

Another Way to Look at Go Bags by KI5LNM

I follow a gal who has a family business making tea blends. Now these are some of the best teas and herbal teas you will ever drink and she gets a bit of my money. They live in Oregon and once had to evacuate because of a forest fire. In the end, it did not make it their place, but because of it, she has some definite ideas and some things she would do different if ever need arises again to evacuate.

But what actually caught my eye in her post was the way she presented a Go Bag. I think that her way of thinking could make it easier for a lot of people to think in her manner rather than have a list of 75 things that you need and thinking you have to buy and pack it all.

She calls it “7 Basic Supplies to Include”. This is actually categories. But I think that they make the whole packing of one so much simpler as you think on the category and only what you need or want for that one area.

First category is FOOD: We all need it, so what would work for you as we all look at this differently. Her suggestion is to think about freeze dried food is a simple effective way to go. I would also add that dehydrated is good as well.

Second category is WATER AND FILTER: Have water with you and it doesn't need to be a lot if you also have the travel water filters to help in replenishing your supply.

Third category is FIRST AID: Again as I said last week depending on a situation, you don't need everything, but I did like one of suggestions which I hadn't seen before. It was to have along vet wrap. I think of multiple reasons that vet wrap would be great to have. If you were like me during Covid and needed it, you learned that it was one of the supplies that farm stores were having a hard time getting, whenever I saw it again, I bought a bunch. I think I'll bring some to the house that is out in the barn.

Fourth category is LIGHTING AND COMMUNICATION: This one is half done better than most people by most listening to this talk. But you really don't need to read 15 different light sources in a list and think you need them all. My thought is what do you already use at home if the power goes out at night might be a good starting point.

Fifth category is TOOLS AND GEAR: what I appreciated here was how simple she made it. her only two suggestions were a multi-purpose tool and a rope. Of course, many probably have multiple tools and such in a bag to go, but if space is a problem those two could handle a lot.

Sixth category is CLOTHING: This doesn't really change from much else that is always stated. Just remember you'll want to change clothes when away so take some with you.

Seventh category she calls a Bonus one as it is BEDDING AND SHELTER: Most times if your in an evacuation there will be shelters set up and you could find a place to stay. But if you want to go the extra mile and make sure you have a place then that tent, sleeping bag, and blankets go a ways towards comfort while away.

She then speaks to wishing the time they had evacuated that she had thought of an Herbal Go Bag. This will also have some of the standard first aid items such as bandages, gauze, she includes uteri-stripes also called butterfly bandages though the two can have difference. I grew up on butterfly bandages. We didn't go to a doctor unless you were dying.

But what about herbal care? This she wishes she had taken more. Herbal salves and balms as well as tinctures can go a long way in helping in many situations. Especially with tinctures you need so little at a time. I will just give two here that are my most used herbal remedies.

I try not to travel without yarrow. This is one of those amazing herbs. It is good to reduce pain and inflammation, but is most often associated with blood. It is good to use if you have stagnate blood to get it moving better. But at the same time it is also good to stop bleeding. I have a tin of chopped up yarrow and if either of us gets a bad cut, the yarrow comes out and is bandaged on. It is short order before all the bleeding has stopped. I also had it with me when I visited my parents at my sister's. In the night my mother got up and fell hitting her head. I immediately grabbed my yarrow and put it on her head before texting my sister what had happened. By the time she came downstairs the bleeding had stopped. Oh, and an added note. The Roman armies traveled with yarrow. Handy in battle.

My second go to is peppermint. The mints can do so many things for us. My main use of peppermint though is for digestive issues. Peppermint loves to attack any thing in that area. What is more pleasant than curling up with a mug of hot peppermint tea and soon feeling better?

Just a thought. If things really go south sometime, having an herbal garden and understanding herbs for their health and medicinal properties will be handy. While many people will be frustrated because they can't get what they normal buy for situations, you just have to walk out in your garden and pick what you need or have salves, oils, balms, teas, and tinctures made up from your garden in the house.