

A photograph of two young women sitting in the open trunk of a car. The woman on the left is wearing a bright pink long-sleeved shirt and a quilted orange vest with a Patagonia logo. She is looking down and smiling. The woman on the right is wearing a yellow tank top and is looking towards the first woman, also smiling. The background shows the interior of the car and some outdoor gear like a yellow bag.

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# girls' guide to **CAMPING**

MAKE A BREAK FOR THE GREAT OUTDOORS—HERE'S  
EVERYTHING YOU NEED FOR A FUN, ACTIVE WEEKEND IN  
THE WOODS. BY JEN SCHWARTZ

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photographed by **CHRISTOPHER FERGUSON** styled by **LINDSEY FRUGIER**



## PACKING ESSENTIALS

Bring quick-dry tops, water-resistant pants and an oversize coat to wear at base camp.

**JACKET** Kenzo, \$2,000  
**BIKINI TOP** Lisa Marie Fernandez, \$315 **PANTS** American Apparel, \$68  
**WATCH** Cogito Pop, \$100  
**SNEAKERS** Adidas Outdoor, \$70 **OPPOSITE VEST** Patagonia, \$149  
**SWIMSUIT** Lisa Marie Fernandez, \$395 **SPORTS BRA** Adidas by Stella McCartney, \$55 **WETSUIT** Quiksilver, \$175



FROM LEFT **VEST** Patagonia, \$179 **TOP** Tanya Taylor, \$255 **BRIEFS** Roxy, \$58 **SWIMSUIT** Onia **JACKET T** by Alexander Wang, \$595 **SNEAKERS** Adidas Outdoor, \$75 **VEST** \$495, and **SWEATER** \$655, Rag & Bone **BINOCULARS** L.L.Bean, \$60

Crisp autumn days are ideal for a weekend camping trip—the pesky mosquitoes have subsided, the sweltering temperatures are gone and the seasonal changes produce a magical flurry of colors (and wildlife). Even if you travel only an hour’s distance, just getting out in the woods can be enough to change your perspective: The air is fresher, your mind is clearer, and you get a much-needed dose of calm.

I like taking camping trips with groups of friends for this very reason. When I’m away from my home base in New York City, surrounded by dense trees and rocky terrain, my senses ramp up. I become a different version of myself. All the mindful habits I struggle to practice in my rushed urban life (Breathe! Don’t overthink things!) automatically switch on: It’s suddenly easy to be present and in the moment when I have to build a campfire and snap tent poles into place. And sharing a summit success, after you’ve charged hard for hours and your quads are burning, can lead to serious bonding. Chilling some cans of rosé (yes, way!) in the creek for later works wonders, too.

As the sun goes down at dusk and your ears become more attuned to the little noises in the forest, you have no choice but to embrace your mild fear: Exposing yourself to the elements and the will of the wild is part of the adventure, after all. And when your attention gets consumed by thoughts of “Wait, is that a bear rustling in those bushes?” there’s simply no headspace to worry about a work deadline. (Relax, it’s probably just a chipmunk.)

## KNOW BEFORE YOU GO

Exactly what to bring—and more tips for when you pitch your tent

### PICK A LOCATION

Camping spots are more accessible than you may think. The National Park Service’s website (NPS.gov) is a great resource for finding ones near you, or try Hipcamp.com, which lets you search by criteria (isolated wilderness site or communal car-based campground?). Then map your hiking trails by checking out SummitPost.org. Your neighborhood outfitter is also a reliable source for guidebooks written by savvy locals.

### GEAR UP

Fall is all about layers. Fleece, flannel and down feel cozy, while durable, antimicrobial merino wool is beloved for keeping you warm or cool as needed (and smelling fresh even after you exercise). Opt for synthetic base layers in a poly blend and water-wicking outerwear. Don’t own a kayak, headlamp or sleeping pad? REI rents

gear (and offers tutorials), as do many supply shops. (See page 15 for more recommendations.)

### PLAY IT SAFE

Always tell someone where you’re going. Buy a trail map—don’t rely on your phone (service may be spotty, and cold air drains the battery). Pack a small kit of safety essentials: a lighter, basic first aid, a flashlight and do-it-all duct tape, which can be used to fix a rip in your puffy vest or mend a worn-out boot sole. “Check the weather before going onto the water or climbing above the tree line, and carry plenty of water on long hikes,” says Katie Baum Mettenbrink, a field instructor for the National Outdoor Leadership School in Lander, Wyoming. “Conditions can change quickly, so be prepared for rain and dropping temps even if the day started out sunny and warm.”

### GET COOKING

Camping food is not just about trail mix. Firing up an inspired, healthy dinner is possible with a tiny propane stove and prepped ingredients in zip-top bags. Try a medley of chopped veggies, rice and Parmesan, and season with a DIY spice packet. Ground meat (stored in a cooler) makes a protein-packed addition. And good coffee is always essential. A French press or a pour-over setup are both camper favorites.

### TOP IT OFF

Once you hit the summit after a strenuous hike, take a minute (or 20!) to enjoy the moment. Stop and think: If you can tackle this mountain, what else can you take on? That sense of accomplishment can fuel your motivation to achieve all sorts of other amazing things. So hold on to the rush—even as you descend back into regular life.



## WATER'S FINE

Mix up your activities beyond hiking: Go stand-up paddleboarding, rock climbing or zip lining. (Just bring a buddy—remember, safety first!)

FROM LEFT **SWIMSUIT**  
(worn inside out), Duskie,  
\$160 **SWIMSUIT**  
Flagpole Swim, \$450

Hair, Wesley O'Meara for AG Hair; makeup, Sam Addington for Chanel Les Beiges; manicure: Katherine St. Paul Hill for Dior Vernis; prop styling, Jim Gatson at Atelier; production, A+ Productions; models, Grace Mahary and Nadine Leopold at IMG. Special thanks to Jeep. See Get-It Guide.