

The Hornet's Nest Net Episode 33 Nutritional Needs

I. Daily Energy Needs

Calories:

Baseline (sedentary): 2,000–2,500 kcal/day

Active (physical labor): 2,500–3,500+ kcal/day

Cold weather/extreme conditions: Up to 4,000+ kcal/day

The World Health Organization (WHO) has a standardized formula for **Oral Rehydration Solution (ORS)** designed to treat dehydration from diarrhea, heat stress, and other causes—ideal for grid-down, field, or off-grid use.

WHO ORS Formula (Per 1 Liter of Clean Water)

Ingredient	Amount
Table Salt (NaCl)	2.6 grams (~½ tsp)
Baking Soda (<i>optional version</i>)	2.5 grams (~½ tsp)
Trisodium Citrate (<i>preferred</i>)	2.9 grams
Potassium Chloride (KCl)	1.5 grams (~⅓ tsp)
Glucose (sugar)	13.5 grams (~6 tsp)
Clean Water	1 liter (33.8 oz)

Why It Works

Sodium & potassium: Replaces lost electrolytes

Glucose: Helps absorption of electrolytes via the sodium-glucose co-transport mechanism

Citrate or bicarbonate: Helps correct acidosis from dehydration

Field-Ready Homemade Version (Simplified)

If you don't have lab-grade ingredients:

½ tsp salt

6 tsp sugar

1 liter (quart) of clean drinking water

½ tsp baking soda or a splash of orange juice/banana for potassium if available.