

Bug Out Bag (BOB)

A BOB should be a bag that is already prepared or can be prepared quickly in the case of an emergency and you need to leave.

This document will have suggestions for three types of BOBs as well as suggestions for hunkering at home. There is also a section for kids/children at the end.

Your BOB should fit YOUR specific needs. These supplies are for survival. If you don't need it, don't take it. Comfort is not a requirement to survive.

I recommend every bag have:

- Water
- Shelter
- Food
- Medications

The order above is the order of survival. Focus on these things first, and have them ready at minimum.

I know this can feel overwhelming. In my time when I've helped my friends sort out their BOB we focus on one step at a time. We're not focusing on the crisis, we are preparing so we don't panic. The time to feel panicky is now, so you can feel scared and function later.

This is so if the time arrives and these things are needed you have the assurance and confidence to act, and support those you care for.

After looking through this document make a list of things you need. Then see what you already have on hand. Go from there.

Bug Out Bag (BOB)

24 Hour BOB

A regular backpack/gymbag/duffel bag will work for this and will hold enough for a family.

Store water in food grade plastic containers, such as clean 1 and 2 liter club soda bottles. Tap water from a municipal water system can be safely stored without additional treatment.

| Water | Food | Shelter |
|--------------------|----------------|-----------------------------|
| Bottled water | Cliff bars | Rope |
| Plastic containers | Granola | Tarp |
| Thermoses | Breakfast bars | Large Trash bags (blk ones) |
| Canteen | Dried Fruit | Blanket/Mylar |

A first aid kit should be made by you. They can be bought premade but I like to know what's in mine and again personalise it.

First Aid Kit

| | | |
|---------------------|-------------------|------------------|
| Band-aids all sizes | Medical tape | Hand sanitizer |
| Gauze all sizes | Tweezers/scissors | Vaseline |
| Gauze wrap | Bandana | Electrolite tabs |
| cold/hot packs | Mylar | Safety Pins |
| Tylenol/Advil | ACE bandage | |

Gauze pads don't have to be bought. I have sanitary pads of all the sizes in mine. They work better for stopping bleed through, the adhesive makes wrapping easier, they are easier to open, and they have a dual purpose. You can use tampons for wound packing.

Other Things to Consider

| | | |
|----------------------------|------------------|------------------|
| Clothing for time of year | Cash/Small bills | Whistle |
| Flashlight/extra batteries | Toilet paper | Duct tape |
| Matches/lighter | Shoes/socks | Toothbrush/paste |
| Phone charger | Documents | RX glasses (Old) |

Bug Out Bag (BOB)

72 Hour BOB

Put supplies in one or 2 containers, such as plastic bins or duffel bags. Store them in an area of your home that's easy to get to, such as a hall closet, spare room or garage.

I keep all my food in the house, and camping items in the garage. When packing your bag be aware of the weight. You should not carry more than 20 percent of your weight or if you're in shape no more than 50lbs.

| Water | Food | Shelter |
|--------------------|----------------|-----------------------------|
| Bottled water | Cliff bars | Rope |
| Plastic containers | Granola | Tarp |
| Thermoses | Breakfast bars | Large Trash bags (blk ones) |
| Canteen | Dried Fruit | Blanket/Mylar |

The Food list increases a lot; In survival situations, especially when exposed to the elements and under stress, caloric intake becomes crucial. However, you have to balance the importance of efficiency in obtaining these calories without compromising the primary objective of reaching a safe location quickly.

| | | |
|-------------------------|--------------------------|-----------|
| Honey | Jerky | Crackers |
| Nuts/seeds | Tuna/chicken/ in pouches | Tortillas |
| Energy bars | Instant mashed potatoes | Cereals |
| *Grits/ Instant Oatmeal | Ready Rice | Flour |

*Add room temp water, allow extra time for reconstituting.

First Aid Kit

| | | |
|----------------------|-------------------|---------------------|
| Band-aids all sizes | Medical tape | Hand sanitizer |
| Gauze all sizes | Tweezers/scissors | Vaseline |
| Gauze wrap | Bandana | Electrolite tabs |
| cold/hot packs | Mylar | Safety Pins |
| Pepto-Bismol pills | ACE bandage | Diarrhea medication |
| Hydrocortisone cream | Towelettes | Tylenol/Advil |

Bug Out Bag (BOB)

| | | |
|---------------------|--------------------------------|---------|
| ACE bandage, | Safety razor blade (or scalpel | Aspirin |
| Cotton-tipped swabs | | |

Other Things to Consider

Clothing is your first defense in the elements, think in terms of layers. What layers you'll need will depend on the climate you're in, but you want to have items that will allow you to be comfortable in any season where you live. Regardless of where you live, you'll want to avoid cotton — wool and synthetics dry faster.

I mostly use old clothes that are stained or worn but I know are comfortable. I don't pack heavy clothes. My pants are cargo pants to keep things accessible.

| | | |
|----------------------------|--------------------------|--------------------------------|
| Clothing for time of year | Cash/Small bills | Whistle |
| Flashlight/extra batteries | Toilet paper | Duct tape |
| Matches/lighter | Documents | Hiking boots (water resistant) |
| Sewing Kit | Prescription Medications | Knife/pocket and Tactical |
| *Cooking Set | Phone charger | Tooth brush/Paste |

*I use a Girl Scout/Boy Scout set I found at a garage sale. They fit together and don't take up much room, as well as they are light weight.

Bug Out Bag (BOB)

1 Week or Longer

Having bug out buddies allows you to carry more gear. You really don't need more than one water filter, tent, or trench shovel if you're with a group of people. Spread these items among your buddies to all bases covered without adding additional weight to your bag.

A general guideline suggests you shouldn't carry more than 25% of your weight. A lot of that weight should be water and food. Your pack should be comfortable for walking long distances, so try it on full and make adjustments for weight distribution. You want the weight to be on your hips, not your shoulders.

Bugging out is all about evacuating a dangerous area to a safe area. This is the worst case scenario: Black Swan Disasters. A black swan is an unpredictable event that could be potentially catastrophic.

This is where my BOB shifts quite a bit.

First Aid Kit

| | | |
|----------------------|---------------------------------|---------------------|
| Band-aids all sizes | Medical tape | Hand sanitizer |
| Gauze all sizes | Tweezers/scissors | Vaseline |
| Gauze wrap | Bandana | Electrolite tab/mix |
| cold/hot packs | Mylar | Safety Pins |
| ACE bandage | Laxatives | Diarrhea medication |
| Hydrocortisone cream | Towelettes | Tylenol/Advil |
| ACE bandage, | Safety razor blade (or scalpel) | Aspirin |
| Cotton-tipped swabs | Closure strips | Moleskin |
| Antihistamines | Finger Nail Clippers | Liquid Skin |

| Water | Shelter |
|----------------------------|-----------------------------|
| Life Straw | Tarp |
| Hydration Bladder | Large Trash bags (blk ones) |
| Canteen | Rope |
| Water purification tablets | Blanket wool/Mylar |

Bug Out Bag (BOB)

Food

These are foods that I have or have had on hand. They have long shelf lives. I rotate them out and will use them so they don't go to waste. I don't replace them all at once but here and there as to not break my bank.

I do not carry canned food due to its weight. The emphasis is on low weight, compact (low volume), high calorie, minimal preparation, long shelf life, and good tasting foods that do not require refrigeration, cooking, water, or special preparation.

| | | |
|--------------------------------|--------------------------|-------------------------|
| Cereal | Bacon Bits, imitation | Biscuit or pancake mix |
| Honey | Jerky | Dry Egg Noodles |
| Toaster Pastries, Fruit Filled | Tuna/chicken/ in pouches | Tortillas |
| Energy bars | Nut butters | Instant mashed potatoes |
| *Grits/ Instant Oatmeal | Nuts/seeds | Flour |
| Cornmeal | Mushrooms, dried | Ready Rice |
| Cliff Bars | Retort packaged foods | Granola |
| Crackers | Coffee, instant/packets | Dry Creamer |
| Spices/salt/pepper | Trail Mix | Condiments |

I have some MRE's on hand. I don't keep them in their package due to weight. I open them and write what they are on the package along with the date and separate them out.

Be sure to include some favorite foods and snacks in your emergency food supply, specifically for raising spirits.

*Add room temp water, allow extra time for reconstituting.

Clothing

These things will be packed in my pack.

| | | |
|------------------|--------------------|--------------|
| Cargo pants Wisk | 2 Underwear | 2 Socks |
| Brimmed hat | Long sleeved shirt | Light jacket |

When packing my clothes I roll them up as tightly as I can and wrap them in a small trash bag to help keep them dry. The trash bag can be used for other things if needed.

Bug Out Bag (BOB)

Other Items

| | | |
|---------------------------|------------------------|-------------------------|
| Field Shovel (folds) | Compass | Tea candles |
| Hatchet | Hat Clip Light | Baby Wipes 3 packs |
| Knife/pocket and Tactical | Solar Lamp | Baby powder |
| Matches/lighter/flint | Hand Crank Flashlight | Fishing kit |
| Glow Sticks | Zip Ties | Multi-tool |
| Ziploc bags assorted | *Maps with destination | Heat packs/hand warmers |
| Fresnel lens | Signal Mirror | Coffee Filters |
| Fire Starters | Writing Materials | Gloves |
| Gum/Hard candy | Plastic Wrap | |

Kids/Children

Children will need your support as the trusted adult care giver. If you're prepared and calm you can assist with them regulating their emotions.

Even if you don't know what you're doing, act like you do.

Young children need to feel as if they have control and say in what is occurring. I suggest having them pack a small backpack with their manageable items. They get to choose what they want from the supplies that are for them. Pack their bag light.

Keep in mind, you will likely end up carrying their pack at some point. I have straps on the top of my pack that I leave open in case someone needs assistance with their supplies.

Child's BOB

| | | |
|------------------------|----------------------------|-----------------|
| Deck of cards/uno | Small Water bottle | Comfort blanket |
| Flash light/glow stick | A snack(s) of their choice | Comfort toy |

Bug Out Bag (BOB)

Urban Prepping

You need to have a plan to evacuate the urban area and identify at least one safe location. Map out multiple routes to safety and identify safe locations to go to outside of the urban area. Also, make a plan to get transportation out of the main roads if needed.

Prepare a list of emergency contacts and agree on a designated meeting place outside your home.

A critical skill even in everyday life, but in a disaster or dangerous situation you need to be able to move without drawing attention to yourself.

If able: place items under sofas, beds, living area chairs, on top of cabinets. Look for storage bins that double as everyday organizers, so your prepper supplies blend seamlessly with your regular life. Utilise vertical shelving.

For Urban Prepping you will want to have on hand:

Water is the most important thing you can store for emergencies. At least a 3-day supply of water, 1 gallon per person per day

If you have a bathtub, plug it, turn on the water and fill the tub.

There is the toilet tank. (Not the bowl)

Turn off the water heater and drain it.

Use a water filter.

Manual can opener

Basic cooking utensils and disposable plates/cutlery (if needed)

If the water supply or power is out for very long, then sanitation can become an issue quickly.

Use a trash bag in a bucket. Double bag if needed. Have a cover for the bucket.

Store food that doesn't require additional preparation. Canned meat and beans, peanut butter, dehydrated fruits, jerky, and ready-to-eat survival bars don't need to be cooked. They're also high in calories and are shelf-stable.

Keep items to barter with on hand. Cigarettes are good 'cash'. One pack can go a long way.

Candles. Only use when awake.

Flashlights/Batteries

Paracord

Duct tape

Crow Bar/Pry Bar – For scavenging and removing barriers and debris as well as hammering out glass.

Multitool

Work Gloves – If you have to break glass or move debris

Dust Mask – If there are collapsed buildings in your area this will protect your lungs from airborne debris particles.

Sillcock Water Valve Key