

FOGO Episode 9 “Two Sleeps ‘Til Camping”

Transcription:

{{Sound cues}}

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{{Birds chirping, flirty, bouncy music fades in}}

Ivy Le, narrating:

“I take great pleasure in anticipating a trip that I'm excited about. I love to fuss over my packing list. I make meticulous packing lists of my outfits so that I am never over or under packed or over or under dressed.”

{{More birds in the background, music becomes a little more upbeat}}

“The first time I got to go to Europe was to study politics of the EU over a summer semester at Cambridge. This was the summer of my 19th birthday, my first time abroad that wasn't visiting grandma. We didn't have the term “Hot Girl Summer”, back then - but we absolutely had that concept. And I had packed for a hot girls summer, at least my concept of it. But summer in England, it turns out, it's not like summer in Texas. It's more like winter in Kansas.

I was utterly unprepared and I could only afford a single sweater at a school bookstore. So for most of that summer, I had to wear everything I had packed in layers. I made an exception for a date, a guy had punted me on the cam, which sounds sexual and aggressive, but it isn't at all. It means he was rowing a punt. He rode me on the British version of a gondola by an oar that reaches the riverbed. It's a tourist thing. The cute, but not hunky self-deprecating British guy is a type. He looked like a young Ewan McGregor. If his job was rowing a boat all day, like soft-hot. Like if he didn't have an accent, I might not have noticed him. The punters point out all the historical buildings and lore along the Cam River. And he was cute and nice and had good jokes. And honestly, I'm weak for someone who can talk history to me. So I asked him out. And he planned a lovely evening for us with multiple stops.

That evening, he picked me up at my dorm on foot as they do in Europe. And we walked everywhere. We walked arm and arm through the Edwardian streets. But I was freezing because I was in a cute v-neck t-shirt and a slinky black skirt. We talked about

the weather, but it wasn't small talk. I was consumed with the weather. All I could think about was how cold I was. He kind of laughed because it wasn't that cold to him. First of all, he'd grown up there so he was used to it. And secondly, he's a cis-het, dude. He's always dressed for the wind. And I was like, "Yeah, well, that's easy for you to say, I'm not wearing any pants!" And from there, the date got weird. This guy who I had pegged for a gentleman got pushy. He was rushing to change location in a way that made me really uncomfortable."

{{Weird, electric music fades in}}

"It would have made me uncomfortable back home, but it was more alarming abroad where I didn't know anyone. Eventually I called him out on it. But there wasn't much we could do to salvage the date at that point. So I just went home. There were no cell phones back then. But some of the girls in the dorm said that he had come around wanting to talk to me a couple days later, but you know, it wasn't worth the trouble. He just wasn't the guy I thought he was. And later, I find out that pants in British-English means underwear. He thought I was saying I wasn't wearing any underwear, like in a sexy way. So he probably was rushing because he thought that's what I was telling him to do. So he was a gentleman. It's that in all of my preparation and research, which was a lot of prep, I bought maps. I knew to order a beer instead of wine in all my prep. I just didn't know what I was doing. I never thought to study up on the language before I went to England!"

{{FOGO theme music fades in}}

"No matter how much you prepare, you always overlook something critical.

This is Ivy Le with one E and you're listening to FOGO, Fear Of Going Outside, where I venture to find out what's so great about the outdoors. I am the most reluctant nature show host ever attempting everything it takes to literally go camping. So far, I've gotten advice from friends. I've taken professional camping lessons. I've gone to therapy to understand my fears. I bought gear. I tried hiking! I tested myself and the Texas bush. I've been medically cleared to go camping and the trip is in 41 hours. Today's episode - two sleeps till camping. We've got to do some last minute preparations."

{{Guitar riffs fades in and out}}

{{Drum beat comes in}}

Ivy Le, narrating:

“Last time on FOGO, I found out I have exceptional lungs and it's highly likely that I'm immune to poison ivy. The doctor prescribed me an epi-pen incase I run into hornets. So all I had left to do was get the prescription, review basic first aid and practice setting up the tent in my backyard. But I couldn't fill my prescription.”

{{Wild, jungle-style drum beats fade in}}

Ivy:

“It's Friday evening. This is the first time I've had a chance to even think about how to prepare for this camping trip. That is the - you know, that we've been working toward this entire season and departure time is Sunday morning.”

{{Ivy giggles}}

{{Fast-paced, funky music in background}}

“Awesome. Tonight, I have guests coming over to camp in my backyard. Um, that needs to start as soon as they get here if we want to have any chance of trying to set up in daylight. I am running on fumes. I have a huge headache. I mean metaphorical fumes, like I'm on four hours of sleep. I spent all day trying to prepare for this trip, like start to brainstorm about food, and what batteries I need to bring for all of our sound equipment and also try to fulfill...fulfill my prescriptions for my epi-pen in this inhaler that Dr. Howland prescribed. Um, no beans.”

{{Music fades out}}

“So okay, there's been a worldwide shortage of epi-pens for years. The acquisition of probably my most important piece of life saving emergency equipment for my most likely life-threatening problem, anaphylactic shock, has been thwarted. This is deeply foreboding. But if I don't get a positive attitude about it real soon and get back to work, I'll also run out of time to learn how to work my tent. And the rule of three says you can only survive three hours in inclement weather without shelter. So this is a big problem. But also, it's highly unlikely that I'll run into a problem bigger than this. From here on out, right? At least I've identified my biggest problem already. So everything else should come easy-peasy lemon-squeezy from here. So easy, a kid can do it. So I invite one of my favorite kids to come help.”

Alanna:

“My name is Alanna and I'm in third grade and I'm nine years old.”

Ivy:

“Alanna is about where I am with outdoors. Our families hang out because Alanna’s little brother and my firstborn go to the same daycare and their dads come up with outdoor things to do together all the time. Ilana, her mother and I usually spend those outings catching up and commiserating. It usually goes something like this.”

Alanna:

“I would do anything to just not be right here, right now.”

{{kid yelling in the background}}

{{Sounds of walking outside}}

Ivy:

“Oh, It’s getting that bad for you, huh? Girl, I feel you.”

Alanna:

“Yeah.”

{{fast-paced percussion music fades in}}

Ivy Le, narrating:

“Alanna keeps it 100. Most kids do. That’s why I like them. So all we have left to do is - rehearse the tent setup in my backyard and review basic first aid skills. Ilana’s family has brought her to my house because she’s a kid, she can’t drive. So there are currently four children and their four parents at my house and three of those children are running around screaming. I’m proposing to all the parents that we get a bucket of fried chicken for our two families. While I try to get Alanna mic-ed up to go record in the yard. We are 40 hours away from departure time. No big deal. I once helped move a wedding in 24 hours because of a hurricane.”

Ivy:

“What do we think about fried chicken for dinner tonight from Churches?”

Male voice:

“Sure.”

Female voice:

“We’re vegetarians.”

Ivy:

“Oh, you're vegetarians? Okay, then we should think of something else. Pescatarian or vegetarian?”

Alanna:

“Just vegetarian.”

Ivy:

“Vegetarian, okay.”

Ivy Le, narrating:

“Okay, so, dinner Plan A won't work for everyone. We just have to supplement the fried chicken to get the kids settled before their playful screams turn into hunger cries. And Ilana and I are running out of time to set up the tent. I live in a house that was originally supposed to be a suburb. But now it's right in the middle of the city behind the Hong Kong supermarket. So it has an open floor plan for children to fill with their voices. And the backyard looks bigger than it is because most of the fences are chain links. You can see into the other yards, their pet chickens and dogs in the neighborhood cats and possums. And a couple times a year you see fireflies halfway down the block. It's starting to get dark and actually there are more people coming to the house. I invited Candace Aylor, a nurse trained in wilderness first aid to teach me basic outdoor first aid. So Candace and her wife are going to join us any minute, they'll probably be hungry too. Now that I think about it. Normally, I would have scheduled two different recording sessions, one with Alanna to practice with my equipment and another one for Candace to go over first aid, but we are out of time. Candace is moving abroad tomorrow. I'm going camping in two sleeps, and Ilana's schedule is packed with music lessons and swim meets. So tonight is the only night that they could come.”

{{funky music with cymbals and bass fade in}}

Ivy:

“Um, I just need help getting camping together. So if there's anything that you... camp... that you used of my gear or what like gear that I'm supposed to use from yours, that's like not out... like I only found one pad for example, you said there were two pads.

Okay, I lost my... WOAH!”

{{sounds of Ivy falling}}

“Ok, I'm going to need a new box. I'm going to need a new box for this.

Ughhh ok.

Let's go see if Miss Candace is here."

Ivy Le, narrating:

"Candace and her wife have arrived and they need to leave before it gets too late because they're actually going cross country before moving to Germany tomorrow. Candace and I hadn't gotten together sooner because of her very busy work schedule as a nurse. I introduce everyone to each other quick as I can and rush Alanna out to set up the tent and so Candace can review first aid with us. We are now 37 hours from departure."

Ivy:

"Candace, would you like to introduce yourself?"

Candace:

"My name is Candace and I am a nurse and a street medic, and not so amateur activist.

Ivy Le, narrating:

"I met Candace six months ago, actually, just a week after I talked to Von, David and Hale about how to begin. She drove the van I was in for a protest at the Texas border. She's a nurse that volunteers as a street medic, so she had supplies in our van for the whole group of vans and buses. She has an air of someone who is planning thoroughly for the zombie apocalypse. Actually, the whole time Ilana and I are working in our tent, Candace and her wife are setting up their own tent. It looks like just for funsies, which you shouldn't compare yourself while you're learning something. But dang, they put up their tents so easy. I had just stumbled upon a Coleman tent this week for only \$40 at Costco. It's giant! The box says for five to eight people, but it was the only one for sale there. And that \$40 I literally do not care what features it has or doesn't have."

{{ drum beat comes in }}

Ivy:

"It's just a stick pile. It's just a stick, a stick collage. A stick-stiche.. Whew, okay. Oh, maybe we should have taken a picture of this. This seems like it's folded in a very specific way. Oh, there's instructions. Okay. Hey Alanna, we got instructions."

Alanna:

"Yay!"

Ivy:

“You want to come look at it with me?”

Alanna:

“Yeah.”

Ivy:

“Alright.”

Alanna:

“Yes, Yes, I do!”

{{ Ilana and Ivy giggle }}

Ivy:

“Uh, tent set up instructions. Before you begin. Read all the instructions. Okay. It's like four pages of instructions. So I think that's going to be a... that's going to be a no.”

Ilana:

“Uh that's so long!”

Ivy:

“Yeah. Okay. Wait, all right. All right. Do you make sense of these pictures? Are these pictures just like shutting down? Oh, it's not. Oh, it's not four pages. Okay. It's just two pages. Because one is in English and one is in Spanish. Okay. Okay, look, it's actually not as long as it looks. Yeah. Okay.”

Alanna:

“That's great.”

Ivy:

“Okay, how to set up and disassemble.”

Ivy Le, narrating:

“Alanna is a wicked smart kid, okay. And my grandma says I'm a clever girl, but it is too hot and sticky to think and it's getting dark. The temperature in Texas does not go down when the sun goes down. The mosquitoes just come out. And the mosquitoes have found us, like showing us while Ilana and I struggle, just why the shelter is so vital.”

Ivy:

“There's literally a bug there. Ok. There's like a bee..”

Alanna:

“Can we go get a vacuum?”

Ivy:

“Okay, yeah, let's go get a vacuum. I mean, is that cheating if we go get an electronic vacuum?”

{{tent zipper zips}}

“Okay, I'm closing that so the bugs won't get in. Candace!! Uh, pretty sure we finished our tent. Whew.”

Ivy Le, narrating:

“I send Alanna inside with her parents and the other kids. The mosquitoes are getting her through the bug repellent and they're getting me too. Even though I got the tent set up, it's so hot, I don't want to go inside of it. The heat is oppressive inside my shelter and the mosquitoes are suffocating outside of it. I'm already so tired and the camping trip is supposed to be three days of this.”

{{ theme music comes in, upbeat and quirky}}

Ivy Le, narrating:

“After a quick break. Candace teaches us a bit about first aid and at about 35 hours before departure, reminds me not to get murdered in the woods.”

Candace:

“Wait, there are other predators that I'm worried about way more than bobcats.”

Ivy:

“Okay.”

Candace:

“Human.”

Ivy:

“Okay, humans are the one I'm worried about?”

{{Candace giggles}}

Candace:

“Yeah.”

Ivy:

“Oh.”

{{music fades out}}

{{horns trill}}

Ivy Le, narrating:

“We are back in my backyard with a tent sort of setup and some subsistence has been eaten. I still have to try out a bunch of my gear but Candace has brought a giant bag and I'm dying to know what is inside.”

Candace:

“Oh my gosh we haven't even talked about first aid!”

Ivy:

“We haven't talked about first aid. Like am I gonna be okay?”

Alanna:

“Probably not.”

Ivy:

“Okay thanks, Alanna for the vote of confidence!”

{{giggles}}

Candace:

“Uh, stuff for wounds because you'll probably trip and fall.”

Ivy:

“Uh huh.”

Candace:

“Stuff for bug bites.”

Ivy:

“What is this?”

Alanna:

“Whatever that thing is...”

Ivy:

“A bite and sting kit, the only suction device proven to remove snake venom. Okay.”

Alanna:

“What?”

Ivy:

“How do I get one of these?”

Candace:

“Uh... academy?”

Ivy:

“Okay, so I should probably go to like a sports store and get the venom extractor. And I just need like neosporin and band aids. I have like a Hello Kitty Band Aid Kit I can use for falls.”

Candace:

“Mmmm....”

Ivy:

“And what else?”

Candace:

“I keep some type of pain reliever or anti inflammatory. But really the main things are allergy, wound wash... the biggest one that was electrolyte replacement.”

Ivy:

“So um..”

Candace:

“People get really nauseous. When you start feeling really nauseous and you've been hot all day. It's because you don't have...your electrolytes are inbalanced.”

Ivy:

“Okay, so I'm definitely gonna encounter rain, do I need to worry about hypothermia?”

Candace:

“No.”

Ivy:

“Ok.”

Candace:

“In Texas? In the summer?”

Ivy:

“Well, if you're like wet! I saw an episode of Naked and Afraid where people were on some tropical island and ... and the rain and they got caught in a rainstorm. And it wasn't, they only had to lose a few degrees to have hypothermia. And the rain put out their fire and they were wet and they... they had to take them out!”

Candace:

“Go get in your car.”

Ivy:

“Okay. Like, I don't know if I should save up my strength for Sunday by sleeping inside or if I will be overly shocked if I don't practice.”

Candace:

“Yes. That's...That one”

Ivy:

“Okay, so practice. Alright. I'm going to practice tonight.”

Candace:

“So it's 85 degrees right now. It's gonna get down to 72 degrees.”

Ivy:

“Oh, like room temperature.”

Candace:

“Right?”

Ivy:

“Okay, cool. Alright. Well... I think the temperature is gonna be okay in the middle of the night. But like at this point, I'm already so sticky. That I feel like there is no temperature which I will be comfortable because of the stickiness.”

Candace:

“Uh, when you're out camping, take a shower at night.”

Ivy:

“Right before I go to bed?”

Candace:

“Yeah.”

Ivy:

“Okay, just like I do in the city. This is what I do in the city too.”

Ivy Le, narrating:

“Candace is a great resource. The bug repellent isn't repelling, so she recommends a kind of fishing shirt I can buy at sporting goods stores to keep the bugs off. I do wish we'd been able to meet sooner. I could have been picking up these first aid supplies and clothes when I was going all over town trying to get my epi-pen.”

{{low, electronic music fades in}}

“But now I have to go find all these things on top of all the food I have to go get. I keep asking her my last minute questions while our partners are hanging out with us in the yard. Turns out my beloved and Candace's beloved are both German and they drinking about it. You'll hear them chime in here and there. Alanna's hanging on like a champ. We are 35 and a half hours away from departure.”

Ivy:

“Okay, we need to get some real talk about my trip on Sunday then. Okay, um contacts or glasses?”

Candace:

“If you end up with your contact, like rolling back, do you ever have that problem?”

Ivy:

“That's never happened to me. We can have this entire conversation with your mosquito net up too. We do not need to...”

Candace:

"I'm fine. I'm fine."

Ivy:

"It makes me very concerned that we're just like having this conversation where your entire, like, open."

{{giggles}}

Candace:

"I mean, we're not sleeping in here so it's fine."

Ivy:

"I mean, you don't take long for them to get you."

Candace:

"Oh, I know."

Ivy:

"Okay, so you think I should wear glasses?"

Candace:

"I would go for glasses."

Ivy:

"Okay, cause I'm like, well, glasses are lower maintenance in terms of microbes. But also worse on peripheral vision. If like, you know a bobcat finds me."

{{suspenseful music sets in}}

Candace:

"Where are you going camping?"

Ivy:

"Inks lake."

Candace:

"No, no."

Ivy:

“No bobcats?”

Candace:

“Possibly, but...”

Ivy:

“Ok.”

Candace:

“After dark... are you going by yourself?”

Ivy:

“Uh, my producer Myrriah is coming with me to help record.”

Candace:

“As long as you have one other person. So... I'm way... There are other predators that I'm worried about way more than bobcats. “

Ivy:

“Okay.”

Candace:

“Human.”

Ivy:

“Humans are the ones I'm worried about?”

Candace:

“Yeah.”

Ivy:

“Oh, I mean, I guess I'm normally afraid of humans in the city. I don't really think of there being that many humans out in the campsites.”

Candace:

“Some people are really cool and some people get drunk and are jerks. So, and they think since they're in the middle of nowhere, they can just do whatever they want.”

Ivy:

“Ohh...”

Candace:

“Yeah, but there's a whole different awareness that comes with being out in the country.”

Ivy:

“Okay.”

Candace:

“And anywhere outside of the Travis County line there's this actual reduction of legal protections for like, discrimination and, you know, you have to worry about whether or not people absolutely would prosecute hate crime and people out there know that stuff. And there's awful people in Texas, so yeah, we don't like to drive out. Like when we leave Austin, we're not going to camp a whole lot in Texas. We're gonna get pretty far out of Texas pretty fast.”

Ivy:

“So still be afraid of humans out there.”

Candace:

“Uh huh.”

Ivy:

“Okay.”

Candace:

“I'd be way more afraid of a human than a bobcat.”

Ivy Le, narrating:

“Candace and her wife are reminding me that I had forgotten all about humans, which is a huge oversight. Women getting murdered in the woods is what builds podcasting into a viable industry. Murderous humans are the reason I have a job. I just keep thinking of the city as a place with people, and the woods as a place with animals. But I need to remember that that isn't necessarily true before I go. I think my regular amount of city distrust of other humans will be adequate. And I bring that with me everywhere I go, anyway.”

Ivy:

“To recap, I just bring my, I always have like, a basically like a pharmacy of medicine in my bag so I'm just gonna keep bringing that.”

{{giggles, nervously}}

Ivy:

“In my makeup bag.”

Candace:

“If you have mom bag...?”

Ivy:

“Yeah, my mom - I have a mom bag.”

Candace:

“You probably have what you need.”

Ivy:

“Okay, well my mom bag doesn't have like a snake venom kit.”

Candace:

“No, no..”

Ivy:

“But maybe it should!”

Candace:

“You have some of the basics and then the things to add to a mom bag might be like a snake venom kit and more than a bandaid.”

{{FOGO bumper music comes in}}

“This is what I was trying to tell you about earlier. If you get poison ivy or poison oak... when I was doing camp nursing recently, the director of the camp actually got exposed to some poison ivy.”

Ivy:

“Uh huh.”

Candace:

“She didn't realize that it was poison ivy. At first, she thought she had a couple bug bites but it was like spreading with her sweat. So that's a real indication that you've got oils of the poison ivy plant on you. So she took this back to her cabin and washed her whole body really good with this and it completely neutralized all of the oil.”

Ivy:

“Okay, TecNu Poison Ivy and oak scrub. Okay.”

Ivy Le, narrating:

“We're looking through Candace's bug out bag to see if there's anything else I need to pick up besides wound wash, the tecnu poison ivy wash and bigger band aids. And I asked, you know, why do you have a bug out bag? She's a nurse. But this is more than a medic bag.”

Candace:

“So this has been my bug out bag for almost 20 years. And a bug out bag is something that any survival survivalist is like, if shit goes down, zombie apocalypse style you need to like have stuff to, you know, bug out, to be able to just grab and go, some essential stuff.” But one of the really interesting things about this bag is, it has sat in closets for years and years and I haven't touched it. You know, I've gone through and purged and restocked and then purged and restocked. One of those times that I did that was during there was an Ebola scare. Few years ago, maybe four years ago, my immediate response to that was to pull this bag out. And there was a fear that Ebola could spread here. So I pulled out my bag, got kind of obsessive like I sometimes do about this prepping stuff. And when I was going through it, I started going through this thing that I printed out.”

Ivy:

“A 72 hour checklist.”

Candace:

“Yeah, so I printed out a bunch of stuff on like, what to prepare what to pack. You know, what probably should be in this thing. There's some stuff in here on how to decontaminate with biological weapons. What's really important when you're looking at this is to look at the date when I printed it all.”

Ivy:

“2001.”

Candace:

“October 31st.”

Ivy:

“October 31st, 2001.”

Candace:

“So do you know the significance of that date?”

Ivy:

“After right after September 11th.”

Candace:

“So I was an adult with children the age of yours when September 11th happened. That day... I don't know how old you were.”

Ivy:

“I was probably 18,19.”

Candace:

“So that had a huge effect on me, apparently. With this fear of what do I do if shit hits the fan? I have to protect my family and my kids and I have to know what to do. And I got into this mindset at that moment.”

{{somber music fades in}}

Ivy Le, narrating:

“When I originally asked Candace to teach me outdoor first aid skills, I chose her because it was very apparent that she is someone who is always thinking about what to do if she hits the fan. That's actually why she and her wife are starting their move abroad tomorrow. As a lesbian couple, They'd seen their lives grow less and less safe since the 2016 elections, and didn't want to stick around until it's too late for them to leave. So this bug out bag and this tent they'd set up to hang out with me and Alanna, they were actually checking it out tonight too - to us on a road trip tomorrow to say goodbye to all their friends. They're really using their outdoor skills for survival, in the case of the worst scenario. And when I started this camping quest, that was the only reason I understood why anyone would want to go camping. And now that I see all her gear next to mine, right before our camping trips. After I've done so much to prepare, I feel differently. Candace became a nurse and learned all the survival stuff to protect her

family. I'm just making a nature show. We're about to take two very different camping trips. She's camping to regain control over her life. She needs to take her family to a place where they can thrive. She needs to change environments. I'm camping to reclaim a relationship with nature that was lost before I was born. I don't know what that looks like or feels like yet, but I know I would just be an immigrant again, anywhere I went, I have to change the environment itself and I will with my presence. You change the course of any space you're in, if you're not supposed to be there.”

{{Violins trill, fade out}}

Ivy Le, narrating:

Alanna’s parents decide it's time to take their kids home and put them to bed. Candace and her wife leave too and I don't know when I'll ever see them again. I kiss my family goodnight and go back out to my lodgings in the backyard. My tent is on the grass under an old tree, and I am lying maybe three yards from the door to my living room. It's 33 hours to departure time.”

Ivy:

“So I just kind of put my head down on the pillow, I’ve given up for a little bit. I've got both headlamps on. I haven't seen any bugs so I think nothing got in here while that door was open a little bit. I guess with nobody in here, there was nothing to attract them inside. I hope. I hope. I guess at some point I have to decide it's time to go to bed and turn off all the lights.”

“Hey Siri.”

{{siri dings on}}

“Turn off the living room lights.”

“Okay it's definitely darker.”

“Hey Siri, turn off the backyard lights.”

{{siri dings}}

Siri:

“Done.”

{{ crickets and outdoor sounds throughout}}

Ivy:

“There it goes. One headlamp, there goes the last headlamp. I'm sitting up debating on how I'm going to sleep. And another leaf falls! God, I hope that's just a leaf falling. Why are there so many leaves falling? It's not fall. Okay, I'm gonna turn the first headlamp back on okay. Just want to make sure that the leaf was on the outside. Not something weird on the inside.”

{{sigh}}

“Alright. Maybe I'll use this sleeping bag liner as a, as a cover? I'm going to open my sleeping bag. I'm just gonna use it. It's like a big quilt and I'm hoping that the weight on both sides is gonna keep the insects out.”

{{Nature, thematic music}}

{{violin}}

Ivy:

“Venom kit... poison ivy wash.... flashlight. Sleeping clothes. Baby wipes. Water bottle. Toothbrush. Got my toothbrush tonight. Water. Food. Solar charging battery, if possible. Fishermen shirt. Chopsticks. Noodles. Electrolyte tablets....”

{{ Music fades out}}

{{birds, nature sounds}}

{{rooster crows}}

Ivy:

“Ah. Oh, that's why I'm super itchy. Okay. 100% there were bugs in here. At least one, just now. I missed. A really fast one. A really fast mosquito.”

{{ sucks teeth}}

Ivy:

“Dang it. I'm itchy everywhere. I think I didn't fall asleep till after three o'clock in the morning. It's 7:27 right now. I got to take down this tent and get going on this day to try to get all my supplies for tomorrow.”

{{funky drum beat}}

Ivy:

“I am so miserable. I am literally in my own backyard. I am so freaking miserable. I literally, I can't believe it. I can't believe it. How much worse is this going to be? UH.”

Ivy Le, narrating:

“Sleep and heat work issues in the morning. I am 25 hours away from departure with only eight hours of sleep accumulated over the past two days. I'm going to go look for all these things that are missing from my first aid situation. And buy all the food we're going to need and the shirts Candace recommended to keep off the bugs and the heat. and it's Saturday, so I'm probably gonna have to bring my kids. They're cute, they're slow. I kind of want to throw up thinking about everything I got to do today. Oh, and I woke up with a yeast infection! Apparently that's a very common thing that can happen if you spend all night out in the heat. So next time on fogo we go camping. Yaaaay. “

Ivy:

“Okay, up to my calves.”

Myrriah:

“Oh no don't look over there.”

Ivy:

{{screams}}

“Oh my god! Ohhh my god!”

{{screaming continues}}

Ivy Narrating:

“One episode left!”

{{FOGO Theme bumper}}

FOGO: Fear of Going Outside is a Spotify Sound Up Series and was workshopped as part of the Spotify Sound Up Podcast Accelerator Program.

FOGO is written, hosted, and produced by me, Ivy Le, and produced and edited by Myrriah Gossett. Music by Michelangelo Rodriguez.

FOGO is engineered and mixed by Robyn Edgar, with additional story editing by Aira Juliet and Minda Wei. Production by Benjamin Grosse-Siestrup.

FOGO's board of advisors is Jeff Zhao and Martin Thomas.

From Spotify, our Executive Producers are Gina Delvac, Candace Manriquez Wrenn, Andrea Silenzi, Natalie Tulloch, and Jane Zumwalt.

Special thanks to Brian Marquis, Teal Kratky, Yasmeen Afifi and Shirley Ramos for production support.

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You can follow me on Twitter and TikTok @IvyLeWithOneE, the phrase all spelled out, or visit @fogopodcast on Facebook or Instagram to see pictures from this episode. And as usual visit FOGOpodcast.com for show notes and transcripts.

{{music fades}}

Alanna:

“Everyone else is eating while we just die out here. “

Ivy:

“Everyone's enjoying a feast of modern comforts, we're literally looking through the window at our families eating fried chicken. “