DO YOU KNOW HOW MANY DRINKS ARE ACTUALLY IN YOUR BORG?

No matter what kind of mixer you use or how much mixer you add, that doesn’t change that you’re drinking 16 shots. Even if you’re drinking your BORG throughout the day, that’s still potentially deadly.

If you still want to make a BORG, consider adding less alcohol and pacing yourself.

IF YOU USE A FULL FIFTH (750 mL) OF LIQUOR,

IT’S ABOUT 16 SHOTS.

LEARN MORE ABOUT BORGS:

Want to learn more or explore additional resources?
Visit northwestern.edu/aodresources/