

## More Ideas for Bug Out Bags and Stay In Bags by KI5LNM

This training comes from an episode I listened to in June from the Commonwealth Holistic Herbal Podcast. You will find that among what I have pulled out for tonight that some of the ideas you wouldn't think someone who only eats whole foods, herbs, healthy, non-processed foods would suggest. But when the world comes unglued is not the time to be totally looking for only what you would prefer to eat or do. That can wait until after the emergency and then you can get yourself back to your preferences in a normal day to day life.

First analyze yourself. If you are in an emergency do you tense up or fall apart. This does not mean immediately. It can happen over time as stress builds up. But knowing ahead of time how your body responds can help you know how to take care of it ahead of time. Now I am not going to get into the herbal side of this but if you study reputable sources (of which my source here is one of the best in my opinion) you can see and try what nervines would work and help you during a stressed time. But even if you don't deep dive that, you should know ahead of time how do you react so that you can plan for the meltdown when it happens.

Also there are people that have a marathon body and people with a sprint body. The marathon person can carry more and go farther but at a much slower rate. They can work longer at a job but they won't get as much done as the sprinter would in a shorter time. The sprinter just jumps and goes rapidly but at the same time will collapse and need to rest long before the marathon person will need to rest. So, something to know about yourself and those you are working with and plan the jobs accordingly. Pushing one or the other to work like the opposite will not get more done or done well.

Remember that in emergencies we generally are not alone and knowing how each responds and their best working method can make it easier to help each other and get the job done.

Now to look at food. First pack what you will eat. If you don't like the taste of something, you won't eat it. Most of the freeze dried emergency food is way too salty and low in energy and tastes bad so not a great choice. But if you like tuna or chicken or other meats and buy the pouches of them, you will get something you want to eat and has more protein for you. An added tip here is to save the condiment packets from restaurants and add them to your stash. They can be used as a sauce with the tuna, chicken whatever and make it taste that bit better or a change of pace. The pouches weigh less than cans, and you just tear open. Remember to rotate the food as they do have best by or eat by dates.

Coffee can be a bad idea in times like this. It generally isn't good to drink all day in any time. But when you need that caffeine push a good way to get it is with cayenne tincture. Just a drop will get you moving as it moves your blood. I do think I want to make some and give it a shot for myself.

Fruits and veggies are harder here. You can buy the squeeze packets of applesauce and mixes that are often used for little kids lunches. You may not like them as much as kids do, but it does get you some fruit. Dried fruit as well is good. But also to get the vitamins and minerals you can take herbal tea. Herbal teas have many vitamins and minerals in them and can be a great supplement in a difficult time. Also nut packets are great.

And yes even if you generally never eat candy it is good to have some in your stash. Hard candies are good when you don't have much water to help keep your mouth moist. They also have a lot of sugar which many would generally not want, but when the chips are down that is energy, and you can use it until it gets better. Make sure to take some candies that you like. When you do get down and depressed being able to pop into your mouth something that you really like and enjoy can go a long way to lifting your spirits. Chocolate is good here if you don't need to worry about it melting.

Two thoughts on electrolytes is that those packets can make it taste better and if you are working hard then electrolytes keep those salts coming into your body which will help keep the muscles from cramping.

Then as our time runs out I want to give one non-food suggestion. If you wear glasses or have anything that you need with you that can break, it is good to get a very sturdy case. Even buy a metal glasses case and keep in your bag. It would be awful if you take you glasses off to sleep and then someone steps on them or they get sat on or some how broken when not on your nose. Think of things you need that need that little bit more protection.

Hope this triggers some thoughts for you as you plan to meet that next emergency.