

MISSING CALORIES IN A BUG OUT LOCATION

Published at: <http://www.testosteronepit.com/home/2014/5/21/missing-calories-in-a-bug-out-location.html>

WEDNESDAY, MAY 21, 2014 AT 12:04AM

By *Stefan Mudry, Finca Bayano*:

During upheavals that cause the system we live in to collapse – and this is what you’re preparing for with a Bug Out Location – food may become a problem: only a fraction of the demand can be met without pesticides, chemical fertilizers, and cheap energy for irrigation and agricultural equipment.

To calculate if there is enough food around your Bug Out Location, find out how many calories the land your refuge is on can produce under natural conditions and divide it by the number of people it has to feed. Don’t forget that you’ll need more energy working physically to process your own food. Cans are strictly emergency food. If, according to your calculations, the number of calories at your daily disposal is below 2,000, and if the accessible food is to be shared equally, be prepared to lose some weight.

If you insist, in times of empty shelves, on the bountiful meals you’re enjoying today, you’d have to get the missing calories from others. And you’d have to get them by force because people would defend their food as you’d defend yours. And they’d also be missing calories and come to get them from you. That’s if you are living in a sparsely populated rural area.

If you’re close to a city, the situation changes dramatically, and not for the better. Add those arriving hungry souls to the number of people in your area and make the calculation afresh. If the result is closer to 1,500 calories per day per person, you’d be in serious trouble. If there are only 1,000 calories per contender, or even less, the question of survival would arise. The situation in cities is even worse; next to nothing can be produced there.

It is impossible to anticipate when major supply disruptions might occur, how long the ensuing disorder will prevail, or how extensive the possible breakdown will be. To prepare within the scope of what is possible, you can turn your house into a fortress. Some people believe that after three months, life will be back to normal. But it may take three years, or even more. Can you stay that long inside a fortress? The turmoil might not be over when food and water are running out, or when there is no more wood for a fire. Thus, your home may not be a Bug Out Location just because it’s your home. Unless it is in the right place with the right conditions.

A real Bug Out Location must provide unlimited shelter as well as unlimited food. In the desert, there’s hardly anything to eat, and water is the much bigger problem. In the forest, you may hunt but only as long as you don’t have to share your hunting grounds. And in the mountains, you don’t need a refrigerator. But what about veggies and fruits in those locations? Thus, a Bug Out Location does not necessarily qualify as such just because it is close to your home.

So where do you look for a Bug Out Location? Certainly not in densely populated areas. And don’t try to survive between snow and ice in the north, or in the heat of the desert. And places everyone might want to go to because of a moderate climate are limited. So, what about a place where there is enough water, an abundance of food, and no danger of losing your Bug Out Location to someone else since everyone there has one? A place, where you might find the highest possibility of surviving the crisis? No, it’s not Paradise. It’s Panama.

Our farm, [Finca Bayano](#), is located in a sparsely populated area in western Panama. We do not eat canned food full of chemicals that stays fresh until 2030. Seeds for the food we want to eat are much more important to us. There is no sterile Ravioli, but we wouldn’t miss it. Instead there are fresh papayas, bananas, and much more. We do not run the risk of drinking contaminated water since ours comes from a well. Year-round, fruit with high liquid contents provides the necessary vitamins. Even in the case that others would steal our food, we would still be able to survive since fresh food grows every day. We don’t dig shelters that have no sun light, and we won’t build fortresses that can be compromised.

Instead, we keep good relations with our neighbors. We are assisting the villagers in a water project. Some of them are working at [Finca Bayano](#). We prefer a place that has an abundance of food and water for everyone who lives there. This is how we prepare for an uncertain future. [Check us out here](#).