**SAM**: Well, good morning. <laugh> good morning. I'm here with Ellie again this Sunday morning with Sam - howdee. So today obviously we're a little bit crazy. Yeah. Behind <laugh> and for some reason, always with the giggles <laugh> but a lot of you actually really responded to the article that Ellie had put out about her bug out bag.

We really wanted to talk about preparedness - yes. And bug out bags as an idea. And what is preparedness really at the end of the day for us, regular folks. Yeah. Yeah. Because I'm not talking. I know there are a lot of people out there who are obsessed with zombie apocalypse - let's be ready. You know, when the, what is it? S H F T when, yeah. I know what it stands for. And I probably shouldn't say what it sounds for on YouTube, but <laugh> when the crap hits the fan there you, that works.

<affirmative> But the idea is, is that we have very different ways of looking at emergency preparedness and it doesn't even have to be emergency preparedness. Just preparedness in general. Yeah. With your article, you talked about bug out bags, which was fabulous. It got a lot of, a lot of talking, especially among parents.

Mm-hmm <affirmative> that hadn't even thought about it. When, in reality as parents, I know when my kids were little, we definitely didn't have a bug out bag, but our diaper bag was packed like a bug out bag.

Everything you'd need for like two days, at least at least two days to a week. I think I was a little overly prepared because of how many diaper blowouts we would serious <laugh>. But what I thought was interesting when people really responded to that article with you is that how many people don't really think about that and what preparedness really is and where we live in Maryland.

I mean, we could have a hurricane hit and we can be out (of electricity). I remember I was pregnant with my son at the time we were out for out of power for an entire week mm-hmm <affirmative> I was sleeping very pregnant on friends’ living room floors in their bedroom, you know, in a spare bedroom that they had, or, you know, just bouncing from house to house while still waiting way to have my electricity come back on…

**Ellie:** … hoping you didn't have to go to the hospital during that time.

<laugh> yeah. And I think what has made me aware of it is, in the last few years watching fires and tornadoes that have wiped out towns and things like that, we live near a dam - Conowingo dam. And although I don't sit here and worry every day that something's going to happen.

And sometimes we overreact, but the whole point of doing **Beyond TP and Milk** <affirmative> was because we kept saying like, why are people running out to get toilet paper the day before a snowstorm? Are they really that tight with their supplies?

**Sam:** Yeah. I get very confused.

**Ellie:** Yeah. And that's, that's really, when Sam and I talk about readiness, mm-hmm, <affirmative>, we're really talking about being prepared for the week that your Electric's off. Yep. Being prepared if there's a snowstorm and not just that I, that I can't get to a store, but neither can delivery trucks.

**Sam:** Yeah. They can't get to Amazon store and   
  
**Elie:** and the storeis gonna be behind as well. So being prepared for two weeks or a month is really important.

Yeah. As far as longer than that, that that's a, that's another whole ball game and there's plenty of sites out there for survivalists and dooms day, and if the nuclear war come, and all of those things. But we're really talking about just protecting you and your family in, in, in, in much more everyday type emergency situations,

**Sam:** Yeah - more realistic. Yeah. You know, I always will pick up an extra case of water when we go to the grocery store anymore, just so that in case something does happen.

We've had multiple water main breaks <affirmative> on our street actually, because the infrastructure in our town is being worked on. So always having a few extra gallons of water on hand makes my day to day life easy when suddenly the water main breaks down the street and I don't have water. And I'm in the middle of whatever, washing dishes, running a load of laundry. These things have really happened in the last two months. <laugh>.

But we also both have looked at it in the sense that when you look online and you look up the word preparedness, they immediately go to being ready. It's called a state of readiness specifically in a time of war. And that is not what we're articulating, but with what's going on in the world today, not <laugh> far off. yeah.

**Ellie:** Not as farfetched as it would've been a few months ago. Yeah. Yeah. It is something that we do wanna be conscious of.

**Sam:** And I also wanna say on the top of it, on that topic, I don't usually keep cash on hand. And that was something that your blog really made me think about like, oh crap.Always ATM's not working. Yeah. Is <laugh> yeah. It’s serious. Oh, I know. Crap. I, I needed to get some cash on hand just to have, God forbid,.. Yeah.

**Ellie:** And in reality, in that same tone, having a few extra things, mm-hmm, <affirmative> also allows you to barter with somebody who has something you don't have. Yeah. So, I mean, it, it sounds silly, but if, if you have lots of toilet paper and the lady down the street cans <laugh> you could say, Hey, I can give you some toilet paper if you've got some tomato sauce <laugh>. It's really true that it's as simple as that.

Just having the cash to purchase a few things from somebody or that you can barber with.

**Sam:** Yeah. And one of the things that you brought up in your bug out bag article that I really like, it hit home for me and made me think about… first off, I don't have bug out bags. <laugh>, it's one of those things that I know that I need to do for my family.

We do have an emergency binder and we have <laugh>, we have our fireproof safe, but I don't think that that would actually be easily transportable, but <laugh> (**Ellie:** unless you have a donkey or a mule or something), which I do not have. Most of the stuff for my emergency preparedness is for a truck.

Yeah. It's a lock-in scenario versus a get outta Dodge. Yeah. But if I start thinking about the get out of Dodge concept, one of the points that we were talking about is, you know, in the diaper bag, I used to have emergency list of information for God forbid, if, if something happened to me and they saw the diaper bag, they could help find my kids do the things that they needed.

Well, my kids are nine and 12. Now they still need that kind of emergency preparedness information. It got me thinking, well, what is it that they need? Or what could they have in a simple bag: toys.

You know, when you were talking about your stuff, that wasn't something that necessarily came up because you're 70 plus years old <laugh>.

**Ellie:** But I did mention a small toy or a game, so that they kind of feel secure and are entertained - Bingo. When you're at a shelter, mm-hmm, <affirmative> because of a storm, you know that then you've covered a couple bases with your kids.

**Sam:** And what I thought was interesting with that, it kind of got me thinking along the lines of I've seen on Etsy, there's these (labels) you can sew on kids clothes, or you can sew on a kid's favorite stuffed anima:, their name, your name, and a phone number. But it's permanent mm-hmmm <affirmative>. You can get these and stitch them on real quick or iron, they can be iron on.

It really made me think about when we're looking to do that. Yeah. Our kids may be older now, but it is still something in that state of emergency - in that state of crisis, that they might panic mm-hmm <affirmative> just like adults, you get separated.

We need to have that kind of information readily available to them. So making sure that we have our names on their clothes or laminated - just a bright sheet of paper laminated that has all the information that they could possibly need about how to contact us or extended family mm-hmm <affirmative>. Giving them those available resources as well.

You know, it's interesting to think that my nine year old just had his birthday, but I was contemplating getting him a survivalist kit ‘cause he's that kinda kid. And I was like, oh, that's not outta the realm of possibilities, but I don't know if I really wanna give him a knife yet.

Yeah, yeah, yeah. All in due time or a saw like <laugh>… Yeah.

**Ellie:** But you can start him, you know? Yeah. If that’s an interest. Yeah.

**Sam:** With Scouts, they're already learning those kinds of things. Right. And being involved in activities like that gives you that sense of almost safety or security that you can in that moment be ready, I'll be ready.

It's just a simple, you know, what can build your confidence if God forbid crap hits the fan and you do need to get outta Dodge.

Yeah. And that's what I loved about your idea of your bug out bag that hangs out where, for me, again, <laugh>, I'm more of a hunker down kind of person, but it may made me really think that I've gotta step up my “A” game.

**Ellie:** Yeah. Well I just think medical information: if somebody is allergic to something or if they have allergies or what medicines are they on, particularly folks my age, you know? There are some real necessities that could help whomever is able to help you - Mm-hmm <affirmative> if they have the information.

And I know for a fact, when you are under duress, it's really hard to think of those things. If you have it on a list somewhere tucked away, that can ease a lot of that anxiety.

**Sam:** Or one of the things that you said is literally having that list just slapped to your refrigerator at all points in time so that everybody knows exactly what to get and where to go if you've got five minutes to get outta Dodge.

One of the things that you hadn't added to the blog that I thought was hilarious when we started talking about it was -, oh, any good MacGyver fan knows that you need to have duct tape. And then you had mentioned about trash bags.

**Ellie:** Those two things can handle a whole lot of issues when you are in a shelter or stuck in a basement or anything, they can work as a toilet. They can wrap you up and help keep a broken arm in one piece till you can get help. There's lots and lots of ways that, like you say, duct tape and MacGyver can, can save your butt.

My mom loved MacGyver <laugh>

**Sam:** … it was a lot of fun. But I mean, we have to be realistic right now with everything going on in the world. We've seen how our country, the United States, handles emergencies. You know, it's not always the best - Katrina, hindsight's always 2020, but you know, it wasn't handled the greatest. Some of the wildfires in California and landslides and things like that aren't always handled the greatest. I think tornadoes are probably one of the few things that the people in the Midwest have really nailed down.

Yeah. Like, whew.

**Ellie:** But I think that feeling that it can't happen to me is why we stay so aloof to it. We really need to get past that because climate and things have changed so dramatically that it CAN happen to us.

Any preparedness is going to put us on a better footing than none at all.

**Sam:** Yeah. And that's, and that's the key point. So taking one step to move towards - that for me, obviously means getting my bug out bags put together, I already have my safe that has all my emergency information in a binder and neatly organized with paper protectors and things like that.

I'm that nerd. Okay. I get it. I'm that nerd!

What's that one step that YOU can take tomorrow? We would love to hear from you what your one step is.

Yes. Because that one step will make you feel so much more secure in the long run. If you look at it, like I've got to do all these 60 things….

No, it's a beginning. You’re gonna feel overwhelmed.

So one step - what is it?

We'd love to hear it. Put it in the comments below and we will see you next time.

All right. Yeah. Bye <laugh>.

*Don’t miss* ***Sunday Snacks with Sam and Ellie on BeyondTPandMilk.com – facebook – and youtube!***