

Bug-Out Bag Basics

A bug-out bag or BOB is a portable kit that normally contains the items one would require to survive for 72 hours when evacuating from a disaster, although some kits are designed to last longer periods. Other names for such a bag are a 72-hour kit, a grab bag, battle bag, personal emergency relocation kit (PERK), go bag, GOOD bag (get out of Dodge), INCH bag (I'm never coming home) or quick run bag (QRB). The focus is on evacuation, rather than long-term survival, distinguishing a BOB from a survival kit, a boating or aviation emergency kit, or a fixed-site disaster supplies kit.

It's best if you have a fairly normal, inconspicuous looking bag to carry your gear in. Framed camping packs and lots of exterior gear will advertise to everyone around you that you're prepared, and if they're not then you'll be in unneeded trouble.

SUGGESTED GEAR

FOOD & WATER

- Personal daily rations for three days
- 32 oz water bottle (It's recommended to drink 8 oz, eight times throughout the day = 64oz.)
- Water filter (Sawyer Mini is the best by far)
- Small camping cook set, utensil, scrubbing pad

LIGHT & WARMTH

- Flashlight with extra batteries and/or solar/hand crank light
- Glow sticks
- Candles
- Matches, lighters, and/or a magnifying glass (Dip strike-anywhere matches in paraffin to make them waterproof)
- Hand or foot warmers
- Emergency blanket and/or light weight blanket
- Firestarters (cotton cleaning rounds dipped in paraffin)
- Small tarp with strong tent stakes (10" nails work great)
- Sleeping bag*
- Tent*

CLOTHING

- Extra clothing (shirt, pants, thermals or under armor, underwear, socks) in a roll-vacuum bag
- Baseball cap & handkerchief
- Gloves & Belt
- Poncho
- Small sewing kit

FIRST AID

- Various sizes of bandages
- Antibiotic ointment
- Burn Cream
- Thermometer
- Tweezers
- Curad Bloodstop
- Eye drops
- Moleskin
- Crazy glue
- Pain reliever
- Anti-Diarrhea medicine
- Allergy medicine
- Surgical gloves
- Medication/vitamins

- Nail clippers
- Lip balm

TOILETRIES

- Toothbrush
- Toothpaste
- Cotton swaps
- Brush or comb
- Lotion
- Hair ties
- Toilet paper
- Feminine hygiene products
- Hand shovel
- Hand sanitizer
- Small bar of soap
- Washcloth

COMMUNICATION

- Crank weather radio & a list of radio stations
- Notepad & pencil
- Solar battery charger
- Cell phone & charger cord
- Whistle

SELF-DEFENSE

- Hunting rifle with scope
- Handgun
- Enough ammo to reload each firearm ten times
- Firearm cleaning kit
- Hunting or survival knife
- Pepper spray or bear spray

MISCELLANEOUS

- Duct tape & electrical tape
- Ziplock bags of various sizes
- Two 50' coils of 550 Paracord
- Black garbage bags
- Leatherman or unitool
- Maps
- Compass
- Pocket knife
- Cash
- Pocket survival book (SAS Survival Guide, etc)
- Stress relievers - a favorite book, games, Sudoku or crossword puzzles and hard candy
- An inventory list of everything in your 72 Hour Emergency Kit

DOCUMENTS - Carry Copies Of:

- Drivers License
- Pictures of family members
- Contact list of family & friends
- Birth Certificates
- Marriage Certificate
- Other important paperwork (Carry copies on a waterproof flash drive)

* Item is optional, based on your ability to carry the weight. Your BOB should weigh no more than 25% of your body weight.