





夏日长 出去嗨

文 / 马丁 图 / 视觉中国

初夏已到，昼长夜短，远离都市，亲近自然，装起帐篷马上出发，出去嗨就是这么简单。精致的露营一定需要充足的准备，很多人其实并不懂该置办哪些露营的基础装备，所以提前准备好基础装备，真的能让人体验到都市生活没有的乐趣。

在外露营，住是最大的问题，毕竟风餐露宿可不是露营的本来目的呀，但第一次露营的人，应该用哪种帐篷？应该怎么给随身带的笔记本电脑、手机、投影仪充电？在户外待着，又不能直接坐在草地上，怎么办呢？初夏的太阳很毒辣，该怎么防晒呢？肚子饿了又不想啃凉面包，如何能吃到热食呢？这篇文章肯定能帮你解惑。

亲朋好友一起自驾旅游，随身带的电子设备没电了怎么办？靠充电宝么？显然，充电宝那点电量是不够的。此时，户外电源是你的最佳选择。

1. 什么是户外电源

有些人认为户外电源只是一个比充电宝尺寸大一些、容量大一些的大号移动电源。其实户外电源是一种内置锂电池、自身可储备电能的户外多功能电源，相当于小型便携式充电站。



2. 户外电源的特点

户外电源最显著的特点是容量大、功率高、使用寿命长、接口丰富、兼容性强、安全性能好等。

3. 电源功率

户外电源与充电宝最大差别就是户外电源的功率更大，能带的电器更多。选择户外电源时主要看电源功率是多少瓦，功率数字越大代表能带的电器越多。

4. 电源容量

户外电源的容量越大，其体积和重量也会变得越大，使用起来并不便利，所以不必用太大的。对于周末两天一夜露营或是自驾旅行的人来说，1000瓦以内的户外电源重量轻、体积小，可以购买这个电源容量的户外电源。

5. 使用寿命

循环次数是表示户外电源使用寿命的单位，“充电+放电”算一次循环。目前锂电池的寿命是循环1500~2000次，但达到循环次数后仍可以使用，容量仍大于初始容量的80%。一个户外电源的寿命一般为1000次，意味着这块电源从0%充到100%，再放电到0%时，这样的周期大概有1000次。如果每周末出游使用一次户外电源，估计使用寿命约为19年（1000次÷一年48次≈19年）。如果按照工作日周期来使用，估计寿命约为4年（1000次÷一年240次≈4年）。

6. 接口丰富兼容性强

户外电源一般配备了多个USB接口满足数码产品的充电，主要有AC、USB、Type-c、DC、车充、PD、QC等多种端口，能够在出游时为笔记本电脑、无人机、摄影灯、投影仪、电饭煲、电风扇、烧水壶、汽车等设备供电。



7. 安全性能好

电池是决定户外电源安全性能的关键部件，也是户外电源的心脏。电芯为酸铁锂的户外电源安全性能好，磷酸铁锂晶体中P-O元素稳固，即使遇到针刺、压迫，也不会起火爆炸。

8. 户外电源的充电方式

户外电源的充电方式有很多种，主要分为太阳能板充电（太阳能转直流充电）、市电充电（交流转直流充电）、车载充电。

户外电源，一个可以让你在外出郊游时安全使用绝大部分电器的电源。

有了户外电源这个露营必备“发电站”后，还需要一套“房子”来住，露营帐篷是必不可少的。帐篷的种类众多，很多人不清楚它们的区别，接下来就给大家介绍以下主要几种帐篷类型。

露营帐篷根据人数的不同、用途的不同、形状和功能的不同，可以分为非常多的种类。

1. 公园帐

公园帐的结构和雨伞类似，搭建起来很方便，几秒钟就可以完成搭建，整体重量比较轻，适合露营新手，但不足之处在于帐篷内部空间不大，适合1~2人使用，内部高度低，人在其中只能弯着腰或蹲着、趴着。对环境的包容度也低，承受不了大风大雨，只适合偶尔在公园和城市周边的地方露营使用。



2. 金字塔帐



金字塔帐的内部需要通过一根独立的帐杆作为支撑点，并配合防风绳和地钉来固定。三角形结构使得这类帐篷是相对稳固的，防风性能出色。但不足之处是其空间利用率比较低，因为内部的独立帐杆分隔了空间，所以它也只能供1~2人使用。

3. 球形帐

球形帐的稳定性强，防风防水性能好，空间利用



率适中，适合 2~3 人使用，而且适合在恶劣天气中使用，尤其是雨雪天气或沙漠环境。但球形帐的缺点也十分明显，那就是非常沉，收纳体积大，搭建起来非常烦琐，所以不建议在短期户外露营时选用球形帐，球形帐更适合追求长期专业户外露营体验的人。

4. 春日帐

春日帐的外形像一间屋子，高度比较高，内部空间大，人可以在帐篷里直立行走，可供 4 人使用，且搭建难度不高。其材质一般为棉布，所以要注意防潮，否则会发霉。这类帐篷适合长期露营，可以在里面搭个床，打好外围地钉，躺在里面还是很舒适的。



5. 隧道帐

隧道帐的内部空间大，成年人都可以在内部行走，整体高度超过 2 米，可以在出游时将投影仪和幕布设

置在隧道帐里看电影，而且可扩展性强，防风性能好，稳定性强。隧道帐的侧面还能扩展成天幕，防晒挡雨。它的不足之在于搭建难度非常高，整体沉，更适合 4 人以上露营使用。



6. 屋脊帐

屋脊帐的造型类似屋檐，顶部高度达 2 米，其内部空间大，帐内可供 5~6 人活动，可以放置更多物品，而且受力强、防风性能好，在晴天雨天都能使用。它的缺点是搭建流程复杂，对场地的要求比较高。



帐篷的种类多样，因为它本身是一种消耗品，所以它们都有一个共同点，那就是其防水性能会随着清洗次数的增加而减弱，帐篷洗多了会变得越来越不防水，所以一定不要经常洗帐篷。如果是在雨雪大风等气候条件下使用帐篷的话，它的使用寿命还会下降得更快。

幸福感 UP 小物

帐篷和户外电源是露营的大件必需装备，还有一些小物件可以帮你提升露营时的幸福感，让你愉快地在初夏享受青草的芳香。

1. 防晒剂

初夏的阳光很毒辣，人在户外免不了被阳光直射，皮肤会因此泛红发痒或被晒黑，这时要涂抹防晒剂来有效缓解。防晒剂分为两种，一种为物理防晒剂，优点是在脸上形成一层保护膜，可以反射或吸收掉紫外线，基本不会在皮肤上造成刺激。另一种为化学防晒剂，优点是不泛白，使用感好，通过吸收和产生化学反应的方式来消除紫外线，整体防护紫外线波段比较全。

2. 天幕

用于防晒的另一种装备就是天幕，天幕布上有多个挂点负责连接风绳、支撑杆、地钉，从而撑起一个给5~10人遮风挡雨遮阳防晒的空间。市面上的天幕形状有：方形、菱形或多边形。



3. 防潮垫

防潮垫可以把人与寒冷潮湿的大地隔开，也通过锁住空气，实现保暖效果，使露营变得舒适。目前市面上的防潮垫一般有三种：泡沫垫最为耐用，但打包体积大。气垫便于收纳，小而轻，但可能漏气。自充气垫使用起来舒服，不过保暖和重量的比例很低。

4. 卡式炉

卡式炉是露营中最实用也是性价比最高的烹饪装备。卡式炉又名便携式丁烷气炉，是以灌装丁烷气为主要燃气，并用火进行直接加热的非固定厨具，有单眼、双眼、迷你型和超薄型等类型。在使用卡式炉时，如果燃烧氧气不足会产生一氧化碳，所以务必携带一个灵敏度高一氧化碳报警器，防止户外露营时出现一氧化碳中毒。

大自然对人总有一种神奇的吸引力，青山绿水、浩瀚星空，我们在其中化繁为简，回归最自在、最朴素、最纯真的生活。露营，可以给这种生活增加些许新奇与野趣：置身野外，吃着自己亲手做的美食，听着风声虫鸣、伴着星河入梦，享受新奇的生活方式，遇见新的朋友、全新的自己。让我们带着电量满满的户外电源、宽敞的帐篷、各种好用的小物，在初夏的露营中体验满满的幸福感吧。



Outdoor Fun on Long Summer Days

› WORDS / MA DING PHOTOGRAPHS / VCG

Summer is here, and with it comes long days and short nights. What better way to embrace the season than by getting away from the city and immersing yourself in nature? Pitching a tent and hitting the great outdoors is a simple but exhilarating way to enjoy the warmer months. However, to ensure a successful camping trip, you'll need to be well prepared. Many first-time campers may not know what basic camping equipment they should bring along. By preparing these essential items in advance, you can truly experience the joys of nature that urban living simply can't provide.

The biggest challenge of camping is finding a place to stay. After all, roughing it in the wilderness isn't the goal of camping. But for those who are new to camping, it can be difficult to know what kind of tent to use, how to charge essential electronics like laptops, phones, and projectors, and how to keep comfortable without a proper seat. Moreover, with the summer sun beating down, how can you protect yourself from harmful UV rays? And when hunger strikes, how can you enjoy hot food without resorting to cold sandwiches? This article will answer all of your questions.

If you're embarking on a road trip with friends or family, what do you do if your electronic devices run out of battery? Rely on a power bank? Unfortunately, that small amount of power won't last long. This is where a portable power supply can be a lifesaver for your outdoor adventures.

1. What is an outdoor power supply?

Maybe some people think that an outdoor power supply is just a larger version of a portable charger with a bigger capacity. In fact, an outdoor power supply is a multifunctional power supply for outdoor use with a built-in lithium battery and the ability to store energy, like a small portable charging station.



2. Characteristics of outdoor power supply

The most significant features of an outdoor power supply are its large capacity, high power, long service life, rich interfaces, strong compatibility, and good safety performance.

3. Power Supply

The biggest difference between an outdoor power supply and a portable charger is that the former has higher power and can support more electrical appliances. When choosing an outdoor power supply, the most important factor to consider is its power, measured in watts, with

a larger power number indicating the ability to support more electrical appliances.

4. Power capacity

The larger the capacity of an outdoor power supply, the larger and heavier it becomes, making it less convenient to use. For those going on a weekend camping trip or a self-driving tour, an outdoor power supply with a capacity of less than 1000W is lightweight and small enough to carry.

5. Service life

The cycle count is a unit of measurement for the service life of an outdoor power supply. One cycle is defined as a full charge and discharge. Currently, lithium batteries can last for 1,500 to 2,000 cycles but can still be used beyond that with a capacity of over 80% of its initial capacity. The service life of an outdoor power supply is typically around 1,000 cycles, which means that it can be charged from 0% to 100% and discharged back to 0% for around 1,000 times. If used once a week for weekend outings, the estimated service life is around 19 years (1,000 cycles ÷ 48 outings per year ≈ 19 years). If used on a workday cycle, the estimated service life is around 4 years (1,000 cycles ÷ 240 days per year ≈ 4 years).

6. Comprehensive Ports and Strong Compatibility

An outdoor power supply is equipped with multiple USB ports to charge digital devices, including AC, USB, Type-C, DC, car chargers, PD, QC, and other ports. It can power devices such as laptops, drones, photography lights, projectors, rice cookers, electric fans, kettles, and even cars when outdoors.



7. Good Safety Performance

The battery is a critical component that determines the safety performance of an outdoor power supply and is the heart of the energy storage system. Outdoor power supplies with lithium iron phosphate batteries have good safety performance since the P-O elements in the crystalline structure of the iron phosphate are stable and even if the battery is punctured or compressed, it will not catch fire or explode.

8. How to charge an outdoor power supply?

There are many ways to charge an outdoor power supply, including solar panel charging (converting solar energy to DC charging), city supplied charging points (converting AC to DC charging), and car charging.

Outdoor power supply: A power supply that allows you to safely use most of your electrical appliances during a field trip.

Once you have an outdoor power supply, which is an essential "power station" for camping, you also need a "house" to live in, and that is where camping tents come in. There are many different types of camping tents, and many people may not be clear on the differences between them. Below we will introduce the different types of tents you can choose from.

The following will introduce you to the main types of tents so that you can choose the right size tent for your camping trip based on the number of people and purpose.

1. Park tent

The structure of a pop-up tent is similar to an umbrella, making it easy to set up in a matter of seconds. It is lightweight and suitable for camping beginners. However, the downside is that the

interior space is limited, suitable for only 1–2 people, and the height is low, requiring people to bend over or crouch while inside. It also has a low tolerance for environmental conditions and cannot withstand heavy rain and wind, making it only suitable for occasional use in parks or city outskirts.



2. Pyramid tent

A pyramid tent requires a single, independent pole to support the interior, along with wind ropes and ground stakes to secure the tent. Its triangular structure makes it relatively stable and has excellent wind resistance. However, it has a low space utilization rate as the interior is divided by the independent pole, so it is only suitable for 1–2 people.



3. Dome tent

A dome tent is stable, has good wind and water resistance, has moderate space utilization, and is suitable for 2–3 people, particularly in harsh weather conditions such as rain, snow, or desert environments. However, its drawback is that it is heavy, bulky to store, and cumbersome to set up. As such, it's not recommended for short-term outdoor camping.

Dome tents are more suitable for experienced campers.



4. Spring tent

A spring tent has the appearance of a small house with a high height and a large interior space, allowing people to walk upright inside. It is suitable for up to 4 people and easy to set up, but it requires attention to moisture due to its cotton material, as it can develop mold. This type of tent is suitable for long-term camping, where you can set up a bed and peripheral ground stakes, making it very comfortable.



5. Tunnel tent

A tunnel tent's overall height is over 2 meters. It has a large interior space that allows adults to walk upright in. You can even set up a projector and screen inside the tunnel tent to watch movies while camping. It is highly expandable, has good wind resistance and stability. The sides of the tunnel tent can also be extended into awnings, providing shade and rain protection. However, it is challenging to set up, heavy, and more suitable for camping with 4 or more people.



6. Awning tent

An awning tent has a similar design to a roof, with a height of 2 meters and a large interior space for up to 5–6 people to move around and store more items. It has strong wind resistance and can be used in both sunny and rainy conditions. However, it has a complex set-up process and requires a high-quality campsite.



Tents come in various types, but they all have one thing in common: they all have a limited life span and should not be washed frequently. The waterproof performance of the tent will weaken with each cleaning, and washing it too often can make it less waterproof. If you use a tent in harsh weather conditions such as heavy rain and wind, its lifespan will decrease even faster.

Happiness UP Gadgets

1. Sunscreen

In early summer, the sun can be scorching, and spending time outdoors means exposing your

skin to direct sunlight. This can lead to redness, itching, or even sunburn. To effectively protect your skin, it's important to apply sunscreen.

There are two types of sunscreen: physical and chemical. Physical sunscreen forms a protective layer on your face and can reflect or absorb UV rays without irritating your skin. Chemical sunscreen, on the other hand, is absorbed into your skin and eliminates UV rays through chemical reactions. Overall, chemical sunscreen provides more comprehensive protection against UV rays.



2. Canopy

Another useful tool for sun protection during camping is a canopy. Canopies are made from fabric and have multiple connection points for ropes, poles, and stakes, allowing you to create a space large enough to shelter 5 to 10 people from wind, rain, and sun. Canopies come in different shapes, including squares, diamonds, and polygons.



3. Moisture-proof pad

A moisture-proof pad is essential for separating your body from the cold, damp ground while camping. By locking in air, moisture-proof pads provide warmth and comfort. There are three main types of moisture-proof pads on the market: foam pads are durable but bulky to pack; air pads are easy to store, lightweight but may leak air; and self-inflating pads are comfortable to use but provide less warmth in relation to their weight.

4. Portable gas stove

A portable gas stove, also known as a butane stove, is the most practical and cost-effective cooking equipment for camping. It runs on butane gas and heats food directly. Gas stoves come in different sizes and types, including single-burner, double-burner, mini, and ultra-thin. When using a gas stove, make sure to bring a carbon monoxide detector with high sensitivity to prevent carbon monoxide poisoning.

Nature has an inexplicable charm that draws people to it. The beauty of mountains, rivers, and starry skies allows us to simplify our lives and return to the most authentic and purest form of living. Camping adds a touch of novelty and wilderness to this lifestyle, allowing us to immerse ourselves in the outdoors, cook our own delicious meals, listen to the sound of wind and insects, and fall asleep under the starry sky. It's an opportunity to meet new friends and discover new aspects of ourselves. So, let's pack our portable power banks, spacious tents, useful gadgets and enjoy the happiness that camping brings during this early summer.
