



*the* FOUNDATION FOR  
INFRASTRUCTURE RESILIENCE

# Get Home Bag

Yes You Need One

<https://fir.foundation/>

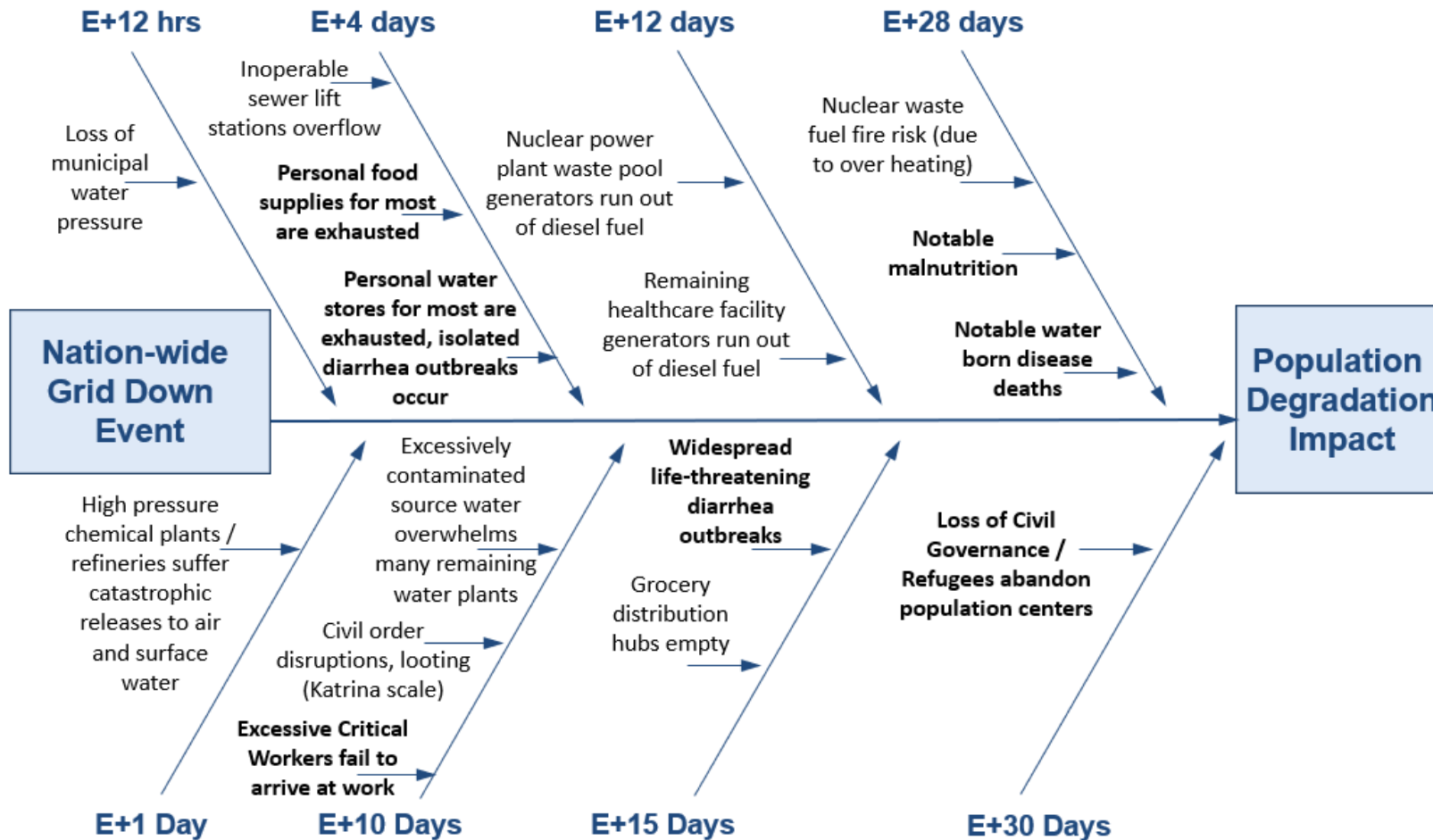
# Focus on the Fundamentals



- [GRID DOWN POWER UP movie](#)
  - [EIS Council Black Sky Event](#)
  - [60 Minutes episode about the Grid](#)
  - Watch these videos!
- Keep in mind that you may only be able to proceed 3-10 miles per day on foot, so if you are 50 miles away, could take you 5+ days to walk home. Severe blisters can be expected. The more you carry, the more blisters.
  - Please consider this information as general guidance and use your common sense based on your situation.
  - Recent additional Working Group guidance is to include a bright orange safety vest, tourniquet kit, and gunshot/trauma wound dressings, short wave radio receiver to be added.

# Overview:

## This is what you may be up against



- This is the current risk given the state of infrastructure today
- Multiple threats can halt electricity in any nation, nationwide
- This timeline is the potential outcome of a scenario in the war plans of several nation-state adversaries, where the entire national electrical supply is extinguished
- Also possible given a Carrington level solar storm

# Attitude



You and your household must DECIDE to SURVIVE, no matter what. You must minimize the time or energy not focused on survival.

Accept what is taking place!

## **5 Stages of Grief and Acceptance:**

1. Denial – The first stage of grief is Denial. It is really the first of our reactions to any form of sudden loss. ...
2. Anger – The second stage of grief is Anger. People that are grieving often become upset with the person or situation which put them in their grief state. ...
3. Bargaining – The third stage of grief is Bargaining. This is when those who are grieving are reaching out to the universe to make the pain go away. ...
4. Depression – The fourth stage of grief is Depression. Contrary to popular belief, depression is something that may take some time to develop. ...
5. Acceptance – The fifth stage of grief is Acceptance. This is the point where the person experiencing grief no longer is looking backward to try and recover their former life ...

# Ready.gov: Several Days only



- [Water](#) (one gallon per person per day for several days, for drinking and sanitation)
- [Food](#) (at least a several-day supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting and duct tape (to [shelter in place](#))
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Wrench or pliers (to [turn off utilities](#))
- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery

# Ready.gov: Several Days



- Take the Ready.gov advice and expand on it.
- Have what you need to get back home when across town
- Do you have a displacement location? Be able to get there, even on foot.
- Keep expanding in tiers of readiness until you can last a year.

# Readiness Categories: Basic Fundamentals



- Water
- Hygiene
- Shelter
- Food
- Medical
- Communications
- Safety
- Pets?

*You need SKILLS in each area.*

*Practice by camping in your back yard or a nearby park.*

*Better yet, if you can, take a backpacking vacation.*

# Water



- Contamination types:
  - Natural
    - Sediment/debris
    - Bacteria, virus
    - Parasites
  - Man-made (needs an activated carbon filter)
    - Pharmaceuticals
    - Industrial solvents
    - Fuel
    - Pesticides
    - Fertilizer
    - Etc.
  - Know the safer places to draw water!
    - Upstream of contamination
    - Scout hole (dig a shallow well hole near a stream or pond)
    - Prefilter as needed to remove the big stuff (use a sock or t-shirt)





# Water

- Contamination types:
  - Natural
  - Man-made
- Hiking filter (LifeStraw, etc.)
- Backpacking filter (ceramic filter, carbon filters)
- Kitchen table top filters: can't handle sediment

# Suggested Tiers



- 24 Hours
- 3 Days
- 10 Days
- 30 Days
- 60 Days
- 6 Months
- 1 Year

*Provide for each readiness category, for each Tier*

# 24 Hours



- **Water:** water storage or filtration (1 gallon per day per person)
- **Hygiene:** common COVID type hygiene
- **Shelter:** your car, workplace, school, or at home
- **Food:** could make it with no food
- **Medical: Most could make it without medication**
- **Communications:** What is the plan if internet and phones are out? Hand crank emergency radio (AM/FM/Emergency Band)
- **Safety:** “Normal” items only. Flashlight and batteries. Expect typical power outage issues, but maybe no 911 services
- **Cash:** Minimum- A few hundred dollars in small bills

# “Get Home” bag: 48 hours



- **Water:** hiking style water storage and filtration
- **Hygiene:**
  - Common COVID type hygiene
  - Toilet paper/sanitary wipes
  - Anti-diarrhea meds
- **Transportation/Shelter:**
  - Comfortable rain proof backpack
  - Portable folding cart or suitable wheeled dolly
  - Your car, tent, or rain suit
  - Very comfortable walking shoes
  - Season specific outdoor clothing
  - Extra socks
  - Multiple means to make a fire (lighter, Fresnel lens, tinder)
- **Food:**
  - Recommend 4,000 calories per day
  - 6,000 calories if harsh winter
  - Could make it with no food
- **Medical:**
  - Most could make it without medication
  - Basic first aid kit
  - Blister kit
- **Communications:**
  - What is the plan if internet and phones are out?
  - Hand crank emergency radio (AM/FM/Emergency Band)
- **Safety:**
  - Flashlight and a backup light
  - Map
  - Typical power outage issues, but maybe no 911 services
  - No traffic lights
  - No police
  - Pass through rough neighborhoods/looting/riots
  - Fire
  - Downed electrical lines
  - Flooding
  - Bad weather
  - Nuclear fallout
  - Self Defense: be practiced and know how to avoid trouble.
- **Cash:**
  - A few hundred dollars minimum
  - Divide it up into more than one location in case you get mugged.

# “Expedition” bag: 5+ days



- **Water:** hiking style water storage and filtration
- **Hygiene:**
  - Common COVID type hygiene
  - Toilet paper/sanitary wipes
  - Anti-diarrhea meds
  - Bivy Shovel (do your business in a hole)
- **Transportation/Shelter:**
  - Comfortable rain proof LARGE backpack
  - Portable folding cart or suitable wheeled dolly
  - Your car, tent, or rain suit
  - Very comfortable walking shoes
  - Season specific outdoor clothing
  - Extra socks
  - Multiple means to make a fire (lighter, Fresnel lens, tinder)
- **Food:**
  - Recommend 4,000 calories per day
  - 6,000 calories if harsh winter
  - Camp stove/cook pot/fuel
  - Could make it with no food
- **Medical:**
  - Medication
  - Advanced first aid kit
  - Blister kit
- **Communications:**
  - What is the plan if internet and phones are out?
  - Hand crank emergency radio (AM/FM/Emergency Band)
- **Safety:**
  - Maps and more maps
  - Typical power outage issues, but maybe no 911 services
  - No traffic lights
  - No police
  - Pass through rough neighborhoods/looting/riots
  - Fire
  - Downed electrical lines
  - Flooding
  - Bad weather
  - Nuclear fallout
  - Self Defense: be practiced and know how to avoid trouble.
- **“Homesteading”**
  - Camp saw to help build a shelter or fires
- **Cash:**
  - A few hundred dollars minimum
  - Divide it up into more than one location in case you get mugged.

Here's the backpack along with the individual bags, cookset, sleeping bag, and tent:



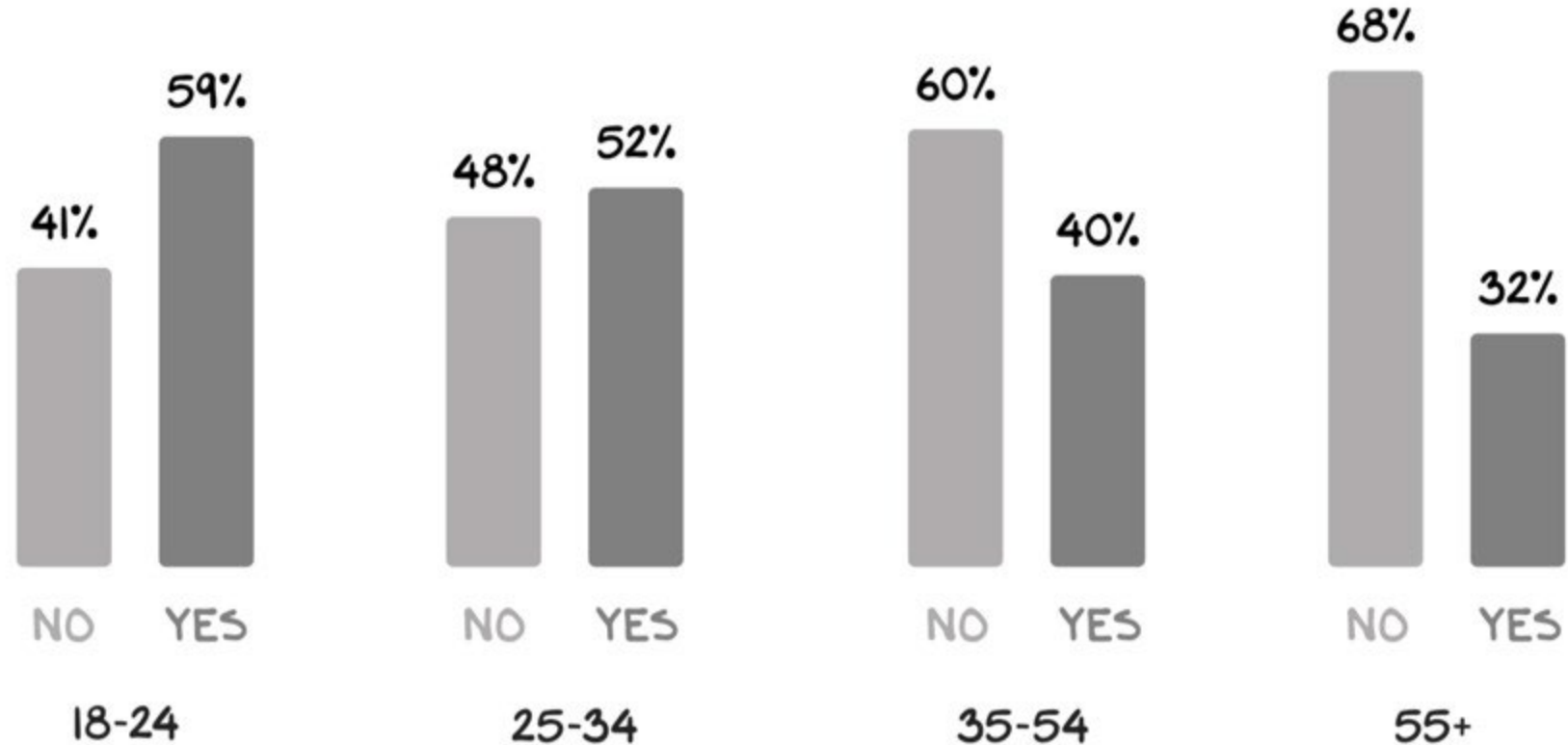
Recommended Item	Weight
Pack, Osprey Atmos 65, Large – Graphite Grey	3.78
Bag, Survival-Tools*	2.6
Bag, Electronic*	2.45
Mtn Hardwear Sleeping Bag/ Compression Dry Sack, XS	1.92
Bag, Clothing*	1.83
Hatchet, Fiskars/Sheath	1.56
Cook Set*	1.5
Bag, Hygiene-Toiletries*	0.98
Bag, Medical*	0.96
Rain Jacket/Wind Breaker, lightweight, summer	0.79
Knife, SOG Pup with sheath, stone, Doan's ferro/magn	0.77
Emergency Blanket, Large	0.74
Sandals, Airwalk	0.64
Radio, Ham, Yaesu VX-6R/Clip	0.56
Multitool, Gerber	0.51
Fuel, Alcohol, Heet, Yellow, 8oz in squeeze container	0.46
Slingshot and rounds	0.34
Lantern, Solar, Luci inflatable	0.22
Cup, titanium, Snow Peak H450	0.22
Gloves, white leather	0.2
Towel, microfiber, McNett, Medium	0.2
Bowls, Fozzils, pair	0.18
Flashlight, Fenix LD12 and AA battery	0.18
Hat, Boonie Cap	0.16
Rope, 750 cord, 25'	0.14
Flashlight, Zebra Light, SC52w L2 and AA battery	0.14
Trowel, Orange	0.11
Compass, Suunto	0.1
Sawyer Mini and straw	0.1
Antenna, ham radio, SRH77CA	0.09
Goggles, Swimming	0.09
Handkerchief, Green, Harley Davidson	0.07
Condor Multi-wrap Neck Gaiter	0.07
Sunscreen, 1 oz	0.07
Spoon, Titanium, long	0.05
Earplugs with Case	0.05
Spatula, Folding	0.04
Finem Tea Steeper	0.04
Light, Keychain	0.03
Light, Keychain	0.03
Fresnel Lens	0
	24.97



Example of a  
Get Home Bag  
content list

# SHARE OF AMERICANS PREPPING FOR A DOOMSDAY SCENARIO

BY AGE, MARCH 2023



\*YES / PLANS TO

\*NO, AND I HAVE NO INTENTION TO

SOURCE: CIVIC SCIENCE

<https://www.profgalloway.com/quitters/>

