

Security Briefs Episode 15

Stay or Go? Part 4 – Practical Preparation

Resources and Links

Here are some resources and links to resources on staying and going:

- [Facing Danger \(Second Edition\): A Guide through Risk: Anna Hampton](#)
- [Faithful Calling: Stay-Go Decisions and the Challenge of Duty-of-Care \(Concilium\)](#)
- [Individual Stay-Go Assessment \(Concilium\)](#)
- [Choosing to Stay \(Concilium\)](#)
- [Thresholds for Departure Benchmarks for Return](#)
- [Build A Kit | Ready.gov](#)
- [Bug Out Bag \(Go Bag\) Primer](#)

Introduction

In our final installment on staying or going (at least for now), we are going to talk about some very practical considerations on how to prepare both for staying and for going. At the end of this episode, and in the transcript, I'll link out to other resources that might be helpful.

Preparing to Stay

When we stay for extended periods in a high-risk environment, we may first think about providing our physical needs. And these are important. But we'll talk more about that in the next section.

What few of us realize is that one of the biggest needs for choosing to stay is to build up physical, emotional, social, and spiritual resiliency. It can be incredibly high stress, which wears away at every area of my life.

I need to make sure that I schedule sleep, rest, food, and (where possible) even some exercise. I also need to make sure that my spiritual life is in order. Am I spending time in worship and prayer – if possible both corporately and individually? Do I make time for my emotional and mental health? Do I need to laugh? To cry? To meditate? Do I try to make opportunities to visit with friends and colleagues so that I know I am not alone?

All of these, in addition to physical preparation, will help to build endurance and help us to not lose heart as we stay.

Preparing to Leave

There are no shortage of websites, resources, and field helps which will help you to know how to prepare to leave. Anna Hampton said that she tried to organize her leaving by increments of time.

What would she take if she had five minutes to prepare? What about one hour? Or one or two days? We will have to think about papers to take, papers to leave behind, and possibly papers (and information) to destroy.

We should also have appropriate supplies of food, water, backups, fuel, and cash on hand. In moments of crisis, we probably won't have time to gather these items. We should think about communication, escape routes, meetup points and many other items. The more we can do in advance of leaving, the less stress we will have should we have to leave.

Resources

To wrap up this series, I need to clarify that there is no series of podcasts that can give you everything you need to prepare. If you need help or coaching, please reach out to your leadership or to us at the global security office. I will also post some good resources in the downloadable transcript of this podcast. Our friends at Concilium have several good tools and writings on their resource page and, of course, Anna and Neal Hampton both in Anna's books and their website: Theologyofrisk.com.

Evacuation or relocation is something we hope will never happen to any of our field personnel, but whether it is due to war, a natural disaster, a criminal or governmental action, or a health crisis, it is something we can at least prepare for.

Now you know.

We'll see you next time.