

Will FLOW Thompson on The Overland Podcast

Thank you for joining us on **THE OVERLAND PODCAST**. For years we have traditionally been a vehicle-based podcast, but we are spreading our wings and expanding into different areas.

- The reason is that there are so many amazing ways to explore our planet and when you do that, no matter what method you use, you are traveling OVER LAND.
- We enjoy walking, hiking, backpacking, and love riding bicycles, so therefore it is mandatory that we explore the wild world of BIKEPACKING!

So, I wanted to bring someone on who is actually do this...living the life. Traveling OVER LAND via bicycle.

So today on the podcast, we have with us **WILL FLOW THOMPSON**. Good evening Will. Welcome to the show.

- Tell us a little about yourself, where you are from, etc.
- How did you develop a love for traveling via bicycle? Where did that come from?
- Do you have any other hobbies we do not know about? I see you played Hockey?

How did you get the name **FLOW**?

- I am assuming this is like a backpacking TRAIL NAME?
- That trend is the same for bikepacking?

Now I have seen on your Instagram (this is where I get all my information lol)

- You have done some Mountain biking, Gravel biking, road biking
- What is your favorite and why?

Your BIKE

Let's talk about your bikes

In the world of travel, whatever you are using to get you from point A to point B is probably the most important piece of equipment you own

- They must be reliable, dependable
- You have to get to know them inside and out because you are not only the traveler you also sometimes have to become the repairman.

From looking at your Instagram...

- You have more than one bike (I am always convincing my wife that 2 is one and one is none) so definitely you cannot have just one of anything like this. lol
- Tell us about the bikes you own and love

If money was no object, and you could buy whatever you wanted as far as bikes are concerned, what would you be riding today?

GEAR

Tell me about the gear on your bikes that you trust and love.

The packs you have on your bike

- LOAM
- AEROE

I see you love Coffee – you have an AeroPress and enjoy the local coffee's wherever you travel.

What other gear do you have packed that you use?

- Tents
- Cooking devices
- I noticed that you use a Garmin EDGE?

What do you normally do for food on your trips?

Travel

Travel is such a huge part of this lifestyle. There are so many amazing places in the world where you can travel via bicycle.

I have watched so many YouTube videos on different places people have traveled and different ways they have used their bikes to travel.

- From this guy who traveled from as far north in North America to the tip of South America.
- Some of his friends shipped their bikes to Patagonia along with some parts he needed (he had broken his derailleur on his bike and had traveled over 300 miles in South America as a Single Speed) as well as having no brakes and other things.
- They arrived, fixed his bike and then went fly fishing for a week or two. They came home and he continued to the tip because he had not achieved his goal.

That is incredible!

- How do you decide on where you want to go?
- And how do you plan your routes?

You recently returned from Ecuador...

- Why Ecuador?
- What drew you to this country?

I have seen you have been to Mexico, Canada...where else have you traveled in the past in order to ride bikes?

You are leaving soon for another bikepacking adventure? Where can we expect to see you coming up in the next few weeks/months?

What is on your bucket list of trips?

There is a great tool out there www.bikepacking.com

- Has a ton of routes and people are adding new ones all the time.
- What apps (if any) do you use to track or plan routes?

Health

I believe health is a huge part and what I love to emphasize on my show.

- It greatly affects quality of life
- And the amount of joy you have in doing what you do ... whatever that is.

Do you train? What do you do to stay in shape?

I saw where you recently celebrated 6 years of sobriety. Congrats on that accomplishment!

How has being sober helped you have a more fulfilling life? Achieve your goals?

Your Socials

How can we keep up with you?

- Do you have any other ways than Instagram?
- Instagram @willflowthompson

I have been thinking so much lately on this whole contrast of whether people actually do things such as Overland, bikepack, backpack etc. for the views, or whether they actually enjoy what they do?

- And then on the other hand there are those out there who started out doing what they do because they enjoy it, and now they have become popular and have gained subscribers or viewers, and it seems to have shifted that it now more about work than enjoyment...
- How do you balance the posting on social media with the enjoyment of being in the moment?

Conclusion

I greatly appreciate you coming on the podcast

I have thoroughly enjoyed learning more about bikepacking from someone who actually does it and lives it.

I have thoroughly enjoyed getting to know you a little better and the man behind the hair.

Wish you the best in your travels and look forward to seeing you wherever you venture out.

Thank you!

I want to thank everyone for tuning in and listening to this conversation.

I hope you have gotten as much out of it as I have. This is something completely new to a lot of us and I am eager to learn more and get into it and love it like so many others do.

I hope you have a wonderful week.

We are signing off here on THE OVERLAND PODCAST.

Look out for number one and don't step in number 2.

We are out!