

Emergency Preparedness Podcast Episode

I've been listening to Gimlet's [How To Save A Planet](#) and their latest episode, [Unnatural Distaster](#) was very interesting.

At first, I thought it was going to deliver prepper-type information, but it did much more. On the personal side, they talked about having a go-bag, and the items listed were:

- a spare outfit
- a spare pair of glasses
- toiletries
- your passport as a backup ID or in case you need to flee the country
- about \$1000 in cash
- food (between 3 and 10 days' worth)
- 3 x 500mL bottles of water + a water filter and iodine drops
- a camp pot, a camp cup, a camp stove with propane
- a small phone solar charger

And because of COVID:

- a tent
- a sleeping bag

So basically, think of going on a week-long hiking trip in the forest.