

The Prepper's Guide To:

BUG OUT BAGS

*Your Essential Bug Out Bag Guide Book For Disaster Survival
Planning.*

By Ricky Harrison

In Conjunction With: BugOutBags2Go.com

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Note from the Author:

Many of you will be prepping a Bug Out Bag for a major catastrophe, but a bug out bag can be just as essential for a home emergency, such as a flood or fire, as well as any survival situation.

Just like a first aid kit in the trunk of your vehicle or a grab bag on your boat, a bug out bag is an insurance policy you hope will never need.

“If you’re thinking of prepping for a disaster or emergency, then this is a guide you will want to read...”

I put this guide together for those of you looking for an easy to understand backup plan and included a bug out bag supplies checklist to make putting it together simpler.

Whilst it is not a comprehensive guide to survival kit planning it will get you started and give you the confidence to build a great bug out bag and research a wide range of equipment options to suit your budget.

So, if you’re thinking of prepping for a disaster or emergency, then this is a guide you will want to read.

Ricky Harrison.

PS. Thank you for buying this book. If you enjoy reading it, please leave a review on Amazon so I can make future editions even better.

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Introduction

“Those who prepare bug out bags prepare them in the hope that they will never be used, but maintain them as if they will be used tomorrow.”

Introducing B.O.B.

A bug out bag (BOB) is a very special piece of survival equipment.

Meant for those situations in which an individual or group must quickly flee their home or location, this bag is packed with everything that you might need to survive during an extended evacuation from your home.

The bag is assumed to be used in those situations during which you are cut off from all of the luxuries of civilization; no electricity, no internet access and certainly no shelter; but designed to make sure you can survive with some comforts.

Preparing a bug out bag is like buying insurance for your home. It is something that you hope will never be used, but you know that you would be foolish to do without it.

Those who prepare bug out bags prepare them in the hope that they will never be used, but maintain them as if they will be used tomorrow.

The many disasters over the last few decades have shown the world just how quickly things can fall apart.

From the devastation of 9/11 destroying lives and businesses to Katrina demonstrating how slow official response can be to disaster, it has become more apparent than ever that survival really is in the hands of an individual.

With increasing civil unrest in these dire economic times, many are now expecting a collapse in our society to some degree and the least you can do is prepare!

If you are lucky, your bug out bag will only be taken out to be restocked and checked. If not, though, you will still be one of the few who are prepared for a worst-case scenario.

Act now and start to prepare yourself and your family for any emergency - and then hope it doesn't happen...

Choosing Your BOB – Key Considerations

Backpacks or Duffle Bags?

One of the first considerations a good survivalist will make is what kind of bag to prepare for a worst-case scenario.

For most, this comes down to the classic debate - do you take a duffel bag or a backpack?



The Classic Bug Out Bag From Mil-Tec

Both have their strengths and weaknesses, of course, and the choice is more difficult than you think. Fortunately, the benefits of each are rather easy to break down.

The backpack is the *classic* bug out bag.

Whether you are looking at an oversized hiking bag or something more suited to military manoeuvres, this classic carrying device makes life easier on the road by allowing you to keep your hands free.

Most backpacks are also designed for some degree of ease of movement, hopefully in a manner that distributes weight easily and reduces the stress on your shoulders and back. Where backpacks tend to fall short, though, is in storage space.

Even the largest hiking pack cannot hold everything, and choosing a backpack will mean leaving some of your larger items behind.

Duffel bags are the polar opposite.

Large and roomy, they make it easy to fit in most of what you need - there is a reason, after all, that the military make use of these bags and they can typically measure 15.5 deep 37" long and 17" wide.

Unfortunately though, duffels are not really made for lugging around in a disaster, unless you can travel by vehicle.

They require the use of at least one hand to carry, and their size and shape can work against them in a tight spot.

Perhaps worst of all, you will have moments at which you are not attached to a duffel bag, which means that they are far easier to steal.

In the end, the backpack is usually a better choice. If you have a vehicle or a large party, a duffel can (and will) suit your purposes just as well.

Always remember, though, that having something that is actually designed for foot travel always works better. I like the CFP-90 style patrol rucksack and would recommend that whatever BOB you choose – just make sure it is as waterproof as possible and/or store your contents in waterproof zipper type bags!

Vehicle BOB's

Your vehicle bug out bag is the larger version of your home bug out bag. This bag should always stay in the trunk of your car, ready for your escape at a moment's notice.

This is considered the "big bag" by many survivalists, and several of the larger items listed in this book are meant specifically for that bag.

A vehicle bug out bag should contain a rather large quantity of food, equipment, clothing and medication. It needs the same kind of

maintenance as your home BOB, but on a larger scale.

If you have anything that you believe will aid in your survival but cannot fit in your BOB, make sure that it goes in your car.

It is still important to note that your car bag should not contain the only essentials for your move. You never know when you might have to abandon your car, so consider anything in it a luxury that you might have to do without.

In fact, you might even want to use air travel as an analogy -- your home bag is your 'carry on', full of the things you need, and the vehicle bag is the bag that you check and might never see again.

Emergency Kits or Disaster Survival Kits?

Bug out bags are not a one-size-fits-all consideration.

There are two major categories of use that you should consider - evacuation kits and survival kits.



72 Hr Emergency Kit From Ready America

Emergency or Evacuation kits, as you might imagine, are best for those that are preparing for a short-term or local disasters, typically 72 hour scenarios.

These bags should contain the things that you need to get you where you are going, with a bit extra for emergencies.

Survival kits, however, are meant to sustain you when you do not know where to go. These are for long-term, larger disasters that might leave you without access to other supplies for a significant amount of time.

If you prep one of these bags, you should be prepared to pack everything that you need to start a new life.

The two bags share quite a bit in common, though, and most of the information found here should apply to both.

Special consideration will be made towards items needed for true survival prep, though, and it will be pointed out if an item is unnecessary for an evacuation bag.

Preparedness is the name of the game, however, and it is always wise to be ready for either situation by considering what you need for both bag types.

Check out the emergency/evacuation kits and disaster survival kits available from Amazon to decide which one might suit you best.

Organization & Maintenance of Your BOB

Though disaster-prep enthusiasts are usually portrayed as wild and messy mountain folk in the media, the reality of preparing for any kind of survival situation requires quite a bit of organization and maintenance.

One of the most important things to maintain is going to be your bug out bag.

Your job is actually fairly easy, so long as you follow a fairly regular schedule. You do not have to work on it every day, but you do have to remember when the work needs to be done.

Once you complete your supply list, take a moment to pack the bag. The more often you think that you will need a particular item, the closer to the top of the bag that it needs to be.

Once you have your items in place, you will begin your rotation practice.

Once a week, check the bag for tears or rips -- if you have rodents in the house, your bag might well be a tempting target.

If you choose the right food for your bag, it should remain edible for well over a month -- even with that said, though, make sure to take a monthly rotation on your food.

Finally, make sure to test out your gear at least once every two months to make sure all moving parts are in working order and that all of your batteries are still functioning.

As the seasons change, you should also take the time to change out any clothing so that the most easily accessible items will be the ones that you need.

Unfortunately, the organization and maintenance process can get expensive. Expect to replace at least half of your major equipment every year, just in case.

If you cannot, make sure to switch over to a schedule of monthly equipment checks once you past the year mark. The older the equipment, the more likely you are to need a replacement.

Choosing Style, Size & Material

There is nothing more important than the make and style of the bag itself.

While there are dozens, if not hundreds, of different backpack styles on the market, you need to stick to those bags that are made for real survival – that is those that are extremely durable, double stiched, waterproof and expandable.

These bags are almost always only found at military surplus stores or higher-end camping stores, and the price tag can be high. Even with that said, it is well worth the expense.

Size is going to be determined by your own body shape.

The larger the bag, the more than you can fit. A typical large bag can hold 50 litres and have multiple compartments for easy storage of handy items.

Take the time to try on several bags and see what is comfortable. Straps around the stomach may allow you to carry a larger bag, but never try to carry anything that will seriously impede your movement.

Hiking backpacks, especially those made to carry a bedroll on top, will give you the size that you need.

As far as material is concerned, heavy canvas or durable nylon is your best friend. You want a material that can deal with water to be sure, but the ability to carry weight and avoid puncture damage is going to be the key for most.

Your best bet is to buy a backpack made out of a material that you think will work and try to abuse it as best you can. The more damage it can hold up to, the more likely it is to work for you as a bug out bag.

BOB's for Family, Children & Pets

Putting together your bug out bag when you have others who depend on you is actually quite difficult.

The bags, by their very nature, are meant for a single person. If you have children, a spouse or even pets, you will have to put in a bit of extra work to make sure that everyone has their own personalised bag that has what they need.

If you are only worrying about a spouse or other partner, you are in luck - you can carry far more than you might think.

Some of the items that need to go in your bug out bag do not need to be doubled, so you can actually carry far more gear than you otherwise might think.

While you will both need your own food and water supplies, your survival gear can be multiplied by quite a bit. You should remember that a bag for a spouse has to fit him or her just as well as your own, so make sure that he or she gets as much preparation as you do.

If you have kids, things get more difficult. Kids can carry their own bags if they are old enough, but they need to be light and devoid of anything truly important.

They can carry food and water, but always make sure that you pack extra in your own bag for them.

If they are young enough to need distractions, packing away crayons and coloring books is an easy way to make sure that they stay quiet in the night.

If they are still infants, packing formula and cloth diapers is the way to go.

Pets need less than you think, but still be smart about it.

Two or three weeks of minimal dry dog food is all that you need to pack, along with a leash and a muzzle - even the best trained dogs can get a bit loud, so that muzzle will be your best friend in a tense situation.

Cats essentially need a bit of food -- it is up to them, after all, if they feel like sticking around any longer.

Water Solutions for Keeping Hydrated



Storage Containers

A normally active person needs to drink around half a gallon of clean water per day (and another half-gallon for sanitation purposes).

Therefore, water storage is going to be key when you start moving out on your own, So whether you're in an evacuation or survival situation, you will need to have water as you move.

Unfortunately, pollution and other issues make drinking from local water sources scary at best and downright dangerous at worst. As such, your primary goal should be the storage of as much water as reasonably possible.

As far as basic needs are concerned, a good military-style canteen will hold enough water to get you through one to two days if you ration your supplies.

These canteens must be leak-proof and able to stand up to being dropped, and the ability to stay insulated from heat is usually a plus. These canteens are easy to find, and packing one to two in your BOB is a necessity.

A collapsible multi-litre container is also going to be important. If you are in one place, purifying and keeping water available is going to be an important survival skill.

These collapsible containers take up virtually no room when empty, making them a great choice for your bag.

Get familiar with filling or building the container before you leave, though, so you do not accidentally puncture it.

Water Sources

Given the sheer number of rivers and lakes in the U.S., you would think that finding water would be no problem.

Unfortunately, pollution and basic contamination have rendered many of these sources useless. While they can be used after purification, you may often need a more ready source.

The best source for pure water is rain.

Set out a cistern or pot during the rain, and gather yourself as much as possible. Rainwater is usually free of contamination and will slake your thirst.

If this fails, try to look for ice - once it is melted, it is almost always safer to drink than anything out of a river.

You might want to consider digging for water in muddy areas. You will have to filter it through a cloth, but this groundwater is usually safe.

Finally, you will probably need to take a supply of ready to drink water in sachets or bottles but remember this source is finite and you will need to consider a longer term solution like purification.

Water Purification

Purification can quickly turn river or lake water into something useful.

You really only have one purification choice when it comes to a bug out bag - purification tablets.

These tablets are generally made of iodine and are easy to use and can purify about one litre of water per tab.

They take time to use, so consider throwing a tablet in your water bottle as you are on the move. It is as close to a perfect solution as you can find.

As an aside, boiling water is also possible. It is also time consuming and wastes a great deal of energy. You really are better off with the tablets.

Water Filtration

The process of filtration is your other option. These mechanical options can give you safe drinking water, albeit usually at the cost of your own energy.

A hand-pumped filter will let you filter enough water to last you weeks, while a simple survival straw will keep you going for nearly as long.

Familiarize yourself with the operation of both, and pack the filter away in your bag if you have room. If not, it becomes an important part of your car kit while the straw will go in your vehicle bag.

Avoid commercial products like filtered water bottles. They are meant to work with tap water, not puddle, river or lake water. You might still find yourself getting sick after depending on these products, so stick with something that is meant for survival.

Food Provisions On The Go



Recommended BOB Foods

If you are on the go, you will need food.

Depending on a person's age and level of fitness, the average American man needs around 2,700 calories a day (2,100 calories for women) to maintain their weight.

Valuable calories are wasted by every bit of movement you do, and they will need to be replenished if you hope to keep moving.

Fortunately, there are many survival foods that take up relatively little room but will allow you to stay mobile.

Meals Ready to Eat (MREs) are the military solution to food on the go, and they work for survival. These meals have everything you need to stay mobile packed inside, complete with a flameless heating element.

Though expensive and sometimes bulky, packing three to six of these in a large bug out bag is a great choice. You can also easily store a full box inside a vehicle BOB, giving you a ready supply of food on the road.

Beyond MREs, dehydrated foods are great. Adding water gives you a meal, and they take up almost no room.

High-calorie, high-protein foods like crackers and peanut butter are also very helpful for giving you energy when you need it.

Remember that sugars are generally bad (due to the sugar crash), while carbohydrates and proteins are energy foods.

Storage

Storage for food is a simple issue.

Decades of food preparation in and around the home have given many individuals enough ideas to take on the road, and you might have some of them at home already. All you need to do is to make sure that your food is secure.

All food storage should be air and water tight. This will help it to last longer, and it will also help you avoid ruining the food while you are on the road.

Hard cases offer more protection, but can be bulkier. In reality, Ziploc bags and simple food sealing bags are probably the best bet on the go. Your food might get crushed, but it will not take up much room in your bag.

Preparation

As far as preparation is concerned, easy is best. You want to stick with foods that can be eaten cold if possible, but require nothing more than a fire to cook at best. (See Lighting and Heat Options).

You may or may not have access to an oven or a stove-top where you are going, so try to stick with something simple.

Good preparation should involve a campfire, a flameless heating element or some kind of simple dehydration.

You may or may not have time to cook as you move, so anything that can be eaten directly out of a wrapper is helpful. With this said, though, never eat anything that is meant to be cooked without thoroughly cooking it - burned is better than underdone, as it will make illness far less likely.

Cooking Kits

If you can fit a cooking kit in your car or carry bag, you are in luck. This will increase the safety of your food, give you more cooking

options and may even provide you with a heat source in a pinch.

There are dozens of great camp stoves available, but your real goal should be to look for size and efficiency. A small camp stove with a single burner, preferably gas or solar powered, is ideal.

All you need to cook is a single small pot and a single small pan, which will allow you to prepare almost anything.

A good kit will include all of these elements, along with basic utensils and should come with a small cup. This will last you far longer than you think if you conserve fuel and you treat the instruments with respect.

Clothing - Stay Warm And Dry



Climate Considerations

Climate determines your clothing. There is no right clothing list for a BOB, but there are good suggestions for every climate area (see our list at the end of this book). If you pack smart, you will not need much.

Tropical areas require good shoes, pants and t-shirts. A windbreaker or jacket can help you to avoid sunburn and keep you warm at night.

Colder regions will require a heavy jacket, gloves and multiple layers. In cold areas, be prepared to wear multiple shirts at once, which will cut down on what you need to have in your bag.

No matter where you are, though, make sure you are aware of moisture - water proofing is always smart, and an extra layer to stay dry may be a necessity.

Clothing Essentials

No two items of clothing are more important than underwear or socks.

These are the items that keep away some of the more problematic conditions that you might experience while travelling, so always pack extra.

Pack at least one pair of socks for every two days, and pack at least one pair of underwear for an equal amount of time.

Beyond this, you want to consider pants and shirts. Jeans are useful in most climates for casual use, but they can be too heavy and difficult to dry when wet.

They are tougher than cargo pants and easier to clean, but we suggest you invest in a good quality lightweight poly-cotton fabric coated with Teflon that is rip proof and has a fully gusseted crotch that gives the wearer a full range of movement.

Make sure they have lots of pockets for all your personal items and if possible a knife pocket. The belt hoops should be sturdy enough for a thick belt to carry a sidearm. All these things will make them perfect for going on the run.

In terms of shirts, make sure that you bring at least one to two long-sleeve shirts and a few t-shirt/undershirts. This will allow you to layer when it gets cold while still giving you a way to stay cool if it is the summer.

Footwear & Gloves

The good news is that you only need one pair of shoes when you evacuate. A good pair of hiking (not work or fashion) boots will let you walk for miles and protect your feet at the same time.

The bad news is that you can only fit one pair of shoes in your bag, so you must always remember to bring a repair kit. Something repair the soles and fix laces is a necessity, so pack extras.

Work gloves are also essential for hand protection.

A sturdy pair of gloves will keep your hands from getting ripped up while you work and they will give you protection when dealing with items that are at extreme temperatures.

If you are planning go out in the cold, you should also pack a pair of winter-rated gloves. Anything that can stave off frostbite will be your best friend.

Belts, Hats & Accessories

The good news about your accessories is that they can actually travel on your body while you go. This means that they will take up relatively little room in your bag, and that they can be rated and broken in during your day-to-day life. All you need to remember is how very necessary the basics are.

A good belt is essential. Not only does it keep your pants up, but it also functions as a great tourniquet in a pinch. Always make sure that the belt is able to deal with any weight loss you might have on the road, and that it will not break under stress.

A good ball cap is a great way to keep the sun off of your face. Combined with a good pair of sunglasses and you will be able to avoid many of the issues related to the sun.

You should also pack a second winter cap, preferably one that will cover your ears. This will be an important part of winter survival, so do not forget it.

Shelter & Bedding Options

Tents, Tarps & Bivvy Bags



Tents are a complicated topic. There are dozens of models, but few are actually suitable for bugging out.

A tent tends to take up room, but a small tent can be your best shelter. It has room for more than one, so you may want to take a tent if you travel with a group.

A one to three person model is going to be a key, but be aware that all the parts weigh about eight pounds -- this can be difficult when added to everything else you carry.

A tarp might be a better bet if you are only planning to be on the go for a few days or are on your own. You can string up a tarp between two trees if you have a cord, making for a great temporary shelter.

A few stakes will complete the process on the sides, giving you a temporary shelter that will take up little room in your pack.

A bivvy bag is the ultimate in small shelter. This tiny bag zips up completely, leaving only your face open.

This will keep you warm enough at night in most areas and out of the moisture, but it may not help in rainy areas.

There are new versions that actually zip over the face of a survivalist, allowing you a better chance to stay safe.

Bug Out Bedding

While you might think that a sleeping bag will solve every problem, some basic bedding really does help.

A good blanket can keep you warm while you travel, to say nothing of its ability to add extra warmth at night.

Sheets can provide a good way to wrap up other items while providing you a bit of comfort.

Your vehicle bag may also be able to fit a small mattress pad or sleeping bag mat, which can give you a great deal of comfort if you have to sleep outside.

If you have more space you may want to consider packing a portable camp bed. These are light and easy to assemble and keep you off cold or insect covered floors.

Sleeping Bags

Sleeping bags are a basic necessity for bugging out. They provide warmth and protection on the road, to say nothing of comfort.

Your job is to find a good bag that is actually rated for outdoor survival. Most sleeping bags have some kind of weather rating.

Make sure that the bag that you choose is rated for ten degrees lower than the coldest average temperature in your region. This can drive up the cost quite a bit, but it is far better to spend money today than to live without the necessary body heat tomorrow.

Groundsheets

A good groundsheet will only weigh a couple pounds, but it can prevent discomfort and illness and make your life far easier.

This simple sheet or tarp will allow you to bed down and place your supplies on the ground without fear of insects or water getting into your gear.

Your real issues with packing should be the size of the sheet.

You want your groundsheets to be large enough to fit under your tent or camp bedding. The sheet should be waterproof, which means that you can actually make use of it in a secondary capacity.

If you wrap it around some of your valuables (electronics, medicine, food) in your bag, you can save space and keep other items safe at the same time.

Sanitation & Hygiene Awareness

Public Health Risks



In a survival situation, public health risks are at an all-time high.

During hurricanes and earthquakes, many of the substances that make for easy living quickly turn deadly.

Burst pipes, falling insulation and even dead bodies can become toxic substances that can impact your health.

Your best choice is always to avoid public health risks. Avoid large crowds when you can, and always avoid any area that is likely to have toxic industrial waste or runoff.

One of the biggest risks is always going to be the human body, though, and you have to be prepared.

Every survival bag should have at least one facemask, which will allow you to avoid many airborne pathogens.

Waste Disposal

Every good camper knows that you should take only pictures and leave only memories while you are on the trail.

If you have evacuated your home or you are in a survival situation, you have to consider your waste.

Failure to do so can not only attract predators, but it can cause you significant health issues.

In terms of human waste, your best bet is to dig a latrine.

Make it close enough to camp to use regularly, but far enough that you can avoid the smell and that runoff.

A simple latrine dug early on can save you more trouble than you will ever know.

When you are done, remember to carefully cover the area so that others do not suffer.

Personal Hygiene

Being on the go does not mean that you can do without personal hygiene.

While most people think of hygiene as something that you keep up with because you want to look good for others, the reality is that hygiene is important for your own health.

As such, you need to pack basic hygiene supplies in your bag.

A bar of soap, toothpaste and a toothbrush are the minimal supplies. Women need to pack sanitary products (generally a one month supply) as well.

These supplies will keep you clean and healthy as long as you are on the go.

First Aid & Medicines – Keep Healthy



First Aid Books

First aid books represent an interesting conundrum.

On one hand, they are certainly useful - knowing how to identify or treat a wound is a great benefit, especially if not everyone in your party is trained in first aid.

Unfortunately, though, these books are also often bulky and take up room in your pack that might be better served carrying other gear.

Your best bet is to find a small, pocket-sized first aid book. Look for something that is geared towards wilderness survival, especially towards camping treatments for wounds.

Basic information on how to dress a wound, deal with infection or perform basic field procedures is going to be your best bet.

Take the time to memorize as much as you can, and make sure any party members with you do the same.

You do not need anything with advanced medical information - the unfortunate truth is that the field is simply not the right place to learn how to perform surgery on yourself.

Medical Kits & Containers

When you are on the road, you have to figure out a storage solution for your medication.

A good first aid kit should come in its own package, but finding something that is a bit more rugged might be ideal.

A good storage solution for a first aid kit is actually a percussionist's stick bag - available for less than twenty dollars at most music stores, these canvas bags take up relatively little room, but have enough room to fit an entire first aid kit inside.

Most of the rules that apply to food containers will apply to your medication. Make sure that anything you use is airtight and watertight.

You should also make sure that any storage solution is labelled in a manner that you - and your party - can figure out what is inside but others cannot.

Drugs can be incredibly valuable, so you do not need to advertise your wealth.

Drugs & Medications

Drugs are an incredibly important part of modern life. Not only do they help many people get through the day, but they are necessities for getting through various diseases and sicknesses that would have easily killed those in the past.

With this in mind, you have to make sure that you take the proper precautions and pack medication that will help you through the process of evacuation or survival.

Start your process by researching the common ailments that people experience when travelling, and also make sure that you know the various ailments that befall people in your area.

Make sure, for example, that you know what plants are poisonous and what contagious infections are likely to occur along your route.

Pack any of the medicine that is expected to help you with these problems, and consider investing in any kind of preventative product that will help you to boost your immune system.

Finally, make sure that you know your own medical allergies. Having penicillin on hand is a great idea, but not if you are allergic.

If you are allergic to any of the basic medications, make sure that you pack an alternative.

Perhaps more importantly, though, make sure that you pack something that will let others know of your allergies.

Personalization

At the end of the day, you are the best judge of what you need to survive. When it comes to medicine, no one can give you a perfect bag - you have to figure out what you need on your own.

The best way to figure out what you need is to do a bit of a test on your own. A pencil and a pad of paper are the only tools that you will need.

Take a week to determine the medicine that you use. Look at all of your prescriptions, and figure out how often they need to be refilled.

If you use any kind of over the counter medication, you should try to figure out what kind of dosage that you need over the course of a week.

If you use any kinds of balms or other products, factor them into your packing plans. Anything that you need for your health needs to go with you.

There is nothing wrong with packing extra medication, but you do need to figure out what you can live without. If you can wean yourself from anything, try to do it over time.

You should also try to figure out alternatives for any medication that is hard to find or that has a short expiration date - you never know when or if you will be able to find it again, especially if you are looking at a long-term survival situation.

Communications – Don't Bug Out Blind



Keep Informed

Survival is about more than having the right tools.

It is about knowing what is going on in the world around you.

Whether you are in the process of evacuating or looking for long-term survival, you have to know what others are doing. Whether it is learning about the weather or keeping tabs on others, you have to be willing to look for options.

Humans are creatures that rely on communication. If you want to coordinate your actions with others, you have to be willing to talk.

For some, that means seeking out methods of communication that will allow them to keep in touch with friends or family. For others, it means figuring out a way to keep up with the news in the world around them.

Whatever you choose, though, you have to make sure that your communication technology is up to par with your survival skills.

As a rule, you want to make sure that any communication device you bring along can access emergency communications bands. Services like 911 might be out due to an emergency, but emergency broadcast signals are capable of broadcast even in the direst of circumstances.

Always make sure that you have a way to access this basic news, and you can ensure yourself a basic level of knowledge.

It is always a good idea to keep a list of local emergency service frequencies and have a pen and paper on hand to write down any call signs.

Cell Phones

The cell phone is one of the most ubiquitous instruments in the modern world. Everyone seems to have one, and cell reception has gotten so good that most can make calls in the middle of nowhere.

It would seem that a cell phone is the ultimate survival tool - and it really might be, for a time. Unfortunately, that only lasts so long.

If you are evacuating, you need a cell phone. It will help you stay in communication when you get where you are going, and should be a good tool to get help.

Always pack a few spare batteries, and invest in a solar phone charger if you can find one. Cell phone reception may be spotty in some areas, so look for the phone with the most reliable call consistency that you can find.

If you are building a survival kit, plan on making use of your phone until the network goes down.

Anyone who made it through 9/11 or Katrina can tell you that a disaster will quickly make a cell phone useless, and that you are better off with almost any other form of communication technology.

The good news is that modern smart phones have a few other useful functions while the power is still on, from helping you to take pictures to providing an electronic compass.

Your cell phone may not be as important in a survival scenario, but it can still be a useful tool.

Emergency Radios

In an age of the internet and smart phones, it might be surprising to note that emergency radios are still best-sellers in any area that is subject to regular catastrophe.

These simple radios have been around for decades, and relatively few improvements have been made.

If you want access to government-based weather or disaster news and you want a chance to hear about what is going on in the world, you will never find anything better than this sort of radio.

Of course, the weather radio that you have at home is not quite what you need when you are on the go.

A good survival radio is still fairly inexpensive, but will still allow you to get the news that you need. Fairly rugged and sturdy, it can survive in your bag and through a few bumps and scrapes.

These radios generally work on batteries, so make sure to pick up a few spares. If you are simply trying to evacuate, buy a rechargeable model - it will be more useful wherever you end up.

An interesting note is the fact that hand-cranked survival radios do exist. A hand-cranked dynamo will allow you to provide your own power to the radio, making it an invaluable part of your survival kit if you have to get on the go permanently.

These radios can get a bit bulky, though, so make sure that you allot the proper amount of room in your bag.

Two-Way Radios

The two-way radio is kind of a funny device. It is better for communicating on the go than almost anything, but its short range and reliance on batteries can also make it a liability.

Having a radio on you, especially if it can pick up multiple frequencies, is probably the smartest thing that you can do in an emergency. You just have to make the right choices.

If you are on the go with a group, it is smart to bring one radio for every person. This will allow for constant group communication, and should increase your chances of making contact with others if you choose to do so.

If you are alone, you should still bring two - parts are harder to find than you might think. Always choose a radio that can pick up multiple frequencies, as this will allow you to make contact with emergency services or other survivors if need be.

When it comes to picking a radio, try to go with something that is tough enough to survive falls. Legitimate survival walkie-talkies are your best bet, but do what you can to find something that goes easy on the batteries.

If you can find anything that can be recharged, use that - investing a solar charger might be an extra expense, but it will also allow you to stay in communication longer.

Maps, Compasses & GPS

No matter what the situation you are fleeing, you will need to have some way to figure out where you are going.

In this case, the traditional options are almost always the best. If you can get yourself a map of the area and a compass, you will almost always be able to find your way to safety.

When looking for a map, you need to consider three things - relevancy, utility, and accuracy.

The first, relevancy, is fairly simple. You need to make sure that you have a map of where you are planning to be, not the entire country.

A good regional map is a great choice, especially if it has topographical information.

Utility, on the other hand, is related to how useful the map will be for your chosen path. If you are sticking to the highways (which is a terrible idea), you need a road map.

If you are planning to go off-road, though, your plan should be to find a map that has an aerial view of the surrounding landscape (survey maps will work, but a good aerial map is even better).

Finally, you want to consider accuracy. How up to date is the map? If it is more than a year or two old, you need a replacement. Landscapes change rapidly, and you do not need to be caught off guard.

Compasses, however, are easy. Go to your local camping store and pick out a good travel compass. Test it out in your own back yard for safety, and then put it away.

This sort of compass can be your best friend, so learn how to use it.

If you have the ability, you might also want to invest in a multi-tool or Swiss Army Knife with a built-in compass. It makes for a great backup, and will not cost you any room.

As for GPS, you might as well forget it.

A good hiking or climbing GPS system can be a great friend for those evacuating, but those looking for survival gear should know that it will only last so long.

Something that is wrist-mounted will probably give you a few days to a few weeks of power and maybe more if you have watch batteries.

If the situation is dire enough, though, the satellites providing your GPS signal might not be accessible. After that, you will be left with a useless chunk of plastic unless it has other built in independent functions.

Lighting & Heat Options



Lighting Options

Light is a necessity when you are on the move.

It can help you to see where you are going at night, give you a means by which to signal others and even help you to keep the wild at bay.

Without light, you deprive yourself of useful activity for at least half of the day. With it, though, you can stay on the move and confront nature on your own terms.

The best and most readily available short term lighting option is the humble flashlight. But remember they have limitations based on their power source.

When considering lighting, remember your own needs. The less dependent that the option is on outside fuel, the better it will be for your survival needs.

Likewise, lower-weight options are almost always worthwhile, as they can be more easily carried in your bag or in a pocket.

Finally, make sure that the lighting choice is actually survival appropriate - a weak flashlight is less than useless, but a full spotlight will do little more than blind you when you need to see where you are going.

Alternate Light Sources

There are a few great alternatives to the standard flashlight, all of which are worth the space in your pack.

The more light sources you have, the better - you never know when batteries will fail, after all, and you will always need the light. Both of these take up little room, and are worth the weight in your bag.

Chemlights are a perfect fit for a survival situation.

Small and compact, these "snap lights" can give you up to twelve hours of illumination, which can be a lifesaver when you have no other choice.

Unfortunately, they cannot be turned off and are prone to breakage, so use them only as a last resort.

A better choice is a LED hand-cranked survival light. These flashlights use only the power generated by a cranked dynamo, giving you an infinite source of light.

Cranking them throughout the night may not be fun, but it will give you a chance to make sure that you will never go without proper lighting.

Night Vision

Night vision is, without a doubt, a pretty neat tool. It allows you to see in the dark, which puts you at far less danger from both predators and your own clumsiness.

It reduces the number of light sources that you might reasonably need, and it might even give you the ability to hunt or forage at night -- truly, these devices are a survivalist's dream.

Except, unfortunately, they are not.

First and foremost, good night vision goggles are expensive. Unless you have unlimited funds, the price of the goggles could be go towards buying food, water treatment products or almost anything else in your bag.

The goggles are also quite bulky, taking up valuable space. Perhaps worst of all, though, the goggles are reliant on batteries. You might get a few days or weeks out of the goggles themselves, but you will eventually run dry on batteries.

Unless you plan on spending the rest of your life scavenging for batteries, you are eventually going to have to abandon the goggles.

While they make a lovely fantasy tool, you are simply better off investing in a hand-cranked LED flashlight or a good fire than you would be spending your money on these expensive toys.

Fire Kits & Fuels

Fire is going to be your friend if you are in a survival situation.

It is a combination of a light source, a heat source and a way to cook food and sanitize water.

Unfortunately, starting a fire on your own can be rough. Anything from high winds to damp wood can hinder your efforts, and that is for those who actually know how to start a fire on their own.

As such, it might be good to bring along a source to start and fuel your fire.

While there are "fire kits" sold on the market, there are alternatives that can make your life easier. Always make sure that your bag at least three full sets of matches, always packed away in a water-tight container.

Likewise, make sure that you bring a new (but tested) lighter - Zippo is a good choice, but anything that lights reliably will work.

Finally, invest in a 'fire steel' - this product will allow you to make a spark by running a piece of metal down a file, giving you a last-ditch effort.

The good news is that fuel is all around you. The bad news is that you might need help in a few situations.

Stores do sell compressed tinder that will allow you to start a fire, so fit it in your pack if you can.

If you prefer a DIY approach, you might want to consider mixing cotton balls and petroleum jelly - it burns well in almost any condition, and will help you to start a fire until you can find more significant fuel.

Self Defense & Weapons



Preparedness & Responsibility

Weapons are not just tools - they can be a terrible responsibility.

In the right hands, a weapon is a source of protection, confidence and food.

In the wrong hands, they can pose more danger to yourself and those you love than anything else.

Your job, as a dedicated survival preparation enthusiast, is to make sure that you are responsible and prepared with your weapon whatever you choose.

Preparedness means making sure that you actually know how to use your weapon. Nothing in the world is more dangerous than a gun in the hands of a person who does not know how to use it.

No matter if you have a handgun or a rifle, take it to the range - and take it regularly. You need to be a good enough shot to take down a target without missing, as you might not ever get a second shot.

Along with accuracy, you need to work on maintenance. You should be able to take apart, clean, repair and reassemble a weapon rapidly.

If you do not know how to do it, take lessons - there are manuals available for almost every gun ever manufactured and videos available to show you exactly how to work with it.

Responsibility is a different story.

Responsibility means keeping weapons safe and locked away. You can keep ammo in your bug out bag, but never keep a gun in it - it can be nearby, but it should always be locked away.

When you travel, never point a gun at anything unless you mean to shoot it.

Guns and knives should be kept out of the hands of those who do not know how to use them, and should be treated with the utmost respect. The more careful you are, the better prepared you will be.

Self-Offense vs Self-Defense

A survivalist's main goal should always be to avoid trouble.

The real issue in a survival situation, though, is that you cannot always avoid a fight when trying to keep yourself safe. Your most important goal, then, is to determine when you can avoid a fight and when you need to defend yourself.

In a very real way, this is how you determine the difference between self-defense and self-offense.

Self-offense is often mistaken for a defensive measure.

When you take an offensive stance, you are looking for trouble. That means interacting with others in a manner that is sure to provoke a fight, always looking to avoid compromise and taking violence as a first option.

This is a spectacular way to get yourself killed while you are trying to survive, because offense almost always requires that you give the advantage to the defender.

Not only will they have adrenaline on their side, but they might have any number of tricks up their sleeves or weapons that you have not considered.

Self-defense is what you do to keep yourself safe.

Always try to talk your way out of a situation first, even if that means doing so with a hand on your weapon. If it comes down to it, you are usually safer giving something up than getting in a fight - but you are never safe giving up anything that you need to survive.

When acting in self-defense, always remember that your goal is to stop the fight. That can range from downing an opponent long enough to run, to taking the ultimate solution, but your goal is to conserve as much energy as possible and end things immediately.

There is never any shame in running, but only do so if that will not put you in a worse position than staying put and defending yourself.

Guns & Rifles

Whether or not you are a great shot, you are going to need a gun while you are on the go.

Guns not only provide you with important self-defense options, but they are also invaluable tools for hunting.

As such, your primary focus should be on a gun that will satisfy both categories while still being within your comfort zone.

Those who know little about survival will tell you to go after a handgun. After all, they are ubiquitous in America and you can find ammunition almost anywhere.

They also have a great deal of cache as intimidation weapons - they feature prominently in almost every action movie. They are also, not surprisingly, a good way to waste money and ammunition.

You can't hunt with a handgun, and their accuracy is surprisingly poor. You might be able to defend yourself with the gun, but this is always a last resort - if you are close enough for it to be effective, you are already in more trouble than is necessary.

If you choose only one gun, you really are best off with a .22. These rifles are cheap, easy to care for and work wonderfully for taking down small game.

While you might want to look into a shotgun for personal protection or taking down large game, those who are on their own will do little better than this weapon.

For all of those who doubt the stopping power of the weapon, one should always remember that a .22 is every bit as effective as a handgun in a self-defense situation - and it is also far more accurate at range.

However, most gun owners will already have a handgun, so carrying both handgun and .22 rifle will be useful for a range of situations.

Perhaps the best reason to go with the weapon is sheer practicality, though - the ammunition is quite light and quite small, meaning that you can carry far more of it when you are on the go.

As far as weapons bug out bags go, make sure it is of good quality and can accommodate scopes, spare ammunition, bipods cleaning kits, etc.

Survival Knives

The survival knife category is bigger than you might think. Not only are these knives sold at most sporting-goods stores and big-box stores, but they are also sold at flea markets, gun shows and on the side of the road.

If you want a knife in the United States, you can get it almost anywhere you want. If you want it outside of the country, it is almost as easy.

There are no checks on survival knives, and no waiting periods. You can get whatever knife you want today - which is part of why it is so hard to find a good survival knife.

Unfortunately, most knives sold as survival equipment are nothing more than expensive show pieces. If you want to make sure that you have the right kind of knife for survival, stick to one of two places - military supply surplus stores and camping stores with legitimate survival equipment.

Your ideal knife is going to have a fixed blade, should be able to be sharpened by hand and will be large enough to deal with thick foliage or other dangers on the trail.

As a rule, you should pack more than one knife. A knife is easy enough to keep on your person while you travel, and an extra survival blade will not take up much room in your pack.

Even the best knives can break, so having a backup is just common sense. When you make your initial purchase, treat the knife like any other reasonable piece of equipment - buy an extra, and test it to its breaking point.

Once you know how far you can push the knife, you will know whether or not it is useful enough to take up space.

Multi-Tools

Multi-tools represent an interesting survival proposition.

Most are advertised as the ultimate survival tools, over a dozen different instruments packed together with a knife. In fact, it might be best to think of your average multi-tool as the successor to the old Swiss Army Knife, a lovely little device that puts a great deal of utility in your pocket.

Unfortunately, though, you have to be careful with these tools.

The good news about a multi-tool is that it does have quite a few functions. The blade, screwdrivers and a few of the other tools will help you to keep the weight down in your pack.

The bad news is that most of the included tools are not real substitutes for their full-sized counterparts. The blade is one of the most notable offenders - it simply does not stand up to a real survival knife.

That said - you *should* bring a multi-tool in your pack.

It makes a perfect back-up for many of the other tools that you will need to bring, and it takes up far less space.

Do not depend on it for self-defense or as a primary tool, though, or you might soon be disappointed.

Plan, Prepare & Practice

Develop Your BOB Plan

If you have not figured it out already, one of the biggest necessities, for those who want to keep a bug out bag, is preparation.

You cannot throw these items in a bag and hope for the best - you need a plan, and you need to make sure that you update it as frequently as possible.

A bug out bag is not a life-time supply of supplies. It is something that you need to survive until you find a more tenable situation.

Your bug out is just the first step in a plan to get somewhere better, so spend a little bit of time planning with your bag.

Your first question is always where you want to go. You cannot wander around in the woods for the rest of your life, and you cannot hope to survive on the contents of a backpack.

As a matter of fact, wandering around with a bug out bag and no destination is a great way to wind up dead.

Once you know where you want to go, you have to figure out how to get there. Do you know the terrain? Can you drive or bike, or will you have to walk?

This will not only let you know what kind of bag you need, but how long you will have to be on the move.

If you can figure this out, you can pack an appropriate amount of food and water for your trip. If you do not know how to get to your safe place, though, you could be in very real trouble.

BOB & Transportation

You have to take some time to figure out where you are going, of course, but getting there is an entirely different problem.

Unless you have a pilot's license, you will have three transportation options in an emergency - the road, the water or on foot.

You cannot depend on public transportation in an emergency situation, and you definitely do not want to hitch-hike. As such, your transportation matters.

If you want to take to the road, the obvious option is a car. Gas is still fairly inexpensive in most parts of the U.S., and the supply is theoretically easy to get to if you get out of a bad situation early enough.

A car gives you temporary shelter, extra storage space and a quick way to reduce your travel time.

Unfortunately, a situation that requires bugging out might clog the highways and take cars out of the equation.

One only needs to look at recent disasters to see how quickly the gas supply can be used in a populated region, and roads can become disaster areas even if things are still going well.

A motorcycle is usually a better idea, if you are alone, but it can be difficult to carry much on a motorcycle. Bicycles are a possibility, but only if you can ride off-road with your bag.

Water transportation is a great choice, but only if you own a boat.

If you are going to an island location or someplace across a lake, nothing beats a boat. Even a small boat can more than triple your storage space, while larger boats can actually provide you with a place to hole up and live if things get especially rough.

Your real enemy on the water is your skill level - unless you are skilled at operating a boat, you might as well stay away. There are dozens of hazards on the water, and most can kill you more easily than any disaster.

In reality, your best bug-out transportation is still your feet.

Go on hikes, get some good boots and hope for the best. Use the other forms of transportation when you need them, but be prepared to walk.

If you have the right kind of bolt-hole, you will eventually have to walk there, so get practicing now.

Location Boltholes

Your bolthole is your place to which you will escape during a disaster.

It can be anything from a short-term shelter to the place where you begin the process of starting over, but it should always be a place where you can re-supply, rest and plan. As such, you should put some time into considering the location of your bolthole.

Your first consideration should be ease of access. The bolthole needs to be far enough from regular traffic that only you know its location, but close enough to access in an emergency.

Take a moment to consider your transportation options before planning - if you have a boat, a remote island might work. If not, it should be somewhere that you can walk or ride to within a few days.

Your bolthole can be anything from a well-stocked tree house to a small cabin, but it needs to be something only you can access.

Once you have the bolthole in place, you should make sure that it is stocked with useful items. It is helpful for a bolthole to be stocked with twice as much food and water as you can carry in your pack, along with doubles of anything in your bug out bag.

If you can do this, you will have created a sanctuary for yourself that will allow you to plan your future moves.

BOB Practice Makes Perfect

Bugging out is not something that you can do at the last moment.

Many would-be survivalists have a fantasy of throwing together a bag of food and ammo and living the life of a vagabond, but the reality of the situation is that you actually have to practice the process of bugging out.

Take some time to make sure that you know where every item you need for your bag is - preferably, they should all stay in the bag. If not, drill yourself on packing.

Do it at night and during the day, and preferably try to interrupt your own sleep cycle for the process. Once you have done that, take some time to practice with the bag itself.

Load it up with as much weight as the bag is rated to handle, and take it on a long hike. Try to make sure that you can cross several miles each day without the bag causing you undue pain.

If you have the ability, you might also want to take some time off to try living off the bag.

A two or three day camping trip is a great way to practice your survival skills, and it should tell you what you have forgotten.

This safe practice is a good way to figure out what is and is not necessary in your bag, all without actually endangering your survival.

The more you practice like this, the more comfortable you will become and the more ready that you will be if and when you actually need to bug out.

Miscellaneous Preparations

Documents

Documents have a rather odd place in the world of survival.

While they are simple pieces of paper that are worth very little during a disaster, they are perhaps the most important things to save from your home when you have to take to the road.

If you must leave, you must always hold open the possibility that you will be returning home. As such, there are a few documents that you must always take.

It should go without saying that your birth certificate is worth bringing along. It is one of the few records that prove exactly who you are, and it is very hard to get a duplicate in a disaster situation.

You should also take the time to bring along other similar important documents like a passport wedding license or anything related to an adoption.

If you own a home, the any record that shows that you own the property is a must - things get muddied after a disaster, and you may be forced to prove that you actually own your own property.

Beyond this, you might want specific records related to your business or other pieces of property or bank accounts.

If it can help you to re-establish your life after things get back to normal, it is probably worth taking.

Always remember to make copies, and always remember to take the originals with you. They hold more value in court, and they may help you to re-establish claims in the event that something does go wrong.

Identification

Your identification is one of the most important things that you can bring. It can prove who you are, give you access to certain resources in an emergency and it will help you to re-establish your life when and if things calm down again.

Your driver's license should always be in your wallet, so that should not be a concern. Make sure to bring other forms of photo identification with you, especially if they allow you access to any resources.

This means professional organization memberships, military identification or even a gym ID - you never know where you might need to go when the going gets tough.

Money

If you are considering bringing money with you, you have to remember two things.

First, remember that cash is king if things go wrong. Never bring a debit or credit card alone, just stick with cash or gold/silver bullion coins. A few hundred dollars in gold or silver will get you more than you can imagine, and will only be useful for so long – but remember not to make yourself a target.

Second, remember that cash only goes so far in a disaster. If you are looking to survive something major, you are far better off bringing something with which you can barter like medications, food or alcohol but remember these items can be bulky.

Cash is only useful as long as people still assign it value, after all.

Tools

Tools are what separate man from the animals.

If you are on survival footing, you will need to bring a few tools with you. Unfortunately, you will not be able to bring your entire toolbox.

However, you can fit in a few of your most important tools into a bug out bag without taking up much room.

A multi-tool will still be your best friend, but make sure to bring along the two screwdrivers (flathead and Phillips) as well as simple wrench.

A claw hammer is also a necessity - it can actually serve multiple purposes, and the claw qualifies it as a multi-task tool.

If you have a set of jeweller's screwdrivers at home, take them as well - they only weigh a few ounces, but they can be invaluable for repairing your gear.

Your Essential BOB Checklist

Most of these items can easily be found on Amazon but you will need to research and assess each item/ piece of equipment based on your specific requirements before purchasing.

Bug Out Bag

CFP90/Mil-Tec style rucksack

Military style duffle bag (as vehicle BOB)

Rucksack/duffle bag waterproof/zip lock type liners

Also consider the ready-made evacuation kits or disaster survival kits available from Amazon.com

Water

Collapsible water bottles – various sizes

Stainless steel and plastic canteen

Stainless steel cup

Water purification tablets

Water filtration system

Hydration pack

Also consider – drink powders and electrolyte mixes

Food

Meals Ready to Eat (MRE) foods are best to keep in bug out bags and include dried and/or dehydrated meals.

Nuts and chocolate

Protein/candy bars

Dried or tinned fruits

Dried and tinned meats/vegetables

(beware of water content in tins as they add to weight)

Crackers/cookies

Peanut butter, jams and spreads

Tea and coffee,

Tins/packets of soup

Cheeses and dried egg

Dried or canned milk (can be used for infants/ children)

Salt and pepper

Utensil set (fork, spoon)

Can opener

Make sure you pack enough calories to get you home plus 25% extra. Also consider energy gel packs.

Clothing

Underwear and thermals

Hiking socks (long wool and cotton)

Hiking boots and running shoes

Pants - running and wet weather pair

Moisture wicking t-shirts

Heavy cotton t-shirts for UV protection

Long sleeve tuck-in shirts

Lightweight fleece/jumper/sweater

Jacket or hooded sweatshirt

Leather gloves - heavy work pair and weather specific

Brimmed hat - weather specific

Scarf and balaclava

Rain Clothing: waterproof jacket and pants

Ponchos that double up as shelters

Remember, you will need a change of clothing for yourself and any family members.

Shelter & Bedding

Lightweight tent – 4 season
Ground tarp/sheet or pad
Sleeping bag and bag liner
Emergency/space blanket
Wool blankets
Plastic or polyester tarp
Rope, string and duct tape
Carabiners's and spare tent pegs
Poncho liner

Sanitation & Hygiene

Disinfecting and baby wet wipes
Toilet paper and tissues
Disinfecting hand sanitizer
Lightweight towels
Compact toothbrush and toothpaste
Dental floss
Mouthwash
Soap and shower gel
Deodorant
Small mirror
Cotton wool/buds
Nail clippers
Razors and shaving foam/oil
Collapsible basin
Foot Powder
Plastic Comb
Heavy-duty trash bags
Folding camping survival shovel with pick

First Aid & Medicines

Small, comprehensive, first aid book

Good first aid kit with:

Sterile dressings, sterile gauzes, bandages, band aids, alcohol wipes/pads, medical tape, antiseptic, antifungal and antibiotic creams, sutures, butterfly closures, etc.

Pair of tweezers, scissors and magnifying glass

Latex gloves

Hydrogen peroxide and Betadine

Scalpel blades and handles

Emergency dental repair kit

Insect repellent

Safety pins

Sunscreen

Lip balm

Eye wash

Vitamins

Thermometer

Splints and Finger splints

Months' worth of over the counter meds for:

Pain relief, diarrhoea, vomiting, allergies, constipation, swelling, decongestant, etc.

Copies of any prescriptions

Everyone in your party should have a complete copy of their medical record with emergency contact numbers and names. Always seek the advice of a medical professional when planning your meds.

Comms & Navigation

Cell phone with useful apps

GPS with my home marked

Compass with illumination

Waterproof mini-binoculars

Maps of boltholes and facilities like hospitals etc.

Waterproof bags for phones and maps

Spare batteries

Solar power chargers and adapters

Crank handle power charger

Emergency radio with hand crank

Small note pad and pencil

Emergency whistle

Alcohol markers (for map case)

Note: even if your cell phone network goes down you may find it useful to have apps on the phone for compass, spirit level, etc.

Lighting & Heat

Backpacker multi-fuel stove with extra fuel

Waterproof matches and windproof lighter

Metal Fuel bottles

Fire starting equipment: Ignition source and tinder

Cookware set

Metal cook pot

Metal cup

Fork and spoon

Pot scrubber

Candles

LED headlamp

Chemical light/glow sticks

LED keychain light

Hand cranked flashlight

Headlamp with extra batteries

Self Defense & Weapons

Folding knife

Handgun and nylon holster
Rifle with scope
Ammunition
Pepper spray
Assault harness
Weapons cleaning kit
Pocket Knife – lock blade
Fixed blade knife with sheath
Sharpening stone (in pocket on sheath)
Survival/hunting knife with fire starter
Crossbow and aluminium arrows
Folding camping survival shovel with pick
Emergency whistle

ID, Docs and Money

Identification docs – passport, driver's license, etc.
Medication and vaccination records
Ownership records – shares, deeds, etc.
Marriage/birth certificates
Rolls of \$10 silver quarters
Wallet with \$500–\$1000 in small denominations

Miscellaneous Items

Cotton bandana
Duct tape
Re-sealable bags in a variety of sizes
Sunglasses
Sewing repair kit with buttons and nylon threads
Polythene tubing for siphoning
Fishing kit
Boot waterproofing polish

Small magnet
Repair Kit
Package, Assorted Needles
Bible or other inspirational material
Survival guide book
Deck of cards
Extra pair of eye glasses
Multi-Tool and screwdrivers
Hand saw or pull saw
Multi-purpose hatchet or collapsible spade and pick

Pets

Collapsible water bowl
Food and water for 72 hours
Vaccination Records
Leash and muzzle

Finally...

This list is by no means conclusive but should give you an idea of the more essential items to pack.

It should be reviewed and updated regularly to allow for perishable contents, such as food, to be replaced and for specific personalisation depending on your circumstances and evolving knowledge of prepping.

I hope you continue to plan and prepare for every eventuality and I wish you well in your preparations.

Ricky Harrison.

For more information please visit: BugOutBags2Go.com

Resources

[Family Survival Course](#)

[Electromagnetic Pulse Survival Guide](#)

[Survive Water Crisis](#)

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