

## Get Home Bag Basics

A get home bag, or GHB is a portable kit that normally contains the items one would require to survive for 72 hours when evacuating from a disaster or having to leave your vehicle. While you can't plan for every single contingency, a simple kit will go a long way to aid you until you can get to a place of safety. A GHB is very similar to a BOB, so there will be some crossover. Keep in mind the prepper axiom "Two is one and one is none."

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 (protein bars!)
- 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

- Glow sticks
- Head-lamp (for light when your hands are full)
- 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
- Broken-in walking shoes or boots
- Bucket hat & 2 bandannas (a shemagh is better)
- Gloves & Belt
- Poncho
- Small sewing kit

#### FIRST AID

- N95 face mask (two or more)
- Various sizes of bandages
- Dramamine
- Caffeine tablets
- 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
- Insect repellent
- Sunscreen

#### TOILETRIES

- Toothbrush
- Toothpaste
- Cotton swabs
- Hair ties
- Toilet paper
- Feminine hygiene products
- Hand shovel
- Hand sanitizer

#### COMMUNICATION

- Crank weather radio & a list of radio stations
- Notepad & pencil
- Solar battery charger
- Cell phone & charger cord
- Whistle
- Small signal mirror
- Chalk and permanent marker (to write directions, warnings)

#### SELF-DEFENSE

- Hunting rifle with scope\*\*
- Handgun
- Enough ammo to reload each firearm ten times
- Firearm cleaning kit
- Hunting or survival knife
- Machete or hand axe
- 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 multitool
- Compass and paper maps of local cities and your state (Know how to use these! Very important.)
- Pocket knife
- Small binoculars
- 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
- Auto Insurance
- Auto Registration

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

\*\* Item is optional, based on size of vehicle.