Happy Driving!
Rachael

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