

# Introduction to Overlanding



## | What Is Overlanding?

**Overlanding:** A method of vehicle-based, self-supported, exploratory slow-travel that's about enjoying time outdoors and focuses on the journey more than the destination. A way to explore off the beaten path—or on paved roads.

**Type of vehicle required:** While a four-wheel-drive or all-wheel-drive vehicle can come in handy, it's not required. Any vehicle will do.

**Places you'll stay:** Overlanding most often involves camping, typically off-grid in dispersed campsites with few to no amenities on public land.

**Roads you'll take:** There will likely be a combination of paved roads, trails, forest service roads, and unpaved vehicle paths.

**What you'll need to bring:** Everything you need to survive outdoors, including food, water, navigational skills, bathroom supplies, and safety tools.