



Here we are folks! It's that time of year where the days blend and time almost seems to disappear. Our thoughts wander towards the year ahead and reflect upon the year that was. If you're giving yourself a guilt trip over those unkept resolutions and promising you'll commit to them in 2022, then cut yourself some slack and keep reading...

I propose being gentle with yourself and instead of making excuses or allowing setbacks to get in the way, how about first shifting the language around that resolution? By its very definition a resolution is resolute. It's a firm, make or break decision. How about setting intentions instead? That way, we allow room for all those things we cannot control.

If we create intentions around the things we enjoy but tailor them to be with people or in environments that enhance our wellbeing. Why not swap the gym for a hike instead? We still build our strength and fitness, but we might explore a new-to-us national park, and most definitely we would reap the benefits of nature connection as well!

So, no matter what 2022 has install for us, let's meet it at our best with these seven ideas nailed!



*You don't have to head far, just find a trail and start walking. Image: Sea to Summit*

## 1. I will get fit

Getting fit or losing weight is probably the most common promise people make themselves as the new year swings around. For many, that means taking out an expensive gym membership or signing up with a personal trainer.

But getting fit this year needn't be arduous or expensive. Dust off your hiking boots and hit your local walking trail. The crunch of the gravelly track under your feet, the tweeting of birds, and the smell of eucalyptus in the air. It's so much more motivating than heading to a windowless room full of exercise equipment. It's cheaper too!

And, with long summer days at your avail, there is no excuse to not go for a hike after work.



*Trailblazing after dark is a whole new experience and during summer, the cooler temperature at night can make it more enjoyable. Image: Coleman*

## 2. I will spend more time with friends and family

Neverending lockdowns, border restrictions, and quarantine have had most of us longing for that in-real-life connection. At home we have TVs, gaming consoles, computers, work, and chores frequently distracting us and consuming our time, but nothing compares to face-to-face catch ups with our loved ones.

Camping is a great way to spend quality time with friends and family. Especially in the middle of the Australian bush, where mobile reception is flaky or non-existent, we have more time to foster the relationships we want and space to connect with those you love. Camping is also a great way to rest the body and mind and do a great deal of nothing.



*Cooking over a fire with a cast iron camp oven makes everything taste better. Image: **Cast Iron Boys***



### 3. I will eat better

Eating better isn't only about cutting out fast food and sugar. It's about taking the time to understand your own body and which foods contain the most optimal fuel for your body type and your lifestyle. It's important to educate yourself on your needs before eliminating carbs, calories, wheat, dairy, or whatever. We are all unique and what suits one person will differ from another. Underpinning any diet is the importance of eating real, wholesome food that you have cooked from scratch, and what better place to cook from scratch and eat well than when you're out camping. Camp cooking isn't all 2-minute noodles and baked beans on toast!

We have written heaps on the subject of camp cooking, here are some of our most popular blogs:

- [How To Make Damper in a Camp Oven](#)
- [Guide to Cooking Options for Campfire Season](#)
- [Cooking Without Perishable Ingredients](#)
- [How to Shop, Pack and Prepare Food for Touring Adventures](#)
- [How to Cook Roast Pork in a Camp Oven](#)
- [Meal Planning for Outback 4WD Adventures](#)

Remember, the odd treat like a pie from a country bakery is all part of a happy life. Don't be too harsh on yourself - balance is key!



*Camping in the Kimberley. Image: Aaron Schubert*

### 4. I will explore more

Many of us have spent the last couple of years exploring our local areas, or going on intrastate adventures. Perhaps this coming year will see some of us dusting off our passports once again for that tour of Europe or trip across the USA? If this is you and you're feeling a little anxious over travelling further afield, we have an article full of great tips for post Covid-19 travel, no matter which destination you're packing your bags.

Before you book that long-haul flight though, take a moment to consider how much of your own country you have actually explored? Go on, be honest. Don't feel bad, there are so many who have only explored a tiny portion of their own state or territory, let alone the rest of the country!

I'm in favour of regular short trips. Weekends spent doing activities I haven't done before or visiting somewhere local that is new to me. Rather than sitting in front of the TV, go for a drive, a walk, or cycle. It'll be fun, I promise. Take plenty of photos too.



*Investing in shelving will allow you to get the most out of your shed. Image: Ben Trewren*



## 5. I will keep my gear organised and clean

So, you've been out camping for a week. You get home, offload the gear, and it's back to the grind. Your gear is stowed away until next time and that's that.

Bad form, that's what it is.

To keep your camping gear in tip-top condition, so it lasts a long time, it's important to properly maintain and store it. Make sure your tent is completely dry before you put it away. Vacuum or sweep it out properly, and repair any issues so it's ready to go next time. We also have a great Podcast episode where Ben and Lauren take a deep-dive into Caring for your Camp Gear.

With your sleeping mats - unroll them and keep them under the bed, and your sleeping bags shouldn't be kept bundled up in the stuff sack as it will affect the fill.

Instead, take them out of the sack and keep them in a cool, dry place in a large pillowcase or a loose-fitting mesh storage sack. Sea to Summit sleeping bags come with both a stuff sack and their own breathable storage bag.

Also, now that you've got a bit of time off over the holiday period, it's a great time to actually wash your down sleeping bag, patch up that tent that's been out of action for a while, or re-condition and clean up those beaten up hiking boots.



*Store your gear properly on and off the trail. Image: Sea to Summit*

## 6. I will replace or upgrade that thing that really needs it

We all have a piece of camping or hiking gear that we should really just retire and replace. For me, it's an old el' cheapo 1 person hiking tent. It's been a great tent over the years but the floor has holes in it, it smells funky, the zips busted, and it no longer keeps the rain out. I could continue to repair it, but there comes a point when it's time to let it go. Treat yourself with a new purchase, or ask a loved one to gift it for your birthday, mother's or father's day.



*Fill your new year with adventures outdoors. Image: Aaron Schubert*

## 7. I will try something new

Never been on an overnight hike before? Try it! If you often go hiking with the other half but have never headed out alone? Go on, see what it's like by yourself - think safety first, though and make sure you pack a first aid kit and emergency device!

You've got a flash 4WD but have never taken it over a sand dune? Give it a shot, but make sure you know what you're doing first.

Make your new year one filled with adventure and the great outdoors. Visit some places you haven't visited before. Try things you never thought you would try. Eat well and keep the body moving.

Be sure to just lay back under the sky from time to time and let your mind frolic with the clouds. You'll look back at it at the end of the year and will be proud of what you've achieved.



I'm sure of it!

**What are your intentions for the year ahead?**

