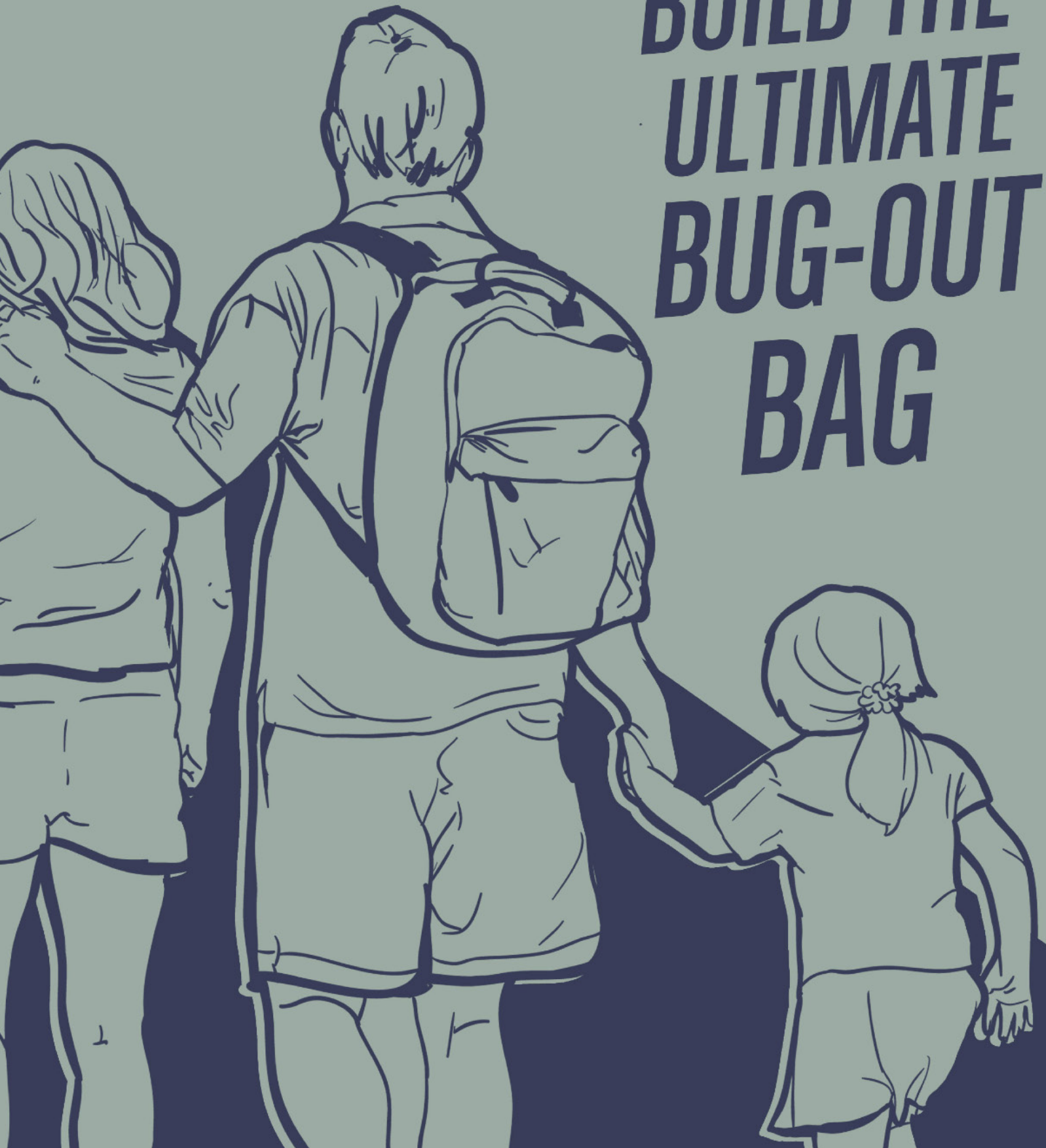


HOW TO
**BUILD THE
ULTIMATE
BUG-OUT
BAG**



HOW TO BUILD THE ULTIMATE BUG-OUT BAG

1) Introduction – Understanding Our World

We live in unpredictable times. Natural and manmade disasters lurk behind each corner. Whether it is something slow-brewing like the Arab Spring riots which swept the MENA region earlier this year, or an instant occurrence such as the Fukushima nuclear disaster, we have to be prepared to the best of our ability.

Wildfires, tornados, hurricanes, blizzards and earthquakes have happened more frequently as of late. The likelihoods of civil unrest, financial meltdown and dwindling food supply lines have also increased at an alarming rate.

There is nothing we can do to prevent calamity, but there is plenty that can be done to prepare for it. The chief handicap in all of the above disasters is a lack of preparation. Taking the necessary steps today, may mean the difference between life and death, tomorrow. So, what can you do today to prepare for anything tomorrow may throw at you?

a) What is a Bug-out Bag?

A bug-out bag is a portable container, stocked with enough items to ensure survival

over a 72-hour window following a major disaster or crisis. Bug-out bags also go by the following names: Personal Emergency Relocation Kits (PERKs), Go Bags, and Get Out Of Dodge (G.O.O.D.) Bags. The focal point of a bug-out bag is its ability to aid in evacuation procedures. Bug-out bags are generally not intended to aid in long-term survival, as evidenced by their popular contents.

b) Why Do YOU Need One?

Bug-out bags are a lot like fingerprints in that each one should be unique. Your bug-out bag should reflect your situation and survival requirements. Wherein large families with numerous household members may require a small survival arsenal, the single man or woman may not need something much bigger than a rolled-up shirt.

The main reason that everyone needs a bug-out bag is accessibility. Actually, it is the lack of accessibility to all sorts of products in times of crisis which make bug-out bags so valuable in these moments. When people see a crisis approach or worse, when a disaster is already happening, everyone springs for the store. Whether it is food, clothing

or safety-related items, store shelves empty out quickly and those who are not prepared are stuck between the proverbial rock and the hard place.

Avoiding anything which might impede or hamper your movements during a disaster is of paramount importance. Having the best possible bug-out bag good and ready is a great way to avoid all sorts of traffic. Whether it is a crowded store or a crowded street, the bug-out bag can help you to avoid them by allowing you the freedom to evacuate your danger area immediately, without having to stop or wait.

2) Disaster Scenarios

a) Mental Preparedness

Do you prefer hurricanes over riots? Would you rather deal with an earthquake or nuclear fallout? Wildfire or blizzard? Angry, starving mob or stark raving mad police state? The choices presented by disasters are never appealing. In a perfect world, most of us would choose “none of the above” for every question posed. Unfortunately, this is not reality. Reality is one or more of these events happening to you sometime in your life. In the case of some folks living in disaster prone areas, such as California’s San Andreas Fault, multiple and repeated brushes with disaster are likely. Being ready for what may occur is by-far the most

important part of the preparation equation. Actual disasters leave little time for analysis and/or planning. When a disaster hits, we have to be ready to move right away. The time for thinking and preparing is today. That way, we are not stuck in the mud come tomorrow.

b) Being Ready-To-Go

Bugging-out as a term should make us think of a fly or a mosquito, flying away at the first hint of danger. That is where we need to be mentally in terms of disaster preparation and in relation to our bug-out bags. We have to be ready to fly off at the first sign of trouble. We have to have that level of detachment from our possessions, home, and comfortable venues. We have to be ready to move almost immediately. This is why the creation of a bug-out bag is not only physical, but mental preparation as well. By building our own bug-out bag from scratch, we will go through the steps of preparation and have the time to analyze the value of each item in detail. This will in turn allow us to feel safer and more relaxed once we do “bug-out”, as we will know that we are equipped with everything we need. In case you choose to purchase a pre-assembled bug-out bag, make sure to thoroughly analyze its contents to make sure you are in possession of every item you may need.

3) Key Items

a) List

There is no fixed set of items that a bug-out bag must have. There are, however, some generally agreed upon items you will find in any and every bug-out bag. Here they are:

- Bottled water and canned foods in pop-tops or easily opened containers.
- Water for washing, drinking, cleaning and cooking. A recommended 1 gallon per person, per day.
- Non-perishable foods.
- Cooking supplies.
- Water purification supplies.
- First aid kit.
- Fire starting tool (lighter, windproof matches, etc.)
- Weather appropriate clothing.
- Pet, child, elderly needs.
- Battery/crank radio.
- Flashlight (crank/battery operated, glow sticks, etc.)
- Batteries.
- Firearms and ammunition.

- Fixed-blade and folding knife.
- Bedding items.
- Wire for binding and animal traps.
- Duct tape.
- Plastic sheeting.
- \$100 in small bills/1 roll of quarters.
- Identification (driver's license, state identification, social security card, etc.)
- Medical records.
- Plastic tarps for shelter/water collection.
- Enough medicine for an extended evacuation.
- Reference literature (for disaster protocol consult.)
- Maps, travel information, and a compass.
- A disaster plan.
- A rendezvous point.
- Slingshot, blowgun, etc., for hunting small game.

b) Differentiation

It can be difficult to choose the right items for your bug-out bag. Living in a consumer-driven society we have learned to love luxury items. Some people are convinced

that they cannot live without certain luxuries. Learning to differentiate between luxury and necessity is critical to both your bug-out bag design and your overall disaster preparation. You have to get used to the notion of leaving prized possessions behind if you plan on surviving a disaster. This will require an honest look at your possessions and asking yourself “which of these things can I live without?” If you are honest with yourself, you will quickly realize that the answer is “all” or “most.” The people who get over their personal possession obsession do far better when forced to bug-out. People who are emotionally tied to things often have a tough time leaving places. Learn to differentiate between what you merely would like to have and what you will actually *need*.

c) Multiples

Do you go for quantity or quality? Should you try for both? Any time you look at your bug-out bag, you will wind up wondering “do I have enough of that?” This is a common concern and generally focuses on food and water. There are differentiations based on your “bug-out profile.” Individuals and small groups will likely need single items only. With regards to food they may have to pile on multiples, but can probably be more uniform in their choices with nobody else’s tastes to worry about. A family with small kids, pets and seniors in tow, however, will probably find themselves expanding lots of space and energy

on a variety of foods and beverages. You never want to be in a situation where the bulk of your time and energy is spent on simply lugging your bug-out bag around. Remember, if it requires more than one person to carry, it’s not a bag; it’s a suitcase or worse, a travel chest. Your bug-out bag does not have to look like a rucksack, but it should be functional and relatively light. Knowing how many multiples of an individual item you can carry will greatly help in achieving this goal.

4) Important Documents

a) Physical

A disaster danger few folks consider is identity loss. Today, we rely on social security numbers, bank codes, driver’s license numbers, etc...in order to positively identify ourselves. Losing your driver’s license or ATM card can make it near impossible to accurately represent yourself... as yourself. Unlike your everyday routine, if you lose any of these identification items while bugging-out and evacuating, you will not simply be able to replace them. You may easily find yourself unable to access your bank account or identify yourself to authorities. This is a situation you definitely want to avoid in a potentially tense, high-intensity environment like the one you’re likely to face.

Taking preventative action often involves thinking outside-the-box. A great example in this case would be the utilization of strategically sewn pockets. An old smuggler's tactic which is of great value in hectic situations, this strategy involves sewing small pockets into the interiors of shirts, jackets, pants, etc...This way, you cannot have any important items "slip away" or "fall off/out" while you are pre-occupied with something else. A safe bet involves photocopying important identification materials, folding some cash and adding a pre-paid phone card into a small rectangular pocket. Sewing this little "stockpile" into a sleeve or a pant leg is the only sure way of retaining small physical items which you must have on you at all times.

b) Digital

Scanning sure does make life easier. No more trips to pick up a document, take it elsewhere to get it notarized and so forth. Now you can simply scan a document, save it to your portable drive, and have a lifetime's worth of identification, financial, medical or any other sort of records, available to you at a moment's notice. Scanning your important documents eliminates the need for hiding and storing them some place specific. It is simply enough to make a few copies once you have made the necessary scans. Scatter your spare drives about so that even if one is lost, you always have access. Also, make sure

to password code your portable drives in case of loss. Here is a comprehensive list of items you can scan which you may need:

- Birth certificate.
- Driver's license.
- Prescriptions (List of prescriptions, types, doctor names & contact info.)
- Proof of residency (Mortgage bill/rental agreement.)
- Renters/home owners insurance.
- Life insurance policy.
- List of credit cards.
- Family photos for identification.
- Children's fingerprints.
- Children's school registration info.
- Pet registration.
- A copy of each bill—utility, mortgage, car insurance (or a list of each and the account # and contact info.)
- Phone number and personal info of out-of-town contact person.

5) B.O.B. Types

a) By-the-minute Bags

Part of the reason why some folks advocate the creation of bug-out bags from scratch is the steep learning curve provided by the process. This does not mean that a pre-purchased

bug-out bag is inferior, (in fact, they are usually better equipped) it simply means that putting together your own bug-out bag will help you think about issues which may not be spelled-out in an “how to” guide or disaster prep manual.

The aforementioned issue of differentiation certainly comes into play when utilizing the “by-the-minute” bug-out bag construction approach. If you are familiar with bug-out bags you may have heard terms such as “the 5-minute bug-out bag” or the “30-minute bug-out bag” and wondered what they mean. Essentially, a number defined bug-out bag refers to the amount of time it takes to compile and pack the contents of said bag.

A preparation exercise can help even the unprepared novice feel confident and ready to bug-out. The rules of the exercise are simple: Lock your front door. Grab a stopwatch or an alarm clock and set it for a pre-determined amount of time. Let the clock run and start moving. Do not stop moving until the clock or alarm goes off. In the meantime, take your list of desired items and scour your home for them. See how many different items you can compile in the allotted time. If you chose 30 minutes as your allotted time, at the end of it you will have your “30-minute bug-out bag.” It really is that simple.

b) “The Race”

Nobody has ever won a race by coming in last. In the bug-out bag game, however, working

backwards can help ensure positive outcomes. One way to do so is to add a caveat to the above preparation exercise. You will want to use at least three different time frames. For example, let us use 30, 15 and 5 minutes as our benchmarks. You will start-off with a 30-minute exercise. Perform it as it is outlined above. Work as hard and as fast as you can for the allotted time. Do not worry so much about packing. It doesn't have to fit perfectly inside of a neat little package. The important aspect is learning how to compile the items and differentiate between the ones you must have and the ones which you feel more comfortable with. Once that is done you can move on to the 15-minute bug-out bag. Do everything the same, except this time stop after 15 minutes. Continue the exercise with a 5 minute limit. You should take notes or record your various stockpiles. Shrinking the procedure down to fit smaller time frames should clearly illustrate to you which items you really need to have in your bug-out bag. The more limiting time constraints will help you with the “need vs. want” problem most novices run into. In a perfect world, you will want to get your housemates or family members involved in the preparation procedure. Working together will help you all organize individually and as a unit. This way there will be less room for conflict and confusion when the moment does come.

c) Stockpile Strategically

So, you have your bug-out bag and it's the

greatest thing since sliced bread; everything is locked, loaded, and ready-to-roll. You are at work when a crisis breaks out. The disaster itself is not important, all you know is that you have to bug-out immediately. You call your wife and realize that she is on her way to pick up the kids from school. You tell her to meet you at a pre-set rendezvous point. You then realize that your bug-out bag is in the garage. The problem is that your house is on the other side of town. You have to take a major highway which is experiencing bumper-to-bumper traffic or local streets which are jammed even worse. So, what do you do?

If your answer was “grab spare bug-out bag from trunk and meet family at rendezvous,” you have probably done this before. This is just one small example of how preparing for a disaster is different than most of our daily activities. A disaster yields no easy answers. We are all a little too used to the Hollywood solution where our hero solves a problem out of thin air. Reality is different. Reality is about preparation. Preparing multiple bug-out bags is the only way we can prepare for flooded roads, inaccessible homes and other unforeseen events. Thinking about locations you will always or usually have good access to at different times of the day should cover and protect you from events such as our example.

The final and perhaps most important step is to remain calm. Every disaster is worsened by human behavior. Most often, this behavior is

a result of panic and fear. All the preparation and all the bug-out bags on the planet will be worthless in an instant if you fail to remain calm and level-headed. It is absolutely normal to feel fear and apprehension, especially during drastic moments. This is no excuse for erratic behavior, however. It is paramount to put yourself in the frame of mind where you can be solid and dependable. You will have to depend upon yourself and will likely have others depending on you as well. Do not think for a moment that you will be able to depend on anyone else other than yourself.

Disasters are unpredictable and hectic. Whether natural or manmade, they are a challenge like most of us have ever faced. With adequate preparation, attitude, and dedication to survival, success is within everyone's grasp. Use the information contained in this report to get yourself in the right frame of mind and to build the best bug-out bag possible. In the event of a crisis, the difference between death and survival is nothing more than good preparation and the right attitude. Remember those lynchpins and you will get the most out of your bug-out bags and out of yourselves.

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Published by:

Survival Life, LLC

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