

SlowRoamers on THE Overland Podcast

Thank you for joining us on **THE OVERLAND PODCAST!**

- What a wonderful week this is!
- The week before the biggest holiday of the year!
- I hope you have all your wish lists sent to Santa
- And I hope you get everything you could ever want!

We have so much to be thankful for in life...

- So many good things have happened in life
- Our families our friends
- I hope we take time to tell them we love them and make time for them.

This past weekend was a good one for me...

- Our first (hopefully annual) Winter Men's backpacking trip was this past weekend
- 27 miles on the Ouachita Trail (one of the Nations National Scenic Trails)
- With 3 amazing men. Slept in shelters and walked a LONG way over mountains
- Such a great time for 3 guys who THOUGHT we were in shape. LOL

But the Backpacking world is a LOT like the Overland World...

- You build out your kit
- Buy cool gear
- You take it out and use it and figure out if you have what you need or not...whether it works or not
- BUT with backpacking, it is a little more of a challenge because there is no running to the store to pick up items you may have forgotten.
- HAVE to check and double check and triple check.
- The biggest thing to worry about is FOOD. Don't want to take too much because you have to carry the weight. But don't want to starve either. I ate so much food.
- Most of it was Mamoo's Camp Kitchen.

Mamoo's Camp Kitchen

- Some good friends of ours from Louisiana who make freeze dried meals that are so good and easy.
- We had the Cheesy Chicken Spaghetti, had the beefy enchiladas TWICE and then Richard...this is how good of a friend he is...he carried tortillas, hot sauce and a Mamoo's Breakfast Scramble the whole trip and we had it the last morning to celebrate our victory! www.mamooscampkitchen.com for all info and ordering on that!

But enough about us! We have with us some special guests with us this evening on one of the last podcasts of 2024! And I am excited to visit with you!

- Alex and Megan, also known on the Socials as @slowroamers
- Joining us from somewhere on the Pan American Highway...
- Living that Van Life!
- Thank you for joining us!

You talk about who you are and where you are from on your website...

- And I encourage everyone to check that out at www.slowroamers.com
- But if you would just give us a little history about yourselves, where you are from and where this love for adventure travel came from?

This is very exciting for me and I am sure my wife will have some questions...

One of our goals in life is to do what you are doing...

- To get to a point where we can travel full time...having a home base but having the freedom to go where we want and see all the places
- Do you have a home base?
- There are so many places to go
- So many things to do
- I am not sure it is possible to go and see everything we want to...
- But traveling like you are makes it easier to mark things off the list.

Favorite Places

- I want to ask you about some of your favorite places you have traveled to
- We all have bucket lists, but there are sometimes these places we do not know about
- Share with us some places you have traveled that need to be on other peoples bucket lists.

Traveling is AMAZING...

- Getting away from everyday life
- Seeing this beautiful amazing world...
- But you are experiencing some of what Tony and I have been dealing with for the past several months...
- Issues, breakdowns, maintenance and figuring things out...

Issues you have to deal with all the time...

- You put out a video on YouTube 2 days ago entitled "The Biggest Problem Yet...It is all in Pieces..."
- Share with us a little about what you're having to deal with.

Tell us about your Rig - Betty

The Van...

- You transitioned to this Van from a 1988 Toyota Single Cab truck (I LOVE THAT TRUCK).
- What a difference!
- Talk about all you did to transform this 2006 Chevy Express from a plain white delivery van to something you love to travel and live in.

How it all started...

- You mention on your Instagram how your love affair with traveling and living this lifestyle started and it is interesting to me.
- Give us a brief synopsis of how it all started.
- What keeps you going each day?

You talk about travel...

- About how the best part of travelling isn't the destination but the people you meet along the way.
- Tell us about some of the people you have met that have made an impact on you?

You talk about living in 2 different places...

- Having a home base and having a home in a van...
- How do you juggle between the two with time?
- What do you have to give up to be on the road for a large amount of time?

For someone who might be wanting to do this as a goal one day...

- Something to look forward to...
- What advice would you give to them?
- Anything you would advise people to stay away from or lean toward?

If you had it to do all over again...

- What would you change from the start?
- What life lessons you have had over the years would you implement from the start?

Your social media

You tell good stories

- You don't do one-liners
- You talk about where you are and what you're doing
- You really tell a good story

Your YouTube Channel

- You put out really good videos
- Is that your main way of getting out to your followers?
- Do you enjoy that part of it or is it one of those things that comes with the territory?

Megan also has a social media @slowroamer.meg

- You show a lot of what you do...your role
- You do a lot of cooking...recipes
- The Naan bread looked amazing
- What is your inspiration behind your cooking?

What are some of the extracurricular activities that you enjoy while traveling?

- I have noticed some hiking...
- A surfboard?

We are about to enter into a Holiday Season...

- How do you treat holidays when you are traveling?
- Is it possible to get with family or is that a thing with you?
- Do you have to give up some things? Change things?
- Make new traditions?
- Do you love taking in the local holiday traditions?
- How do you handle Holidays?

You're location...

- Are you currently still working your way down the Pan American Highway?
- Traveling from Northern Frontier to Argentina?
- What are your plans on this route? Or do you have a plan?
- How do you decide where to go, how long it will take you?
- Do you have a timeline of how long it will take you to get to the southern tip?
- Have you thought about what happens after that?

Tell us how we can keep up with you and follow your travels?

How can we support you if we want to?

Social Media

Instagram - @slowroamers

Facebook – facebook.com/theslowroamers

Website – www.slowroamers.com serves mainly as your place for your merch but also gives a little history about you.

YouTube – @slowroamers

Patreon – Slow Roamers – this is where you get the most up to date info.

Ending

I greatly appreciate you coming on the podcast

I have thoroughly enjoyed learning more about you, and your travels!

Thank you for taking the time to visit with us!

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.

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!