

## black out rage gallons - the newest dangerous trend

### HOW IT'S MADE

A borg drink is made using a gallon jug of water, clear liquor such as vodka, a flavor enhancer such as crystal light or MiO, and occasionally electrolytes. To make a borg, users must first dump out about half of the water in the jug and then proceed to add a fifth of liquor and flavor enhancer.

### POPULARITY

Borgs are very popular right now among college students due to the craze on the app TikTok. There is concern that kids under the legal drinking age may participate in this trend due to its popularity and prevalence on social media platforms.

### CONCERNS

Consumption of this much alcohol can increase:

- blackouts
- sexual assault
- emergency room visits
- car accidents
- binge drinking



### CLAIMS OF SAFETY



Borg users claim that the borg drink is associated with a decrease in drink spiking, spread of infectious disease, and hangover. Users claim that it is associated with a decrease in drink spiking because it is capped shut and is carried around by the individual drinking it. They also claim that borg drinking decreases the spread of infectious diseases because the jug is single use and is only used by the one individual drinking it. Lastly, they claim that it decreases/prevents hangovers because of the high water content in the drink and because of the electrolyte mixes that are sometimes added in.

### DANGEROUS CONTENTS

- Each borg contains around 17 shots of alcohol, typically vodka
- Vodka is normally 80 proof or 40% ABV
- Consuming 17 shots of vodka or any clear liquor is a lot to consume, especially in one sitting
- Drinking this much alcohol can result in alcohol poisoning
- The borg trend has landed many people in the hospital, most of which are college aged students

### PROS DO NOT OUTWEIGH THE CONS

Although borgs may decrease drink spiking, spread of infectious diseases, and hangovers, the risks associated with drinking borgs are still significant and the benefits do not outweigh the consequences. The borg involves consuming a very large amount of alcohol in a short period of time and it encourages binge drinking. In addition, these drinks have negative health side effects such as loss of consciousness and alcohol poisoning and can result in hospitalization.



### REFERENCES

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