# Consumables

**Water Tokens:** Small sealed vials of purified water. Function as currency and emergency resource. 1 token = 1 day's hydration for 1 person.

**Glowcap Rations (d4):** Bioluminescent fungal food. Nutritious but bland. 1 ration = 1 day's food.

**Thermal Gel (d4):** Salve for burns or frostbite. Provides temporary relief and prevents infection.

**Med Kit:** Comprehensive medical supplies. Clears 2 stress when used. Consumed entirely upon use.

**Psychic Dampener (d6):** Chemical or tech-based inhibitor. Suppresses psychic abilities temporarily. Used for burnout recovery or restraining rogue weather workers.

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