

## **BUILD A BUG OUT BAG**

A bug-out bag is a portable kit that holds the essentials needed to survive for 72 hours when evacuating from a disaster or emergency. Here is a guide to building a comprehensive bug-out bag:

### **1. \*BACKPACK:\***

- **\*Durable and Water-Resistant:\*** Choose a backpack that's sturdy, water-resistant, and comfortable to carry for long periods.
- **\*Capacity:\*** Around 30-50 liters (approximately 15-25 pounds) is usually sufficient.
- **\*Compartments:\*** Multiple compartments help in organizing items efficiently.

### **2. \*WATER AND HYDRATION:\***

- **\*Water Bottles: \*** At least 1 liter of water per day (3 liters total, a liter is 32 ounces).
- **\*Water Purification: \*** Include water purification tablets, a portable water filter (like a LifeStraw), or a small UV purifier.
- **\*Collapsible Water Container: \*** For carrying extra water.

### **3. \*FOOD:\***

- **\*Non-Perishable Items:\*** High-calorie energy bars, freeze-dried meals, trail mix, and canned food.
- **\*Cooking Gear:\*** A small portable stove with fuel, a metal cup or pot, and eating utensils.
- **\*Multivitamins:\*** To supplement nutrients.

### **4. \*SHELTER AND WARMTH:\***

- **\*Tarp or Tent:\*** Lightweight and compact options for shelter.
- **\*Sleeping Bag:\*** A lightweight sleeping bag appropriate for the climate.
- **\*Emergency Blanket:\*** Reflective blankets for warmth.

- **\*Bivy Sack:** For additional protection from the elements.
- **\*Paracord:** 50 feet or more for securing shelter or making a clothesline.

## **5. \*CLOTHING:\***

- **\*Base Layers:** Moisture-wicking underwear and shirts.
- **\*Insulating Layer:** Fleece or wool for warmth.
- **\*Outer Layer:** A waterproof and windproof jacket.
- **\*Extra Socks and Underwear:** At least two pairs of each.
- **\*Hat and Gloves:** For protection from the sun or cold.
- **\*Extra Pair of Pants and T- Shirt**

## **6. \*FIRST AID KIT:\***

- **\*Basic Supplies:** Bandages, antiseptic wipes, adhesive tape, scissors, tweezers, and pain relievers.
- **\*Medications:** Any personal prescription medications and antihistamines.
- **\*CPR Face Shield:** For emergencies.
- **\*SAM Splint:** For fractures. (SAM splint is flexible/malleable aluminum tape).

## **7. \*TOOLS AND EQUIPMENT:\***

- **\*Multi-tool:** With knife, pliers, screwdriver, etc.
- **\*Fixed-Blade Knife:** Durable and versatile.
- **\*Fire Starters:** Waterproof matches, a lighter, and a ferrocerium rod.
- **\*Duct Tape:** For quick repairs.
- **\*Headlamp:** With extra batteries.
- **\*Compass and Map:** If you're not relying solely on GPS.
- **\*Portable Solar Charger:** For charging electronics.

- **\*\*Whistle:\*\*** For signaling.

## **8. \*PERSONAL HYGIENE:\***

- **\*Travel-Sized Toiletries:\*** Toothbrush, toothpaste, soap, and deodorant.
- **\*Sanitation Supplies:\*\***Toilet paper, wet wipes, and hand sanitizer.
- **\*Feminine Hygiene Products:\*** If needed.
- **\*Trowel:\*** For digging a latrine.

## **9. \*DOCUMENTATION AND CASH:\***

- **\*Copies of Important Documents:\*** IDs, medical information, insurance, etc. stored in a waterproof bag.
- **\*Cash:\*** Small bills and coins in a hidden pocket. Remember ATM's and gas pumps will be out of order if there is no electricity.
- **\*Emergency Contact Information:\*** Written down, in case your phone dies.

**HINT:** Change your message on your cellphone to reflect your situation if you are able, to safe or not, where you are or where you are going. Out of state contacts may not be able to get ahold of you personally but they may hear your message if you no longer have a charge left on your phone.

## **10. \*COMMUNICATION:\***

- **\*Emergency Radio:\***Preferably hand-cranked or solar-powered.
- **\*Cell Phone Charger:\*** A portable power bank with charging cables.
- **\*Signal Mirror:\*** For signaling for help.

**HINT:** The Phone Company will work to restore phone "911" lines immediately, you may not get a dial tone right away but keep trying, but only do so if you are reporting an emergency. Help will not arrive until they can get to you by order of priority but at least they will know that help is needed. Next, they will restore the "Long Distance" phone lines so you can contact your out of state contact, and lastly your personal local phone line.

Just a reminder: Cell towers could go down for a period of time after a major disaster, at which point if you have a CERT Team or Neighborhood Emergency Preparedness

Team with communications capabilities to the First Responders, alert them to any emergencies and they can convey your information as well.

### **11. \*MISCELLANEOUS:\***

- \*Notebook and Pen:\* For writing down important information.
- \*Deck of Cards or Small Games:\* To pass the time if needed.
- \*Trash Bags:\* Multipurpose, can be used for waterproofing, makeshift shelter, etc.

### **12. \*PROTECTION AND DEFENSE:\***

- \*Pepper Spray:\* For personal protection.
- \*Self-Defense Weapon:\* If you're trained and comfortable using one (check local laws).

### **13. \*TRAINING AND KNOWLEDGE:\***

- \*Survival Guide:\* A small book or manual covering survival techniques.
- \*CPR/First Aid Training:\* Ensure you're trained in basic first aid and CPR.

#### **\*\*Final Tips:\*\***

- \*Regularly Update:\* Check and replace expired items and adapt the contents to changing seasons or conditions.
- \*Test Your Gear:\* Familiarize yourself with all items, know how to use them, and ensure they work properly.
- \*Personalize It:\* Tailor the contents to your personal needs, environment, and specific risks you might face. This bug-out bag should be kept in an easily accessible location so you can grab it quickly in an emergency.

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**BE AWARE, BE PREPARED AND STAY SAFE**

**EMERGENCIES AND DISASTERS CAN HAPPEN: "IN LESS THAN A MINUTE"**