

**FOGO: Fear of Going Outside**  
**Episode 4 “Fear of Paying Full Price”**  
**Transcript**

{{ Fun, 80s pop music starts}}

Ivy Le, narrating:

“The summer before second grade, my favorite big cousins invited me to a New Kids on The Block concert.”

“Holy shit, This was a dream come true!!”, Ivy Exclaims

“A real concert, like on TV??! Yes, bitch! I got the biggest piece of paper I could get my hands on and got to work making a sign. It was a piece of graph paper a little smaller than a poster board. I swiped it from my dad.” “And it said, “PLAY STEP BY STEP!! I heart you, Jordan!” “I rolled it up carefully for the drive. I thought they’d see my song request.

For context, Step by Step is their most streamed song on Spotify now, but back then it was a deeply underappreciated single. I imagine they’d see my sign, note my good taste in music, and invite me backstage to hang out. Now that I’m thinking about it. That was, that was not a very heterosexual fantasy. Anyway, my cousins came and got me... with two boys. I was an alibi for a date.”

{{Electronic music fades out}}

Ivy Le, narrating:

“But I didn’t let it get me down. These guys got me here. I was going to be the coolest kid in second grade. This was important because in first grade, I was the kid who was always breaking out in hives. It was so hot.

{{ Low drum beat fades in}}

Ivy, narrating:

“We waited in the nosebleed seats for hours. This part was not like on TV. But eventually the lights went down. People started screaming”

{{Concert noises fade in, people screaming...}}

“And then I noticed a lot of the people below us were in big groups. Concert tickets are so expensive! And these people had like 20 tickets. Probably no one else in my school could afford this show. But these people knew groups of people who could. Groups of pretty white moms and their pretty white daughters, down at stage level, at Jordan sweat level!

They unfurled these banners like cheerleading squads. I’d only seen people like that on Saved by the Bell. Y’all, in my elementary school, when my class learned that the President of the United States was making \$200,000 a year and the teacher had the gall to tell us that was a sacrifice, We were all like, “what the fuck Miss Green?!”

“Yeah, I have been talking like this for a very long time. My cousin's turn from their dates to me to tell me it was time to take out my sign. They nudged me in the condescending way we talked to children, you know... “Ivy, show them your sign. Take out your sign...”

I just shook my head no, with a single tear rolling down my face.

And I said, “we're poor, aren't we?”

{{Theme music comes in}} {{ Nature show theme music fades in}}

Ivy Le, Narrating:

“I'm Ivy Le with one E and this is FOGO...”

Helen Zaltzman (our British nature narrator):

“When human beings built their first settlements some 10,000 years ago...”

Ivy Le:

“Wait...What? Is that voice.... Helen Zaltzman of the Illusionist podcast?”

Helen:

“Oh, tits! You can hear me.”

Ivy:

“How did you get here?”

Helen:

“Please, please, go on...”

Ivy:

“...Or how did I get there?”

Helen:

“Act the way you normally act in your natural habitat. Just forget I'm here narrating.”

{{ Nature documentary music swells}}

Helen:

“Today's episode: Fear of paying full price.”

Ivy:

“... How.... did you know that?!”

{{Music fades out}}

{{ Slow violin fades in}}

Helen Zaltzman, narrating:

“Humankind has never lived a more indoor life than in modern times. But the natural world has a siren call to humanity: the need for being outdoors is encoded in our DNA. Whereas our cave-dwelling ancestors relied on the sun’s UV rays to synthesize vitamin D, the modern indoor human ingests unregulated supplements to make up for their deficiency. What happens when an indoor human chooses to return to nature for the first time?”

Ivy Le, in her car:

“Allllright... Adams therapy session got me amped up. So I'm running out to get camping supplies today before I lose my nerve. So we are shopping on a budget which I feel like I know how to do. I did a Kickstarter to raise money for sound equipment and camping gear. Yeah, camping stuff is called gear, I found out. I will let y'all know if I find out why. But like recording equipment really added up. So, hopefully I can get what I need with podcast money. Hopefully, this is not like a first time buying college textbook situation. Okay!”

{{ Car keys jingling, Car starts}}

Helen, narrating:

“This episode will celebrate human bonds and reveal what it might take to ensure indoor people can thrive in the elements.”

{{Violin music starts, swells}}

Ivy:

“Helen... um, Have you been listening to fogo? Do you know what's been happening with this whole camping quest?”

{{Violin swells}}

Helen:

“Ivy, I’m an omniscient narrator..I know everything. This is fear of going outside.”

Ivy:

“Is she really as good as I think she is... or is she just British?”

Helen Zaltzman, narrating:

“When Homosapiens built the first settlement some 10,000 years ago, they went to the land itself to find resources for their shelters. But today, outdoor retailers are the first stop between indoor life and outdoors.”

{{ Music stops, outdoor noise start, birds chirping, car door shuts}}

Ivy Le:

“This step of getting gear has been so long in the making.”

Helen, narrating:

“Ivy has made the journey to recreational equipment Incorporated, commonly known as our REI.”

{{Violin music fades in}}

“Located in downtown Austin, the hill country of Central Texas, we see our subject Ivy, a female indoor human exiting her vehicle, like a newborn turtle hurtling towards the sea. She reads the advertisements.”

Ivy, walking into REI:

“Hmm can bear spray help you sleep? Come in and find out.”

Helen, narrating:

“She enters and notices the bright lights and aroma of rubber wheels and climbing shoes. She is wondering whether bear spray is in fact real when she is tempted by a replica of a campsite just inside the store.”

{{ Violins and horns fade out}}

Ivy, inside REI:

“Wow, these are cool chairs. These are... wow god! Oh, nevermind! Those are not... those are not comfortable sitting... they're not well... they're not stable for someone of my avoirdupois.”

Helen, narrating:

Already the female indoor human nearly injures herself. Whereas her corpulent booty brings her ample mating opportunities in the streets. She is physically misshapen for her new surroundings. She owns knickers larger than the seat of this camping store.”

{{Violin starts to swell}}

Helen, narrating:

“The outdoor retail environment is teeming with shiny gadgets designed to ensnare the frugal shopper in its costly trap. Ivy's defense is to go with a trusted hunting companion, Jeff Zhao. Jeff skillfully guides Ivy back to the mission at hand, gathering the supplies she'll need to survive the Texas wilderness on her own.”

{{Violin speeds up then fades out}}

{{Sounds of shoppers fade in}}

Ivy Le:

"I love carabiners. Well, those are very expensive carabiners."

Jeff Zhao:

"What are you looking for today? This is a nightmare place if you don't have a goal. They're trying to get you..."

Ivy:

"Oh, there's like a snack section. Oh, that's cute. Oh, this is like the checkout section. Oh, I totally... Oh, here's a compass. Do I need a compass?"

Jeff:

"So I made a grave error. I took you to the most distracting section first."

Ivy, narrating:

"Jeff is... okay ah.. Sorry. I just wanted to see if Helen was gonna let me tell you more about Jeff or not. British narrators are so very intimidating when you're the subject of the documentary. I gotta say, I never thought I'd feel so much sympathy for the predators in a David Attenborough production, but like, now I know. They probably have performance anxiety. Jeff is on the show's board of advisors, but he's also a friend and an OG fogo Kickstarter backer. He's like a brother."

Jeff Zhao:

"I got I got I got house shoes that look just like this for like \$2. I can't believe they are selling these for 60 bucks. You can definitely get this for like \$2 at the Chinatown, right?"

Ivy, narrating:

"He rode the Texas 4000 for cancer when he was in college. Which means, he rode a bike from Austin, Texas, to Anchorage, Alaska. That was his first time camping and he hasn't gone since. But it's the reason he has an Rei credit card. Jeff has hundreds of Rei points still left over from that trip. So he's glad to let me use them towards my camping expedition for FOGO."

Jeff Z:

"So here's my recommendation. Okay, let's do sleeping first. Then tent, then cooking."

{{ Violins fade in, violins swell}}

Helen Z, narrating:

"The pair approach a forest of sample sleeping bags hanging beside a low bench for testing them. They've been spotted by a vigilant REI employee. REI Tim has long hair, a beard, and dons the green vest and cargo shorts of his colleagues. He was actually the very same employee who helped Jeff many moons ago for his expedition into the outdoors. These outdoor humans are not at all territorial. They instinctively assist visitors."

{{Violins get louder then fade out}}

Ivy:

“Ugh, Jeff, he's pulling out for me one that's like kind of a lot more expensive, but honestly, I think I'm too fat for the regular one. Okay, can I try on the kids pad? The one that I've already put in the cart. Alright, how can you tell which one's the bottom and which is the top? Okay, that's the top. Okay. Okay.”

{{Sleeping bag zips}}

{{Outdoor theme music plays}}

Helen Zaltzman, narrating:

The outdoor human Tim, unfurls a narrow purple sack onto the bench. Ivy slips off her boots and gingerly scoots in feet first. She explores the sleeping bag much like a hermit crabs sizing up a new shell ... but with more panic. Jeff encourages her from outside the sack.”

Ivy:

“Okay, so the zipper doesn't go all the way around. I thought it was gonna go all the way around. I'm already messing up the zipper. Why are there two zippers here?”

Jeff:

“Uhh, so that you can unzip it to your comfort level. There you go.”

{{Noises of discomfort}}

Ivy:

“Urgh... ugh”

Jeff:

“No need to yank, it'll come”

Ivy:

“Ok... it's not working.”

Jeff:

“It's stuck in there, that's why. Let's try that again.”

Ivy:

“Uhh ok...I feel like I'm in a cocoon”

{{Drums swell}}

“... but like not in a good way. Dude. Okay.”

{{ Noises of discomfort }}

{{Drums get louder}}

Ivy:

“Ahhh! Ugh! Oh!”

Jeff:

“This is hilarious what is happening right now”

REI Tim:

\*calling for backup\* “Yes, I am still in sleeping bags if we could get...” his voice fades as he walks just out of range.

Ivy:

{{discomfort noises}}

“Its ok if you need to go, It might take me a minute to figure this one out. I've never ... Wow! Once you get in there, It's a very slippery. That was a little too much excitement.”

{{giggles}}

Ivy Le, narrating:

“It was so discombobulating, I tried to give Tim an out. So no one outside my chosen family would witness my shame. But REI Tim called for backup and then he goes to get a second sleeping bag. And incredibly that goes even worse.”

{{Guitar fades in}}

Ivy:

“Is that wider? It looks quite narrow at the top or which is I guess the bottom? I have just gonna have to sew.. Am I gonna have to sew my own sleeping bag situation?”

Jeff Z:

“I don't think things are that grim yet, Ivy.”

Ivy:

“I haven't, I haven't seen other people who are a little thicker here in store.”

REI Tim:

“...want to see what we have in the clearance...”

Ivy:

“Oh, clearance! I like the sound of that.”

Jeff Z:

“You keep talking about price. I keep talking about the way I watched you thrash around in there and the video and picture I took during that time. I was like “Hey, watch my big sister thrash around in abject terror and she is enveloped in a \$200 sleeping bag.”

{{Gongs sound, more serious music fade in}}

Helen Zaltzman, narrating:

“The initial sleeping bag hunt ended in failure. Most hunts do, but REI Tim is determined. He brings another mummy style sleeping bag by the brand Big Agnes. Laid out, it resembles the stone coffins of ancient Egyptian royalty. These lightweight sleeping bags in case the head and body. Used properly, only part of the slumberer’s face would be exposed. But Ivy, is in no way proper.

{{Piano keys trill, thematic music swells}}

Ivy:

“Alright, let’s try this one.”

Jeff Z:

“Time to do the Big Agnes, come on let’s go.”

{{Ivy giggles}}

Ivy:

“Okay, okay. Alright, this looks a little more promising. The feet are very narrow. So a little bit like a I don't know it looks a little bit like a Pharaoh's esophagus. In that sense.. Okay, I think maybe it's because I'm wearing skinny jeans that I'm feeling very...”

{{disgruntled noises, zipper sounds}}

Jeff:

“Where are your feet at?”

{{zipper sound}}

Ivy:

“Okay..okay NOW MY ARMS! My arms! My arm’s stuck outside ...”

{{laughter}}

{{Thematic music, serious sounding violins swell}}



Helen Zaltzman, narrating:

“Humans can only constrict their necks for 10 to 20 seconds before losing consciousness. Ivy fights for her life in a battle with a single kilogram of fabric.”

{{violins fade out}}

Ivy:

“I’m choking myself out...”

REI Tim:

“Lift your head up and we’ll put a pillow there.”

Ivy:

“Okay, so I guess I definitely need to buy a pillow then... I can put my hands down. I mean barely.”

REI Tim:

“Okay, but it’s like ... tight”

Jeff:

“This is not a good fit for you, I don’t think.”

Ivy:

“This is This is the big.. The big agnes doesn’t fit me?!”

{{Jeff and Ivy laugh}}

Jeff, between giggles:

“I’m sorry, I’m sorry, I’m sorry”

Ivy:

“This is like the first time I had to get a bridesmaids dress in a two digit size!”

{{Ivy Laughing}}

Jeff:

“BIG AGNES!”

Ivy:

“Oh my god, how do I get out ...”

Jeff:

“Thank you, Tim”

Ivy:

"Is that the sales tag?" "I'm like stuck in the sales tag..."

{{Zipper sounds}}

Ivy:

"Okay, at least I was able to get out of this one"

Jeff:

"You're crying! You're crying there's actual tears on your face. She's like weeping. I'm sorry, I'm done."

{{Jeff laughing}}

Jeff:

"I'm not.. I'm not laughing because of your size. I'm laughing because this is exactly the kind of FOGO content I expected which is the ordeal of finding a sleeping bag generally.."

Ivy Le, narrating:

Less than an hour cosplaying as an outdoors woman, and I had to be rescued on the sales floor like a spelunker who got stuck in the wrong cave hole. I knew I'd be too broke and too Asian to be here... but too fat? There's not enough space outside for my body? There are wild hogs outside!! They have tusks!"

{{Slow thematic music fades in}}

Helen Z, narrating:

Ivy's intuition is more on the mark than she knows. There is hardly a piece of clothing in this store that is larger than a US size 14. But humans dominate the food chain because of their tenacity. REI Tim remains undaunted in the face of a challenge. He tries a new approach, a rectangular sleeping bag, which would have been my first suggestion...

{{Music fades out}}

Ivy Le:

"Okay, this is more what I was expecting. Yeah, this is basically just like a regular blanket that I understand that with a zipper around the edge to fold it in half like a, like a little crepe."

{{Cute, twinkly music}}

Helen Z, narrating:

"Humans love crepes. REI Tim goes to the stockroom to find a rectangular sleeping bag that matches the winning sample."

Jeff Z:

“THE FLEECE ONE!!”

{{happy horn music plays}}

Ivy:

“Yes! Oh, this might be the right one. Oh, yeah, yes.”

Jeff:

“You found it! See? I told you. This is why I said we should do this one first.”

Ivy:

“Okay, that’s why I brought you. For your expertise.”

{{horn gets a little louder}}

Ivy Le, narrating:

“I’m glad to have rested some dignity for my situation. But I don’t really feel like I can say “Yes to the Dress” just yet. I put the sleeping bag on layaway, because I actually have to go pick up my kids from school. I just didn’t imagine shopping would take so long when I was planning my day. But honestly, I’m glad for the excuse to leave. After two hours, \$200 and 1.5 panic attacks, all we found are my sleeping arrangements. I do want to explore the outdoors like all the nature shows I love but is it really worth all that?! Jeff and I plan to meet back here at the store..But I could just not...”

{{FOGO theme music fades in}}

Helen Zaltzman:

“When we come back...”

Ivy:

Are you gonna do this... The whole time...?

Helen:

“Our planet is in peril, Ivy”

Helen and Ivy, at the same time:

“When we come back..”

Ivy:

“Oh my god. Okay, if I die unexpectedly. Do me a favor, Helen. Go on Oprah and tell the world I love penguins.”

Helen Z:

“Aww, you’ve nearly warmed this cold, cold heart of mine.”

{{ FOGO Theme music continues}}

Preview of a clip from later in the episode --

Jeff Z:

“REI does not condone you making your own portable stove out of Heineken cans or ... everclear..”

REI Brian:

“I’m gonna get fired”

{{Music fades out}}

Ad Break

{{Outdoor sounds, birds chirp}}

{{Soft harp music fades in}}

Helen Zaltzman, narrating:

“Ivy departed from REI questioning whether she should return. She worries for her children's future every time she sees a price tag over \$10 and she barely made it out of the sleeping bags alive.”

{{Harps swell}}

Ivy Le, narrating:

“I thought it could get out of here spending almost nothing with jobs points, but it's not enough to make a dent. This is seriously harder than therapy was. I am exhausted from bleeding money on something I'm not even sure I want to do. But I have to come back to the store because Rocio Villalobos calls me. She's down the street from REI and is coming to meet me there. You'll learn more about her in the next episode. But she's an indigenous outdoor advocate who takes women of color out on their first hikes and camping trips. And frankly, I don't want her to think I'm a wimp.”

{{harp music}}

Helen Z:

“You've got this, Ivy. You can do this!”

{{harp music fades out}}

Ivy Le:

"Rocio, What's your camping experience? Where you coming at this from?"

Rocio Villalobos:

"Um I've done.. I've gone camping for a few years. It's primarily car camping. I haven't really done very much primitive camping. I went on my first backpacking trip this past summer so I think my comfort level has leaned towards car camping but I am interested in doing more primitive camping and like backpacking."

Ivy:

"Okay, so this is the first day so far recording where I've heard the phrase primitive camping. Is that what other people have started calling back country camping?"

Rocio:

"It's, it's a mix, I've seen it as both. When you look at the there's a whole reservation system for the campsites for Texas state parks, and they're designated as primitive camping so that it's essentially the back country camping or it's kind of a small hike in from where a parking lot is. So you can't just pull up to your site and unload. Where are you going?"

Ivy:

"Inks lake?"

Rocio:

"Okay. Inks lake is nice."

Ivy:

"Okay, you've been there?"

Rocio:

"Yes, I was just there a couple of months ago, doing car camping. Um, It's a beautiful park."

Ivy:

"Okay, so you know a little bit about what we're dealing with?"

Rocio:

"Yes."

Ivy:

"Okay. All right. You want to help me on the tents?"

{{light soft music comes in}}

Ivy Le, narrating:

"Rocio was just at Inks lake park!!"

{{twinkly music gets a little louder}}

Helen Zaltzman, narrating:

"Inks lake is run by the Texas Parks and Wildlife Department. Visitors can enjoy hiking, kayaking, and even scuba diving... activities that indoor people find extremely suspicious. The lake sits on the Colorado River, nestled an hour northwest of Austin, Texas in Burnett County.

Ivy:

"...like you know, Burnett County."

Helen:

"I get about Ivy."

{{music starts to fade}}

Ivy, narrating:

"I had just decided on Inks lake, thanks to a hot tip, someone gave Myrriah, FOGO's producer."

Myrriah, over voicemail:

"Obviously it's Myrriah. I talked to some of my more outdoorsy friends who go camping regularly and they recommended Inks Lake State Park."

{{music fades in}}

Ivy, narrating:

"Everyone today has asked me what I'm expecting on my trip. And the answer is, I have no idea. I could rattle off my list of doomsday scenarios, which y'all know really well. But beyond that, I don't know. But now we have Rocio, she shops at Rei unironically! And she knows the lay of the land at Inks Lake!"

Ivy:

"So I think we're gonna need a two person tent because it's gonna be me and um Myrriah, our producer, okay. Okay, so that's all I know. Um, this does not look like a very... this looks like just a mosquito net."

Jeff:

"These are hammocks."

Ivy:

"This just looks like a mosquito net."

Jeff:

"That's pretty much... but this is a one person it feels like right? Or like a two... two intimate people."

Ivy:

"Yes."

Ivy Le, narrating:

"These itty bitty tents for two people will not work for me and Mariah. We have a professional working relationship and these tents would constitute sexual harassment in the workplace. I'm not seeing anything that would work for us."

{{thematic music starts to swell}}

"But just then, I don't know where REI had been hiding him but Hot. Asian. REI Brian comes over to help us."

Helen Z, narrating:

"Hot Asian Rei Brian is bearded. tall, and very symmetrical. He's also the first minority Ivy, Jeff and Rocio have seen at the store. With over 77% of national parks, visitors being white, the outdoor human doesn't often encounter people of color, let alone indoor people of color. But humans are social animals. In new environments, they look to each other for a sense of safety. Working together, they can adapt to nearly anything."

{{Music fades out}}

Ivy:

"Oh, yeah. Tell me about the color options. What colors? They all look... That's the color of a solitary confinement cell."

Hot Asian REI Brian:

"Sure. Yeah. It's not very exciting. It's a little bit more fun and whimsical. Umm..."

Ivy:

"I just want to be found if like, something happens to me, which is why I'm really attracted to the brightly colored ones."

{{laughter}}

REI Brian:

"Yeah, okay. So there are ... what we have in stock is this fairly drab, boring color."

Ivy:

"It is super drab. Yeah, that's why you don't have it on display."

REI Brian:

“Yeah, but we do have kombucha orange, which I think is a lot of fun! And the tent body is green.”

Ivy:

“Yeah, Okay. I think I want that one. How, how much is it?”

REI Brian:

“It is \$229.”

Ivy:

“Umm... Is that good for a tent, you guys?”

{{Dramatic music fades in}}

Helen Zaltzman, narrating:

“The most precious resource of most humans is money, which they use in mating rituals, to feed and shelter themselves and to rear their young. They must guard it carefully. Their survival depends on good spending decisions and regret cannot undo them.”

{{Music swells then fades out}}

Rocio:

“I will say so...I started out with a tent that my husband and I found off of Craigslist for 25 dollars...”

Ivy:

“... because I just looked on Craigslist and like one was like it was like a box kind of tent and and then I found another one it's basically a cot with like a with like tent-y material around it but it's like a coffin. It's like a saran wrap...”

Jeff:

“Yeah well a lot of dudes... a lot of dudes who camp solo will sleep in shit like that but this is not a \$25 tent and you got it for as probably as good as you're gonna get it...”

Ivy:

“I saw some Rei tents on Craigslist, but they were like in the hundreds. I'm sure they were still charging... like a lot of money..”

Jeff:

“ So there you go...”



Ivy:

“... like a lot of others. Okay, so I feel good. I feel like we got the best deal we could get. I don't feel really good about the best deals that are available for this so far.”

Ivy Le, narrating:

“ Camping has this reputation of being a low cost, basically free thing to do when you want to get away. But I never believed that even before today, because in my lifetime, I have seen that white people can make anything expensive. White people made being vegetarian, somehow more expensive than killing animals for meat. They made lobster and oysters luxury goods. They used to serve that in prisons. Look up the hashtag van life. They made a living out of your car, aspirational.

{{ drums come in, thematic music swells}}

“A few years ago, Walmart decided to carry some well known camping brands on its website. Outdoor retailers got big bad. They told these brands, “if you sell on Walmart we'll boycott you because you won't be premium anymore.” It feels very promise-ringing. Walmart said they had wooed brands for months. But those brands were suddenly like “oh no, no! I don't know her.” Brands and retailers told on themselves. their profits absolutely depend on an unspoken cultural understanding that camping is a luxury and they know it.”

{{drum beat gets louder then fades out}}

Jeff Z:

“So now that we did the tent, now we get to the fun part, we get to the accessories part...”

Ivy:

“Okay..”

Jeff:

“..so now we're...”

Ivy:

“I feel like you're just calling accessories to excite me.”

Jeff:

“So let's look at the camping stoves first.

Ivy:

“Okay.”

{{theme music fades in softly}}

Helen, narrating:

“Humans have a vulnerability unique among apex predators, they feel the necessity to have their meals cooked. For this reason, most outdoor humans pack a stove of some sort that can work without the civil infrastructure of electric grids or gas lines.”

Ivy:

“...Holy Crap, you guys!”

Jeff:

“They’re pricey for sure.”

Ivy:

“That is \$150 for... I'm moving away from anything that looks like three digits because I am tired of three digit objects today. I mean, maybe I'm wrong but I like how it looks like you can pin this together and then you can pressure cook things.”

Jeff:

“Uhh..I wouldn't do that, but you might be able to”

Ivy:

“Are we allowed to use this sealed like this to pressure to pressure cook things? Or do you have to open it...”

REI Brian:

“I wouldn't say that they are rated for pressure cooking..”

{{laughter}}

Jeff:

“Yeah, we move closer and closer to vietnamese refugee goes into the Texas wilderness and practices bomb making.”

Ivy:

“No, that's practicing making super fluffy rice if by bomb you mean super fluffy rice.2

Jeff:

“Bomb rice.”

{{laughter}}

{{violins fade in}}

Helen Zaltzman, narrating:

“Jeff is a bit perturbed regarding Ivy's outdoor safety, but he cannot disclose that uneasiness with her as she hunts. He confides his concerns with Rocio even though they've just met today, they've formed an ad hoc herd focused on Ivy's survival.”

{{ violins swell, then fade}}

Jeff Z:

“I'm so afraid for her. I'm so worried for her. Um, so I was like, relatively confident going in, and even through the tent stuff. But as I've gotten deeper into this, yeah, actually, I have very little anxiety about any of the other camping stuff like being murdered or eaten by a bear or any of that. But I do have a lot of anxiety about like kerosene based cooking. I don't know. I don't know why it's irrational right. And we certainly did a lot of it. So I don't know.”

{{ thematic music fades in}}

Helen Z, narrating:

“Hot Asian REI Brian returns to check on Ivy, Jeff and Rocio's progress. They haven't made it far.”

Ivy Le, narrating:

“Because Hot Brian is Asian, I asked him point blank, “How do I not spend any more money here?” Being the child of immigrants taught me that there's always a way to make due. If my homeboy David's Cuban parents could float to America on a fucking lawn chair, there's no way I need a \$200 stove setup to survive in the woods. And I was right.”

Hot Asian REI Brian:

“So you take two, you take a can, you take you flip it over, you cut out about a third of the can and then you cut the inner ring out and then you poke a bunch of holes along the outer ring. And now you take the inner ring that you cut out, use it as the base and you fill it with some sort of very combustable fuel like, everclear, if you have it on hand..”

Ivy:

“Okay, I'm gonna look more into this.”

REI Brian:

“Please don't do this unless you're comfortable...”

{{laughing}}

{{everyone laughing and speaking over each other}}

REI Brian:

"I will show you the DIY, step by step, instruction book, but do it outside at least .... I'm gonna get fired..."

{{horns sound}}

Ivy Le, narrating:

"For legal reasons, don't try this at home. But there's tutorial links in the show notes and you should definitely try this at home. Not at a park where there's a burn ban, but at home where you're insured. Let us know how it goes by tagging @fogopodcast on Instagram.

I personally don't attempt the can stove. I watched some tutorials. And yeah, it looks foolish and highly dangerous. Lots of sharp objects involved. I decide to buy the MSR Pocket Rocket, which sounds like a sex toy. But it's actually a super cute doohickey you screw onto a can of fuel to make a stove. It's pricey. It's almost \$50 because it's designed for backpackers who are willing to pay if the gear is light enough and reliable enough. It's the only thing I've seen today that I wanted to own. It folds up into a little case like a Pokemon. Everyone said I didn't need it. But in fact, a kitchen in my makeup bag is the only thing I need at all. But everyone explaining why I didn't need it, since I'm not a backpacker, it made me realize that everything here is optional.

{{ cymbals come in}}

"There are lots of different kinds of camping. Just like there are lots of different styles of fashion in any one clothing store. No one needs to buy at all. There's stuff here you can DIY easily too, next to the camping stoves, there's individually packaged meals for hikers. One of them is literally a small bag of beans and rice for \$6! My taco truck's giving that shit out for free and they cook it for you. So I have to ask Jeff, "what is the deal with these packaged meals?"

Jeff Z:

Like I said it depends on his car camping or the other one. So you like all of this stuff doesn't make any sense if you're car camping. But if you're backpacking even like like he said, like, you know any mileage then I would absolutely say this is required because you're gonna die. You're gonna just not be able to do it. But if you're car camping, it's like, you don't need any of this. You could bring the pillow, you know what I mean?"

{{ drum beat slowly fades in}}

Rocio:

"Then again, it depends the distance from where you parked the car to the campsite. If it's a situation where you can just leave the cooler in the car and just go and get it when you need it and bring food down then that's that's perfectly great way to do it too".

{{ beat gets a little louder}}

Jeff:

"That's the safest place to store it is inside the car because the owner doesn't..."

Ivy:

“Ok, I’ll plan on doing that because I don’t think we’re going to have to do more than a mile so I can experience the park.”

{{laughter}}

{{music swells}}

Helen Zaltzman, narrating:

“The anxiety has lifted, decisions are being made. Ivy, once crying inside of a sleeping bag, is now able to laugh with her companions. They help her plan to explore the outdoors. With the help of her community of indoor and outdoor people, Ivy feels confident about her adventure for the first time. Coming together to share hope and joy is what makes the human experience so beautiful.”

{{Montage theme music comes in}}

Ivy:

“The deuce, number two...”

{{laughter}}

“Do I need this trowel? That’s the cheapest one.”

Jeff:

“Are you going to shit in the woods?”

Ivy:

“Is there like Lady wash? Well actually like I’m actually really looking forward to the peppermint soap down there. On a hot day so I’m so ok, so I got my lady soap situation.

The freeze dried ice cream. Is it cold? You can’t make how do you make a cold?

Should I try one of these backpackers meals?”

Jeff:

“Yeah, I think you should. I think I think it’s key. And I think you should absolutely get the Chiang Mai coconut curry.”

Ivy Le, narrating:

“It’s a relief to go pay. Because in total, we’ve been in here for more than four hours. Honestly, we were starting to get a little loopy. Everything I got fuel, stove, tent, my whole sleeping arrangement and some snacks would have been \$602! With Jeff’s points, I got it down to \$347.66! That’s a lot off, but that’s still a lot of money. Like that amount of money could save a

hockey team in an 80's movie! Jeff, Rocio and I tried the astronaut ice cream sandwiches we just got outside Rei before we say goodbye. I would have been so much less disappointed if they just sold them as biscuits. The essence of the ice cream sandwich is a contrast in texture, not just the flavors. I am so grateful for them, Jeff and Rocio. Not the ice cream sandwiches. And I'm relieved to have the essentials in hand, finally, so at least I know the camping trip can happen.

{{theme music fades in}}

But I do not feel good about the money I've spent. I'm going to keep looking, maybe goodwill or the Army Navy surplus store, and hopefully return some of this more expensive stuff."

{{horns swell}}

Helen Zaltzman, narrating:

"That's right, Ivy. Don't give up. To share your tips on inexpensive ways to acquire outdoor supplies tag @fogopodcast on Twitter and Instagram, we'll share the best tips in the fogopodcast.com newsletter. Sign up for the newsletter at [fogo-podcast.com](http://fogo-podcast.com)"

Ivy, trying a really bad british accent:

"Next time on FOGO..."

Rocio:

"We don't stop being people of color when we when we go to ...to parks so it's partially an escape. That means there are other things that you can't escape no matter what.."

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. You can find FOGO's soundtrack on his Spotify artist profile!

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

Our British nature documentary narrator was voiced by Helen Zaltzman, host of podcasts The Allusionist, Veronica Mars Investigations and Answer Me This. Links to her projects and social handles are in the show notes.

FOGO's board of advisors is Jeff Zhao who you got to know real well today! 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.

Listen to FOGO: Fear of Going Outside for free on Spotify!

You can follow me on Twitter and TikTok @IvyLeWithOneE, the phrase all spelled out, or visit @fogopodcast on Facebook or Instagram to see pictures of Hot Asian REI Brian and real footage Jeff took of me trying out the sleeping bags.

Helen Zaltzman:

Go to fogopodcast.com for the newsletter, merch, transcripts, and in today's shownotes, tips on how to equip yourself for the outdoors on a budget, that Ivy learned through trial and error. Mostly error.

{{Outro Music ends}}

{{REI retail sounds fade in}}

Ivy Le:

"single-ply is like that's what we use when we go back to the motherland."

Rocio:

Laughs