

Season 8 Episode 9 – Patty Upton

Introduction and Welcome!

- We are LIVE! Welcome to THE Overland Podcast. My name is Joey, they call me the BROfessor along with my co-host and personal mechanic Tony from @batsoffroad.
- Hope everyone has enjoyed the warmer weather these past few days.
- My wife and I, along with Luke from UltraliteSacks backpacked Eagle Rock Loop this past weekend. We walked 26 miles, had to hitch hike around controlled burns, crossed over 40 water crossings...had amazing weather, nights around the fire...
- And here we are, back again, trudging through this work week...

Our Guest this evening...

- I am excited about our guest this evening as we do this live show
- So, if you are watching or listening, you might want to be thinking of some questions
- We have with us this evening Patty Upton
- You can find her on Instagram @sandshipdiscovery , @tnt.triedntrue making her run at the Rebelle Rally 2025, and on her website at www.outbackofbeyond.com
- Welcome Patty!

Personal Background

- I love how you introduce yourself on your website, “a mom, a lifetime Girl Scout, a hopeless romantic, a voracious reader, and Loren Lee Upton’s traveling companion and wife.”
- You speak very highly of your late husband, Loren, and most of your story includes your time with him...
- How did you two meet?
 1. When you met, did you know what you were getting into with him?
 2. ... or did he surprise you wanting to do these expeditions?
- You say on your website, “it is now time to tell his story...”
 1. What is the most important thing you want the world to know about him?
 2. If you could go back to one point in time, when would that be?

Expeditions

- I love how you point out on your website that all of your expeditions occurred before the internet, before GPS, before Google, before Cell Phones, and before digital cameras.
 1. Most people cannot fathom living without those things
 2. Because today, it is not an option.

Horseback Expedition of 1957

- “Loren had all the good intentions of going from the lowest point to the highest point in the Western Hemisphere, Bad Water, Death Valley, California, to Mount Aconcagua, Argentina.”
- What brought about this challenge? Why this Expedition?

- Can you tell us a little of the story?
- How hard was it to prepare for this expedition with such little information that was out at the time?

F-250 Expedition of 1975

- Another Expedition came about...
- Loren wanted to drive an American Made Vehicle around the world...
- This was his first experience with the Darien Gap...
- What was the Darien Gap (the Gap with no roads connecting Panama and Columbia) and what happened?

Jeep CJ-7 in 1977 at the Darien Gap

- 1977 comes along, another year, another expedition
- Did he put a team together for this?
- He crossed the Gap in 49 days, but rainy season had arrived, so he traveled about 8 – 10 miles lashed a-top a dug-out canoe up the vast rivers in the Atrato Swamp of Colombia, hence not an all-land crossing.
- But that didn't matter...what happened?

Jeep CJ-5 in 1979 at the Darien Gap

- In early 1979, he goes back to the Darien Gap...
- What happens?

1966 Jeep CJ-5 "Sand Ship Discovery" in 1984 at the Darien Gap

- He just wouldn't give up
- Started in Prudhoe Bay, Alaska
- This time, when he reached Panama, you joined the Expedition
 - What made you want to do this, especially after what had happened in the past?
 - What was his reaction when you told him you wanted to join him on this expedition?
- Tell us the story
- What were some of the biggest obstacles you faced?
- Were there moments you did not think you would make it?
- One thing we take for granted is having clean water and being able to filter water with our state-of-the-art filters. How did you make sure you had clean water and food back then?
- What was the reaction of the public/media when they learned of your accomplishment?
- What lessons in survival did you learn on this journey?

Loren Lee Upton

- Your husband, Loren passed away in 2022.
- How do you want everyone to remember him?

Today with Ms. Patty

- Now, throughout each year, you do podcasts and attend events and share his story and your story with him...
- You do classes and seminars and are very active in the Overlanding community.
- Do you, after all these years, still feel at home in the Overlanding community?
- How do you feel it has changed?
- NOW...you are embarking on a new challenge, the Rebelle Rally. Are you excited about this opportunity?
- I want to encourage everyone to follow and support TEAM #114, the TNT – Tried and True TEAM of Patty and Connie Rodman!
- They have a link where there are different ways you can support their team on their website www.TNT-triedntrue.com because from what I have heard it is very expensive to compete in this female only.
- And follow them on Instagram as they share how they are preparing and training for this epic event.

Wrap it Up...

- Mrs. Patty, thank you for coming on sharing with us a little about yourself, your husband and the expeditions.
- We have thoroughly enjoyed this time and wish you all the best in 2025.
- Where can people find you this year? What is on your calendar?
- Thank you to everyone who joined us LIVE.
 1. The podcast will be available for download on all podcast platforms
 2. Thank you to our sponsors who make sure the show happens each week
 3. All everyone who supports us by listening and participating.
- I hope you all have a wonderful week
 1. Get outside...
 2. Learn something new
 3. Get involved...don't just sit back and watch others make a difference...YOU make a difference.
 4. Whether you travel by Rig or by shoe, whatever you do, look out for number one and don't step in number 2.
- Tll next week, we are OUT.