



GO BAG GRABS

MEGAN LAUTZ, MS, RD, CSCS, TSAC-F @Rescue.RD
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REFUEL

Carbohydrate-based products design to refuel glycogen stores after a high-intensity call.



RECOVER

Protein-based products for muscle recovery or keeping you full between calls.



REHYDRATE

Liquid or electrolyte products that replace electrolyte losses and speed rehydration.



OTHER

Ibuprofen, tylenol, eye drops, decon or hand wipes, or feminine products.

PACKING A GO BAG

Work days as a first responder are unpredictable. Call load and drills can make it hard to eat regular meals and hydrate properly. This guide provides non-perishable options to keep in a go bag. Most options will last several months in a bag and do not require refrigeration. While meals are often preferred, having several snack options on hand can keep hunger at bay when meals are delayed.

REFUEL

Carb-based snacks to refuel glycogen stores after a high intensity call. Options with +5g fiber will help keep you full between calls



APPLESAUCE & SMOOTHIE POUCHES

These are not just for kids! Pouches are a portable, non-perishable fruit option that are perfect before workouts and drills.



DRIED FRUIT

Another non-perishable fruit option that is high in antioxidants. Watch the serving size though, the calories can add up fast.



CARB-BASED BARS

Carb-based bars are often called "granola bars." They usually have 20-40 g carbs, perfect before a workout or training.



GLUTEN-FREE BARS

These bars have some protein (10-15 g). Other brands include some Kind Bars, Annies, and MadeGood.



WHOLE GRAIN CEREAL

Cherrios, Raisen Bran, or Mini-Wheats in a snack baggie are an easy snack to pick on between calls.

WARNING! SUGAR ALCOHOLS

Suprise bowel movements are a first responders' worst nightmare. Unfortunately, sugar alcohols can cause diarrhea fast. 10 g of sugar alcohols in a sitting can cause gas, bloating, and diarrhea. Sugar-free gummy bears are a common treat - but note that one serving has +18 g of sugar alcohols per 9 gummy bears with 3 servings per bag. Again, overdoing sugar alcohols can cause GI trouble. Check the Nutrition Facts Label under "Total Carbohydrate" for sugar alcohol amount and trial on your off day.



RECOVER

Protein-based snacks can help with muscle recovery and staying full between meals. A high protein product is typically between 20-25 g protein. Vegetarian options may be closer to 10-15 g protein.



PROTEIN BARS

Aim for 20-25 g for a post-workout bar to maximize muscle recovery. Any protein bar works, though Kind Protein, Quest, Think Thin Protein, and Aloha seems to taste the best!



NUTS, SEEDS, & TRAIL MIX

Consider a pre-portioned pack to stick to serving sizes. Nuts are also packed with healthy fats and antioxidants.



JERKY & TUNA / CHICKEN PACKETS

No need for cans, chicken and tuna now come in flavored, portable packets. Try salmon jerkey to get added benefits of Omega-3 fatty acids.

REHYDRATE

During hot calls and summer months, electrolytes are key to rapid rehydration. In addition to the products below, consider keeping a 16 oz water bottle in your bag in additional to a portable water bottle.



ORAL REHYDRATION SOLUTIONS (ORS)

ORS products are formulated to speed rehydration with double the sodium and half the sugar of sports drinks. Sugar-free versions are not as optimal because sugar helps transport sodium and water into the cell. This leads to faster rehydration. Products like LMNT are not bad but will not rehydrate as fast. To use ORS products, add to a 16 oz water bottle and drink as early in the call as possible to prevent fatigue.



SPORTS DRINK OR WATER

Keeping a full-sugar sports drink on hand for a high intensity call can help replace fuel stores, prolonging performance. A 16 oz water is good to keep with the ORS products above. Body Armour and Prime drinks are not recommended because they are too low in sodium to replace electrolyte losses. If you prefer these drinks, pair with a salty snack like pretzels.