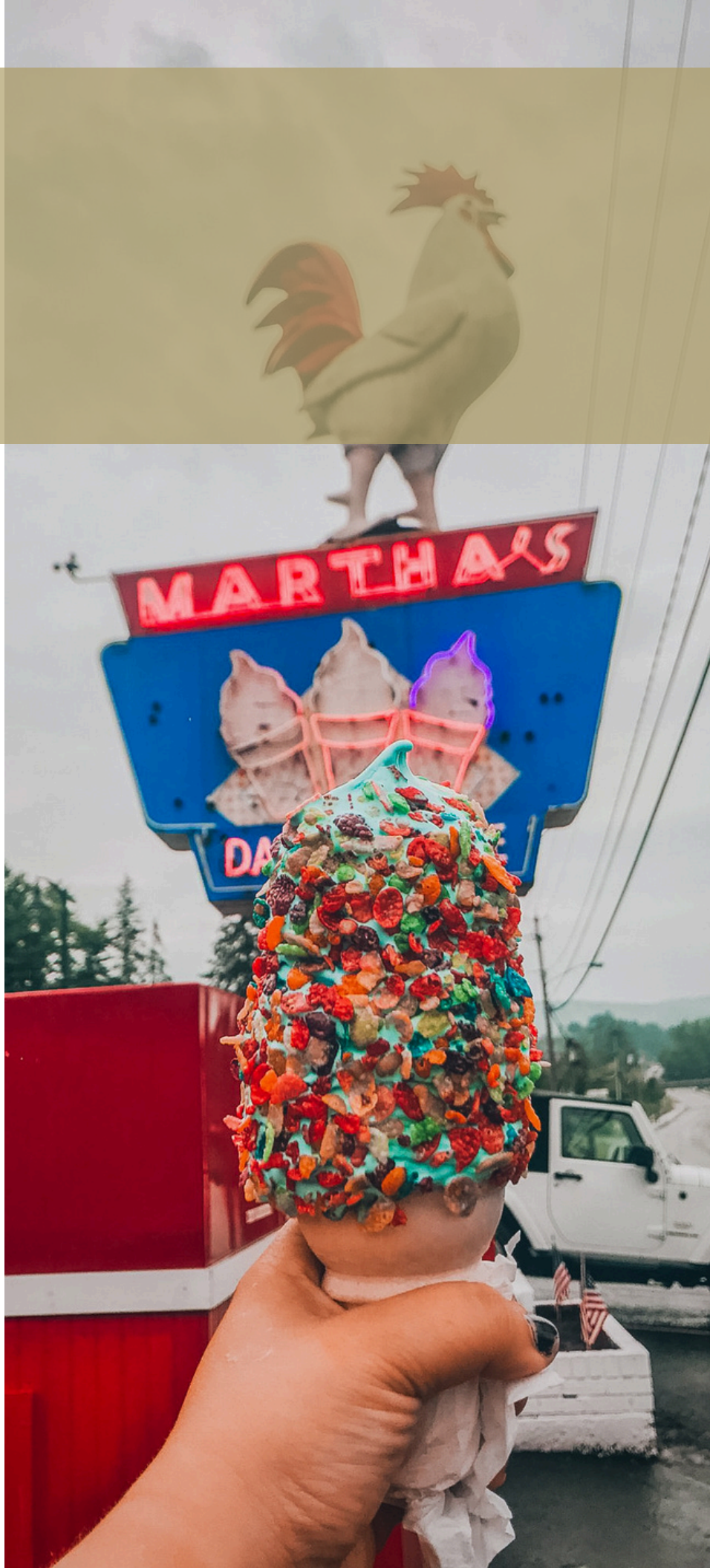


LENS & LOGISTICS

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WELCOME TO LENS & LOGISTICS

Dear Lens & Logistics Explorers,

Welcome back to Lens & Logistics! I hope you all enjoyed last issue as we made our way through Nashville enjoying all the sweet, savory, expected, and unexpected foods the Music City has to offer. As I continue to create these newsletters I continue to fine tune how best to present these guides to you. I hit a bit of a breakthrough with this one, which is funny because the “breakthrough” has been here all along--as they say, it’s all in the name.

Lens & Logistics is much more than a title, it’s how I present information. I give practical logistics through the lens of a location. In our inaugural issue the Lens was a wide from San Francisco to Washington DC, but the logistics were all about finding spring blossoms. Volume two was a more focused Lens of Nashville but an even more focused Logistics of food recommendations. This issue is going to hit the sweet spot.

Our “Lens” will be the Adirondack Mountains, and our “Logistics” will be all about car camping. Car camping has long been my favorite way of traveling because it is one the most budget friendly ways to explore, and with my tips I think you’ll find it’s also one of the easiest. So buckle up, we’re going on an adventure!

**Stay safe,
Sarah Marie**



CAR CAMPING 101

There are a few ways to go about car camping, and only you can decide which is best for you. You can camp entirely in your car, but if you're a couple, or even a group of friends, or a family you may want to consider a rooftop camper, tent(s), or a camper. I am going to focus on camping in a car since that is what I have the most experience doing.

Camping in a Car:

When you're camping in a car there are a few things that I consider to be essentials and they can be broken down into five categories:

1. Sleeping
2. Eating
3. Playing
4. Safety
5. Bathroom



QUICK PACKING LIST

Sleeping:

1. Sleeping Bag or Blanket(s)
2. Pillow
3. Sleeping Pad
4. Window Covers
5. Rechargeable fan
6. Earplugs and Eye Mask
7. Stuffed Animals/Comfort item

Eating:

1. Camp stove or small propane burner
2. Fuel
3. Mess kit (plate, bowl, mug, utensils)
4. Cooler or insulated food bag
5. Small cutting board and knife
6. Trash bags and ziplock bags (for leftovers)
7. Biodegradable soap and sponge
8. Bear-proof storage (if camping in bear-prone areas)
9. Non-perishable foods

Playing:

1. Daypack
2. Hiking boots/walking shoes
3. Book or Journal (writing utensils)
4. Camera/Tripod
5. External chargers
6. Portable hammock
7. Downloaded playlist or audiobook

Bathroom:

1. Soap, shampoo, conditioner, deodorant
2. Microfiber towel and washcloth
3. Biodegradable wipes & toilet paper
4. Deodorant & Dry Shampoo (for staying fresh between showers)
5. Travel toilet or wag bags (for dispersed camping)
6. Trowel

Safety:

1. First Aid Kit
2. Roadside emergency kit
3. Bear spray or personal safety device (depending on location)
4. Multi-tool or pocket knife
5. Offline Maps or GPS device
6. Whistle
7. External chargers
8. Copies of ID, insurance, emergency contacts
9. Weather-appropriate clothing layers
10. Airhorn

SLEEPING

GETTING A GOOD NIGHT'S SLEEP IS A TOP PRIORITY FOR MANY REASONS, BUT THE BIGGEST IS A TIRED DRIVER IS AN UNSAFE DRIVER.

Sleeping Set Up:

To ensure I get proper sleep at night I make sure to create a space that I actually feel comfortable sleeping in. I bring a few pillows from my bed as well as my favorite blanket and usually a stuffed animal. This brings me the comfort and continuity of home to help me sleep. I've even been known to bring a heated blanket to plug in at campsite.

When I first started camping I used a memory foam mattress topper folded over as my bed. That set up served me well for years. Just this summer though I switched to a high quality camping pad that is practically an air mattress. The new set up makes spontaneous road trips easier as it packs up small so I can keep it in my car at all time and it sets up within a few minutes. When looking at camping pads you want to make sure it is insulated and will fit in your set up.

I have a Big Agnes Rapide SL Insulated Sleeping Pad, it's not the cheapest but it has survived 6 weeks backpacking in the Alaskan wilderness and a month long New England car camping road trip.

Other Things to Consider:

- Create and pack your sleeping set up first--you can put things on the bed while driving, just make sure you have a place to put them when you sleep
- Decide what you'd like to reach while you're in bed with the doors shut and what can be put in places you'll reach with the doors open
- Keep safety items within easy reach
- Create custom window blockers by getting cheap windshield sunshades and use a box cutter to cut them to fit your windows
- Consider using ear plugs and eye masks
- If you have a furry friend you won't be able to use a blow up camping pad as their nails will pop it





Breakfasts

- Oatmeal
- Grits
- Pancakes
- Bagels (and lox if you've got vacuum sealed smoked salmon in your cooler)
- Instant(ish) hashbrowns and scrambled eggs (get the scrambled eggs in a carton the night before)
- Instant coffee (or classic if you have the set up)

Lunches

- Girl lunch (charcuterie)
- Pita pizzas
- Uncrustables
- Wraps
 - Caesar Salad
 - Buffalo Chicken
 - Tuna
 - Hummus and veggies
- Salad kits

Snacks

- Fruit (and peanut butter)
- Veggie sticks (and hummus)
- Cheese Sticks
- Jerky
- Chips
- Fruit Snacks
- Trail Mix
- Granola Bars

Dinners

- Mediterranean Wraps
- Tacos
- Spaghetti
- Fancy Ramen
- Quesadillas
- Pesto Pasta
- One pot chili
- Loaded Baked Potatoes
- Korean BBQ fried rice
- Philly cheesesteaks

Desserts

- Campfire Cones
- S'mores
- Banana Boats
- Orange peel cinnamon rolls
- S'more nachos
- Baked Apples
- Chocolate fondue
- Campfire donuts
- No-bake campfire cheesecake

Adirondack Recommendations

- Martha's Dandee near Lake George for unique and HUGE soft serve ice cream cones like the one featured on the cover. It's a must stop if you're in the area.
- Pink Roof is another great ice cream shop in Lake George if Martha's gets too busy
- Whitebrook Dairy Bar in Wilmington for poutine and other diner type food, its a casual walk up window with real nostalgic vibes.
- Origin Coffee in Lake Placid is a great way to start a big day of exploring!

PLAYING: PLANNING FLEXIBLE ITINERARIES

Option 1: Out and Back (My favorite)

Pros: Choosing an out and back route means doing your entire route twice because you are retracing your steps on the way back. You can pick a further “end destination” which will allow you to visit more places. The out and back route ensures you won’t feel rushed to beat the daylight each day because whatever you miss on the way out you can make a mental (or physical) note to see it on the way back.

Cons: This is not the most ideal for shorter trips because you’re more likely to be able to fit all you want to see in a day and retracing your steps can feel pointless and redundant. This is not family friendly and not ideal for people who do not like moving camp every day.

Option 2: Loop

Pros: Picking a route that is a loop still allows you to pick a further destination without going to the same place twice. You can choose the size of your loop to determine how much time you want to give yourself to spend on stops along the way. A loop will often let you see the most places in your given timeframe. Loops can be very flexible so they can work for longer or shorter trips.

Cons: If you run out of daylight/ before getting to your campsite you might miss out on stops along the route and you would either have to double back to see them or take away time on the end of the trip as you’ll be rushing to get back. Loops also often follow a scenic route on the first half but you will most likely end up on a highway or freeway at some point. This is not family friendly and not ideal for people who do not like moving camp every day.

Option 3: Picking a Few Destinations

Pros: Planning a few destinations gives you a set route with the option to stop along the way but the places you stop will get a more in-depth visit. Out and backs, and loops you would move camp every night to continue along your way, but by picking just a few destinations you could settle in a little more and stay a few nights somewhere before moving to your next stop. This is a much more relaxed while still feeling like a road trip.

Cons: If you are wild camping it can be difficult to find a place to park for a few nights in a row without drawing attention. If you are camping at a campground you might be limited in availability of having the dates you want. You also could get to a place and realize you don’t like it, while you can always leave it would be a waste of money to do so. It will require a little more planning and a little less spontaneity, though theres always room for adventure.

Option 4: Picking One Destination

Pros: Picking one destination lets you get to know a place much more intimately. You get more time to for slow travel and let yourself get immersed in your destination. It is also ideal for the Type A planner because you will get to research places to see and things to do. One destination also gives you more of an opportunity to learn about a places culture and local spots. This is ideal for cities or festivals or National Parks. This is also the best option for families as packing up and moving every night is not ideal for kids.

Cons: Similarly to picking a few destinations, picking one destination will have limitations with availability. Campsites may be unavailable for the dates that you choose which can prevent you from being able to staying at the place you really want to within your timeframe.

1. Trust Your Gut and Practice Situational Awareness

- a. If a place feels off, leave--your intuition is your best defense
- b. Be mindful of who's around when setting up camp or parking for the night
- c. Practice lying ahead of time so you feel comfortable and confident when you tell a stranger you are not camping alone
- d. If you are stealth camping, stay in your car all night if possible to avoid letting anyone know who is in the car

2. Choose a Safe Parking Spot

- a. Park in designated campgrounds or dispersed campsites
- b. If stealth camping, opt for well-lit, low traffic areas (avoid sketchy rest stops)
- c. Always park where you can leave quickly if needed, normally this means backing into a spot.

3. Keep your Doors Locked and Valuable Hidden

- a. Lock all doors and windows when sleeping
- b. Keep valuables out of sight when possible. This doesn't mean your car needs to look empty, but cameras, electronics, wallets, etc. should be hidden
- c. Use window covers or curtains for privacy

4. Have an Exit Plan and Offline Navigation

- a. Scout locations ahead of time for safe overnight parking
- b. Download offline maps in case of poor cell service
- c. Let someone(s) know your location and check in periodically
- d. Have a backup site in mind if your first place feels unsafe
- e. Garmin InReach devices will share your location with a group of people even in remote locations.

5. Be wildlife and Weather Aware

- a. Store food properly to avoid attracting animals (use a bear-proof container if needed)
- b. Check weather forecast for sudden storms or extreme cold/heat
- c. Avoid camping under dead trees
- d. Keep an airhorn on hand to scare off animals

6. Keep Emergency Gear on Hand

- a. First Aid Kit
- b. Roadside Emergency Kit
- c. Self-Defense Items (pepper spray employed in the car will also harm you)

AFTERMATH OF A BEAR BECAUSE OF IMPROPERLY STORED FOOD





Ausable Chasm

Ausable chasm was formed from the ice age 500 million years ago and is one of the United States first natural tourist attractions. While this type of activity is right up my alley it's not a place I recommend lightly as the activity I think you should do is \$75 for adults and \$65 for kids. The fact that I still recommend it should tell you all you need to know. It truly is an unforgettable experience.



The adventure package includes a multi element via ferrata style high ropes course that criss crosses over the canyon and raging river below.

Once you've completed the challenge course you get to calm your nerves hiking along the canyon and learning it's incredible history.



After you are done exploring the canyon you finish on the river. You can choose to do a 15-20 minute guided group raft where you will lazily make your way down the river while learning about how the very river you float carved this amazing natural chasm. If you have more time you can opt to go tubing instead which can take anywhere from 30 minutes to an hours. If you want to stay dry choose the raft, but if you're willing to get wet have fun floating the river!

Ausable Chasm also has a campground which is fun in itself as it has a pool, disc golf course, mountain biking and hiking trails.



Lake Placid

Lake Placid is one of only three locations worldwide that have hosted the winter olympics twice. It is full of amazing Olympics history from ski jumps to the ice rink that hosted the “Miracle on Ice” when the underdog US defeated powerhouse Russia in 1980.

If you are limited in budget and time I recommend at the very least visiting the olympic ski jumps which is \$20 to visit and includes a gondola ride up to the top of the jumps. The views and the thrill of being at the top are amazing and really put the sport into perspective.



Alternatively the Mt Van Hoevenberg would be my second choice for must stop. For \$15 you can take a guided tour of the complex and see the bobsleds and skeleton in action. It is thrilling and if you visit during training season you'll most likely get to meet an olympian!

If you have more time I recommend getting the Legacy Sites passport. Despite being \$60 it is by far the most economical option. Each location starts at \$15 which adds up quick. With the passport you can visit all of the Olympic sites including the Olympic museum, ice rink, Olympic ski jumps, bobsled tracks, and “Cloud Splitter” gondola up White Mountain. You also get discounts at various restaurants at the Olympic sites.



Make sure you also check out the events calendar as the passport also includes admission to ski jump competitions and Bobsled and Skeleton races.

The passport is valid from Friday, December 6 through Sunday, March 16. So if you're planning a longer visit or are able to go multiple times then it may be worth the price.



Lake George

Lake George is such a cute town with its bright colored shops, carousel, historic Fort William Henry, and the iconic steamboats: Minne-Ha-Ha, the Mohican, and the Lac du Saint. If you keep your ears open the steamboats will sing a song for you. Like any other little tourist town Lake George also has souvenir shops, restaurants, arcades, and photo ops. Its easy to spend the day at the beach and the afternoon strolling in and out of shops.

Lake George is my most budget friendly stop in the Adirondacks because you can visit the public beaches and walk around town for free. There is a parking fee of \$10 at the beaches but if you don't mind walking I'm sure you can find free parking somewhere.

Other Adventures

The Adirondacks are full of natural and man-made places to explore. Some other places you might want to check out are:

- Natural Stone Bridges and Caves Park (free)
- Six Flags in Queensbury
- Saratoga Race Tracks in Saratoga
- The Glen Drive-In Theatre in Queensbury, NY

Potty Talk

When you gotta go, you gotta go. Hopefully you'd be somewhere with easy access to a bathroom but if you are not heres a few tips to help you practice Leave No Trace:

- Option 1: Bring wag bags or portable toilet for areas without facilities. Dispose of them properly when you can.
- Option 2: Dig 6-8 in cat hole at least 200 ft from water sources

Additionally kep biodegradable wipes and hand sanitizer easily accesible. Use dry shampoo and deodorant to stay fresh between showers, and a collapsible water jug & washcloth make for a great DIY sink.

*Baby wipes are a game-changer when showers aren't available.