

## TIPS: Go-Bag Show and Tell

Hi, everybody. Welcome to **Sunday Snacks** with Ellie And Sam. And we are going to do a favorite of mine, which is *show and tell*. One of the reasons why we're going to do that is because a lot of people have reached out to us about what is in our go-bags.

Since we're with Ellie at Ellie's house, it makes it easier to show and share what she has in her go-bag. So I'm gonna show them your go-back.

**Ellie:** Sure. The first thing I'm going to say, is there's a slight disclaimer, *you should know how everything in your bag works BEFORE you need it*. And I still have to do that with a number of items.

**Ellie:** None of this is promotional material. We are not getting paid for any of this.

This is literally what she wants. This is what she has on hand. This is her stuff. And I have a bunch of different stuff at my house, and we will do a video on that a different day, but we wanted to show you hers being, you know, a 70 plus ... don't punch me.

I promise 70 plus year old individual that has, you know,.. (**Ellie:** Close to the next decade!) ... that has what a go-bag and is ready in case, well, you know, the crap hits the fan.

**Ellie:** Yeah. Yeah. We're in hurricane area here so we might have to move uphill.

**Sam:** So, let's start with your backpack.

**Ellie:** Okay. I have a very simple basic backpack. Well, actually it's pretty fancy. This one, it's a tactical bag from Evatac. I think it came with some promotional things probably. I took out some of the things we have, one was, this is a Firestarter/flashlight.

**Sam:** Right. And it's hot,

**Ellie:** It's electrical. So, it doesn't require matches. And it does work. Yeah. Works in wet weather, that type of thing. And my understanding is that this cording can be actually lit and used to start a fire,

**Sam:** But it can also hold it around your neck. And there's also a connector cable to USB and the,

**Ellie:** Because that's an electrical lighter. Yeah. Yeah. There's that!

Water. This is a **LifeStraw™**. I should take it out, but I hate to take it out.

**Sam:** They do, like once you open it, it does get dust in it and can cause integrity issues for the packaging and the actual thing, (It would have been okay to open)

**Ellie:** But **LifeStraw™** are pretty popular throughout.

**NOTE:** Here's the link to view: <https://lifestraw.com/products/lifestraw> and other products. It can come out of the packaging. One **LifeStraw™** is good for 1,000 gallons of water – enough to last a person for 5 years!

And technically what you should be able to do is like here we can get water out of the river and actually draw it through the **LifeStraw™** and we could drink it.

**Sam:** There's literally two steps, open, fill container, and then sip through mouth piece. There you go.

**Ellie:** And I did buy, I haven't yet opened it to use, but I did buy the one that actually you can fill up the bag with water and it has a mechanism to collect water and fill up the bag - more than just a straw. Although that lasts a very long time from everything that I've read.

**Sam:** Yep. **LifeStraw™**. has a very long-life expectancy. Yeah.

**Ellie:** And they're pretty popular with lots of folks.

**Sam:** Yeah, these are really good for hikers. I know that that's actually why I got them for our family. We were supposed to go on the Appalachian trail and this was a really great way of getting more water.

**Ellie:** Just to be sure that you can drink water along the way. Fill up a canteen. Yeah.

And now there was a flashlight on there (Firestarter) and then I have a radio that is wind up toward the handle, the crank where you crank it. It also takes batteries. It's got AA batteries - three AA batteries in it. Sam managed to get it!

**Sam:** I jammed in.

**Ellie:** And it has a solar panel. So if it's a sunny day, you can sit it out and it also allows you to charge other things. So the solar panel can help if you're charging other, Say there's like a little panel right here.

Yeah. And it does show the basic weather channel, your AM/FM and I guess you can get like NOAA - all that kind of stuff on it. And it has a flashlight and I think it has different modes, I think it'll flash and yeah. So, it can be a beacon for you if you need it to tell people where you are.

And those aren't really expensive.

**Sam:** They are probably as cheap, or as costly as a **LifeStraw™**. Yup.

**Ellie:** Yup. And like I said, if you get them, one of my jobs is to make sure I know how everything works.

And then for lighting, if you're in a tent or if it's a blackout and you don't have light in your house, these **luminAID®** lamps are excellent. Here's their link: <https://luminaid.com/>

They come in, I think, three different sizes. I think I have all three. I don't think it came in a pack of three different sizes. I keep one on my dresser for just that thing. If you come out and it's sunny out, you can set it somewhere in your house - where it's tilted to get the sunlight - and it will actually charge itself.

This here tells you if it's fully charged or not. And it, too, has the ability to charge your cell phone or whatever.

It's kind of nice. It has both a daytime and a nighttime setting, Yeah. Red or White for Light reading. Yep. Then click through, it has like four levels of lighting. Yeah. As you can see the very last one, it blinks.

If it was on red that would be a nice thing to catch people's attention. If you, again, were trying to get people's attention. And I think red is kind of good if you're walking at nighttime.

**Sam:** It is better. I will tell you when you're hiking, the red has been much better for me, especially around the campsite with a bunch of teenagers. That was far better. I did not get blinded nearly as much. And the neat part about this one that she has, that she didn't talk about was that it is collapsible.

So it is, well, if you're not like, you don't accidentally turn it back on.

**Ellie:** So, you can see it is completely collapsible, They slide right in the backpack or your go-bag easy to keep. They're pretty sturdy, too.

The other little thing I have, these are military can openers, like what they used for an MRE really.

**Sam:** Yup. And I Don't think I've ever seen these before. Nope. No.

**Ellie:** And you put that in the can and you cut it yourself and it's slow, but

**Sam:** Oh, it's one of the themes When in doubt. Yeah, yeah, Yeah. I've seen these before. I would probably hurt myself with these.

**Ellie:** Well, if you had to eat and didn't have a big can opener, they would come in handy.

**Sam:** Yes. But for me, that's why I carry my Swiss army knife. That's in my go-bag because my Swiss army knife has a traditional opener - I like that mainly just because I'm dangerous to myself.

**Ellie:** Well sometimes in your go-bag, you need to make sure that you're not overly packing.

**Sam:** True story.

**Ellie:** But yes, whatever works, there's lots of ways to make them work.

I have a tarp that's good for... I'm not going to pull it all out, but it comes with its own bag, so you could stay warm with it. You can use it. Actually. I think it's the kind for fire - for the foil and the wrapping. And you know, it can be a tarp over your tent if you need it.

And it's very lightweight, although I did open it and then sticking it back in the back was a bit challenging.

**Sam:** Yes. That when you, when Ellie's talking about literally making sure everything works, That is crucial. If you're like me and you have kids, you know, my kids have decided that they wanted to test everything out once.

Well, once you use one of those emergency foil blankets, you can't use them again because if your kids have a tendency to poke holes in them, and because some of them are super thin, and those are just Coleman - couple dollars, simple ones, this one's obviously far more heavy duty than what I had on hand.

But one of the things to do is to really check what you have. Is it something you can carry? I mean, a lot of people like she was making fun of me about - she's right. It's about weight. Like what can you carry? This obviously is not very heavy, but if you're carrying this for a long time, you, these are the things you have to think about while you're putting your go-bag together.

And we haven't even gone through the fact that like there was no clothes, no food, those are other essential items that are easy to pull together and throw in your go-bag at that last minute. Especially I know Ellie has, I don't want to say rations - not the right word, prepared meals like that are easy to go.

I know we have them for us for hiking and stuff, but she is, you know, I think you said a 72-hour or couple days supply of those kinds of things. So again, remember when you were looking at putting your go-bag together, we just giving you some very, very simple things.

I know mine's a lot more complex and probably heavier than it should be.

**Ellie:** But You have four people.

**Sam:** And that, and that's what for us, it'll be the weight is more for distributing for the whole family,

**Ellie:** But along with what you need - your clothing and some foodstuffs and (**Sam:** shelter, meds) is the fact that you're going to want light and you're going to want a radio so that you can find out what's going on around you.

Those are primary. And ideally something that you can use if you run out of water and there's water around, that's where the **LifeStraw™** would come in.

We're not talking about living off the land for the next five years. We are talking about, if you have a hurricane. Your water oftentimes isn't working or is contaminated And you're not going to have electric for a while.

So, we're looking at things where you can start a fire and see where you're going? Pay attention to what's happening on the weather channel or the emergency channel, that type of thing, where you're not left out in the cold with no way to survive at all.

And you want to make sure that you know how to work everything cause under duress reading a manual is going to be a little scary.

**Sam:** Yeah. I mean, and that's the big thing. Like I was helping Ellie with this, you know, this was not easy to get the batteries in and it would have taken us a long time prior to showing you what we're talking about, to get the hand cranked up to fully charged, to be able to actually show you that this is working. It's not something that we want to have to go through with you, but always remember in a pinch, that's one of the great things.

A lot of these kinds of equipment, what you can do is like on sunny days, not today where we are, but just always think about it every couple of weeks, put you're solar powered stuff out in the sun and let it collect the energy it needs. And it will hold a charge. Maybe not the greatest charge, but it will hold the charge for some time.

So, Yeah, But we wanted to really just showcase this for you today to make sure that as you're thinking about things, with everything that's going on in the world, that you start to really recognize, these are not the be all end all. We are not trying to sell you anything. What we're trying to make you realize is there are things out there that you can purchase with ease to make your life simple and make you feel a lot safer in a negative situation.

Right? Right. So if there's anything you think of that could go in your go-bag, please let us know because that's one of our next big things is putting together a small list for you to make sure what are your top essentials to fill in that information. That won't be coming out for a while, but make sure you sign up for our newsletter because we will make sure we'll send that out to you.

If you're on our newsletter, the first time that it hits the presses, you'll be notified. Got it. Take it easy, everybody. Bye.

**NOTE:** *If you enjoy our life hacks and simple common-sense approaches to sustainability and everyday life, please spread the word. Visit and like our [youtube channel](#) and our [Facebook page](#). Sign up for our newsletter – the form's on the [HOME page](#). Share your thoughts with us on youtube or FB. And, please, share us with your friends. Here's to your peace of mind because you're prepared!*

*Between us, we have over 100 years of experience, and Sam's only 40!  
If you enjoy our life hacks and simple common-sense approaches to  
sustainability and everyday life, please spread the word.*

©2022 [BeyondTPandMilk.com](#)