

# Bug Out Bag

## Survival Mindset

Emergency preparations comes in many forms. It's about risk mitigation. Not that you hope anything will happen, but you plan for the "what-ifs", so that if IT does happen you will have gone through the physical and psychological motions of preparing in advance so that you will survive IF such an event takes place.

When disaster strikes, you will not have time to think. This is where training comes in, the body responds on instinct when faced with life or death scenarios which can come in the form of a fight, flight or freeze response. There is no single best response to cover all situations. Sometimes the best chance of survival is to fight your way through, however, in environments that are outside your control, the best thing you can do is **take flight** to someplace safe.

## Everyday Carry (EDC) items.

What do have in your possession every time you leave your house? Many people don't think about what they physically carry when they go out and the importance of this awareness.

Everyday Carry items encompasses all the items you carry on your person every day. It is less of a kit and more of a daily loadout. Everyday Carry items is about optimizing what you carry to make your life a lot easier, allow you to deal with emergencies, and to complete everyday tasks more efficiently.

Take a personal assessment of what you carry every day when you leave the house and determine if you have what you need on a daily basis or if you should add or exchange items.

Here are some **common items** that people carry on their person everyday:

- **Keys and Tools:** Attach to a keychain tool. Several items can go on your keychain or FOB. A **whistle** (or sound producing device) for emergency signaling, getting people's attention in the event of an attack, frightening off an offender. A **Kubotan**; a small self-defense tool. A **Micro-light** for those occasions when it's difficult to see, read, and identify things in the dark.



Whistle



Kubaton



Micro-light

- **Wallet:** One that is functional, durable, and RFID blocking. This RFID block helps prevent people using technology to gather information from your credit cards, IDs, etc., Information is carried on cards with "chips" in them.
  - Radio-frequency identification uses electromagnetic fields to automatically "identify" and track" tags attached to objects. In today's world, you can wave your credit card close to a card reader at the store and your purchase is complete. This same type devices are used by "crooks" as they get close to you with their scanner and pick up the information on you card. You should protect you cards and other IDs which "chips" in them.

# Bug Out Bag



RFID Blocker

- **ID:** Quickly prove your identity.
- **Cash:** Don't keep all your cash in one spot. Many people commonly use credit cards for purchases. However, if machines are down, having some cash on your person as a backup is a good idea.
- **Pocket Knife / Knife:** Just having a small "Swiss army knife" for opening packages, self-defense, and other minor tasks.



Swiss Army Knife



Knife on Belt



Open or Concealed Carry

- **Cell Phone:** A smart phone for communications and the ability to download many types of apps.
- **Watch:** If you don't carry a phone. To keep you on schedule. Also, you can offer your watch or cash to an assaulter from potentially being assaulted. "Here, take my watch/money, just leave me alone." You can replace a watch or money. You can't replace yourself.
- **Self-defense weapons:** Knife, pistol, pepper-spray, stun gun, Kubotan, etc. Training with these items is highly encouraged.



Pepper Spray



Stun Gun

Feel free to add items that pertain to your specific lifestyle or work requirements. I.e., business cards, pen/paper.

# Bug Out Bag

Women can and typically do and can carry more items with them due to the fact that they carry a pocketbook, while men typically carry items in their pockets and on their belt, although many carry a “fanny pack” for additional items.



Fanny Pack

**Bottom Line:** Assess what you carry daily and recognize the ability you have with these items for daily functions and security needs.

Now that we have assessed what we carry on a daily basis, let’s look at how we can prepare ourselves in the event of an emergency when you “**don’t have the time**” to pack anything, and you have to “**bug-out**” and “immediately” depart your house or car on foot.

## What is a Bug-out-Bag?

“Bug out Bags” aren’t really as crazy as it all sounds. It’s about understanding the importance of being prepared in times of emergency.

A Bug out Bag is a “pre-packed” bag filled with essential items to keep you alive for 1-3 days while initially moving to a safe location/environment, or away from a dangerous situation, until one can re-assess their situation and make a more comprehensive plan based on the present situation.

This bag is the size of a backpack meant to be easily carried and has the minimum, but necessary, items to survive for a short period of time.



3-day Packs

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## Why do I Need a Bug-out-Bag?

A bug-out bag is for those **what-if** scenarios.

# Bug Out Bag

“Bugging out” refers to an individual’s decision to abandon home (or car) in response to an unexpected emergency situation. There usually is the option to stay put at your home, which is the first option that should be looked at. Staying put is often advisable in the face of civil unrest or riots, as you are likely to be more secure staying indoors rather than taking flight.

Bugging out is preferable in situations such as:

- imminent natural disasters (fire, tornado, flood etc....)
- immediate man-made disasters (power plant meltdown, war, etc....)

Other situations could be something like when your reserves or stockpile have run low, when certain social systems break down (like transportation), or if there is any type of local threat that threatens your family and house, or if your car breaks down when an emergency situation is present.

Preparation is key in these scenarios – it’s what helps you make it out alive.

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## When to use a Bug Out Bag?

A bug-out bag is used in the event of a voluntary or mandatory evacuation. Voluntarily evacuation is really only needed in extreme emergencies – and is usually a last resort. Bugging out should only be considered **“when there is a greater danger in staying put than there is in fleeing”**.

Based on the emergency, knowing where your local evacuation zone or town meeting point will likely be your first point of call in the event of a natural emergency. If being targeted for your political views, having an identified “safe haven”, such as a friend’s house, rally point, secret location, etc., should be part of your emergency evacuation plan.

Sometimes your evacuation could be by car while other situations you may have to be on foot.

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## What Can I Find in a Bug Out Bag?

Although people can put just about anything in these bags they are more for essential goods. Think food, water, shelter, finances, and survival as we talked about before.

This can come in the form of:

1. **financial needs** like money, credit cards, IDs
2. **food supplies** like MREs, energy bars, meal replacements.
3. **water supplies** such as chlorine tablets or water filters.
4. **shelter materials** like tarps or tents.
5. **first aid kits** containing medications and bandages.
6. **self-defense** items like a hatchet, knife, or handgun.

## Bug Out Bag List

# Bug Out Bag

A bug out bag list is a list of all the survival items you would need to survive when SHTF (Sh\*t hits the fan). This list is not just a survival kit which is more for medical emergencies, a bug out bag list includes gear specifically used so that you can get from point A to point B and wait out any emergency situation such as natural disasters, war, emergency relocation, threats, etc.

The basic four elements needed for survival are food, water, shelter, and finances.

Depending on where you are and in what circumstances you are facing will dictate what would be most practical. Other categories that are important are things like having a way to light a fire, having a light source, having some way to navigate, and a form of weapon for self-defense.

Deciding what goes in your bug out bag is not always so straightforward and requires some planning. However, having these basic categories in mind will go a long way in getting the essentials right.

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## How to Pack your Bug out Bag?

The first thing you'll want to do is divide items into weights. Place all the heavy ones in one place, light and mid-weight items in another. This will make packing much more efficient – especially if you have an external frame pack. When it comes time for loading up your bag with those weight groups, keep heavier things near the spine and lower down near your hips so the bag isn't top-heavy.

The idea here is to make the weight evenly distributed, closer to your spine that will allow you to move easier when you are on the move. All of the extra pockets and webbing should be used for lighter items. If you have some long heavy dangly pieces hanging out its pretty easy to feel unbalanced. If you set off on a jog these pieces of equipment often start to swing and can easily get caught which can throw you off-balance.

Because you are going to be on the run, you are going to want a bag that is light, ideally something that is **less than** 25% of your body weight fully packed. Anything more and you will not be as light on your feet. You are looking for at packing for an extended long-term survival scenario, but are primarily looking to prep for immediate emergencies as most situations change within 72 hours making those three days the most critical in any survival situation.

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## Bug Out Bag Items.

[illegible]

Fire Starting Kit  
Emergency Blanket / Poncho  
Sleeping Bag, Tarp and or Tent  
Spare Clothes

Water  
Rations – I.e., MRE packs  
Water Filtering kit  
Water Purification Tablets  
Potassium Iodide Tablets  
Hydration Bladder – Filled  
Can Opener  
Eating Utensils

Emergency / AM Radio with spare batteries  
Flashlight / Head Lamp  
Whistle  
Map of Virginia (laminated) / Compass  
Chemical Light Sticks  
Mirror

First Aid kit  
Tourniquet  
Bug Repellent  
Medications

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# Bug Out Bag

Cash / ID  
Pen / waterproof notebook  
Hygiene Kit  
Baby Wipes / Wet Nap  
Line or Paracord  
Duct Tape  
Batteries / Solar Charger  
Zip Ties / Tie Ties  
Pocket Survival Guide  
Fishing Kit

- **Tools**

Multitool / Gerber  
Folding / Fixed Blade Knife  
Hatchet  
Handgun / Ammo  
Pepper Spray / Stun gun

The above listed items can easily be modified based on your personal preference or availability of items. This Bug Out Bag should be located in a place that is easily accessible (in an emergency you may not have to “search” for its location), such as a closet near an exit, in the garage, and can be taken with you during daily travels in your car.

Speaking of a car, a separate “bug out bag” can be placed in your car / truck that contains larger and more items in the event that you cannot return to your home and need to live in your car for a few days or even longer. For example: A case of water, a case of MREs, sleeping bag, tarp/tent.

Again, as with a “bug out bag” and being mentally prepared is crucial for surviving emergency situations.