

TIP #020

TIP OF THE WEEK

CAFFEINE PILLS FOR A QUICK PICK-ME-UP

TERTIARY PREPPER™

THE PROBLEM

You're nowhere near coffee and fatigue or caffeine withdrawal starts setting in.

THE SOLUTION

Carry caffeine pills in your packs, vehicle, your EDC as you won't have to deal with withdrawals in an emergency.

MATERIALS NEEDED

- ✔ Caffeine Pills
- ✔ Water
- ✔ Small Pill Container
- ✔ Pack / EDC / Vehicle
- ✔ Label with dosage info



QUICK STEPS

1. **Check the label and serving size.**
2. **Take only the recommended amount with water.**
3. **Allow time to work before taking more.**

THINGS TO REMEMBER

- ✓ Know your normal caffeine tolerance.
- ✓ Keep pills labeled clearly.
- ✓ Caffeine can help alertness, but doesn't replace sleep.

COMMON MISTAKES

- ✗ Taking too much at once.
- ✗ Re-dosing too quickly.
- ✗ Mixing with other stimulants.

FIELD NOTES

- ✓ Compact and lightweight.
- ✓ Long shelf life when properly stored.
- ✓ Useful for night driving, watches, or emergencies.

TERTIARY TAKEAWAY

Caffeine pills can provide a quick boost when conventional caffeine isn't available.



CATEGORY Money Savings | DIFFICULTY Easy | MARK 13:33

Source: WebMD – Caffeine Pills: What to Know