

BUILD YOUR OWN SURVIVAL KIT—BUG OUT BAG (B.O.B.)

THE KIT LISTED IS MEANT FOR ONE INDIVIDUAL IN THE CASE OF AN EMERGENCY EVACUATION SITUATION. OBVIOUSLY THE NEEDS OF ALL PEOPLE ARE DIFFERENT—SO EACH PERSON'S KIT SHOULD BE CUSTOMIZED FOR THEIR INDIVIDUAL NEEDS

A “Bug Out Bag,” or **B.O.B.**, is a pack containing assorted items needed for surviving short periods of time without modern conveniences. Once disaster hits, you won't have time to shop or to search for supplies. However, if you've prepared and assembled a B.O.B., your chances of surviving an evacuation or home confinement are much higher.



Suggestions & Reminders

- You may have many items in your home already. Modify the list according to your own specific needs.
- Place your supplies in an easy to carry bag or backpack. You can pick up inexpensive, quality packs from military surplus shops or higher quality packs from camping stores. Pick a bag that is both comfortable and sturdy. A pack with a waist belt offers great lower back support.
- Store your B.O.B in a convenient place known to all family members and keep another in your car.
- Rotate your stored food and water supply and batteries every six months to ensure freshness.
- Re-evaluate your B.O.B. regularly, and update clothing or supplies seasonally.
- Ask your physician about storing prescription medication as it may do more harm than good if expired.
- Have a phone tree to make sure your family and friends are accounted for in an emergency.
- Come up with contingency plans. For instance, know how and when it is necessary to shut off gas and electricity. Don't forget about your pets!
- Have an evacuation plan with your family or team in case you become separated during an outbreak. Pick a safe meeting place that works for everyone.
- Learn skills, like First Aid and CPR, which may be useful in an emergency. Hone these skills so you're comfortable using them in a crisis situation.

Water

Store water in plastic containers. Avoid using containers that will decompose or break. A normal person needs at least two quarts of water each day. Hot or dry environments and intense physical activity can double that amount.



- Store one gallon of water per person per day.
- Keep at least a three-day supply of water for each person in your household.
- Water purification filters or tablets are lightweight and invaluable in any BOB. There are several water purification straws available as well as container that have built in purification filters.
- Do not skimp out on water—get it now and have it stored. It is inexpensive and can be purchased in many different sizes.
- Small flavor pouches are available to put into 16 to 20 oz water bottles to flavor the water. This will really help with kids in your group.
- In an emergency evacuation—if you have to choose between food and water to put in your B.O.V. (Bug Out Vehicle) - choose water.

Food

Have at least a three-day supply of non-perishable food on hand. Foods that require little to no water to prepare are best. Having plenty of canned food at home is a decent plan for staying put, but it's too heavy to have with you in your BOB should you need to evacuate.

Remember—take what you will eat. Having stomach problems and crabby kids will not make things any better.



Here is a list of food item options that are compact and lightweight:

- High energy food bars
- Meals (taken out of the bulky MRE packets)
- Mainstay bars
- Dehydrated/Freeze Dried camp food packs
- Vitamins

If you have a good sized B.O.V., take as much food as you can take—no matter the shape or form.



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First Aid/Medication

You should have a first aid kit in your BOB, both in your home and your car. Take a First Aid and CPR class to learn how to use the items in your kit.

A good basic first aid kit should allow you to deal with most events—if you have training to deal with more severe injuries, then by all means equip yourself to be prepared.

When it comes to medication—make sure you prepare ahead of time to have extra prescription medication ready to go. Example—if you are a diabetic, you will need an extra glucose meter, test strips, insulin, and insulin delivery equipment (pump/shots). The whole idea is to plan ahead—expect the worse—do not depend on anyone else but yourself.



OTHER RECOMMENDED TOOLS & SUPPLIES

- Flashlight and extra batteries (LED bulbs last longer)
- Radio and extra batteries—some radio's can pick up TV stations
- Knife or Multi-tool (quality matters—don't get Wal-Mart brand)
- Poncho
- Fire source (matches/lighter/flint/etc.) along with a few candles
- Spare clothing
- Toilet paper
- Plastic bags (to protect your gear)
- Extra personal identification
- Extra cash
- Emergency contact information—possibly save some information on

USB JumpDrive

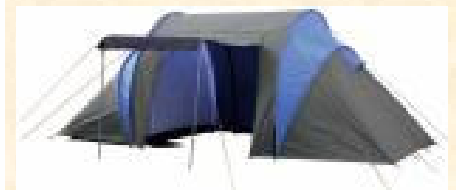
- Personal items (Prescription medication, extra corrective lenses, feminine supplies, spare prescription glasses)
- Map of your area and compass or GPS—preferably map is laminated
- Soap/Hand Sanitizer
- Duct tape
- Para cord or rope
- Hand Operated can opener
- Sewing kit (loosing a button on your jeans will not make thing better)
- Indestructible Water Container
- Emergency blanket
- Bandanas—serves a variety of uses

You may want to consider a few things, like what the climate conditions may be, when putting together your B.O.B.

- Bug repellent
- Sunscreen
- Paper and writing utensil
- Checklist of things you need to do in the event of an emergency

Depending upon your survival preparations, there are items that would be very beneficial, but may not fit in your B.O.B. In the event you have a B.O.V., take these along:

- Tent
- Inflatable mattress
- If kids—coloring books, crayons, favorite toys
- Sleeping Bags/Blankets/Towels
- Extra Clothes
- Defensive Weapons/Firearms
- Extra Gas/Oil/Radiator Fluid/Brake Fluid/Air Pump



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A Note About Being Able To Defend Yourself & Family in a Disaster Situation

In many scenarios that B.O.B's would be useful, including riots or terrorism, there is typically a breakdown in civil order. As such there is definitely a high potential for violence and some feel that weapons are a necessary part of any B.O.B. Any decision to include a weapon must be weighed by the amount of training previously received, the potential for accidents, and possible escalation of any stressful situation to include (deadly) violence.

Firearms are the modern weapon of choice, although there is great debate over how many and what type should be included in any B.O.B. Firearm laws also vary widely between localities which will limit their availability. Pepper spray or tear gas is effective against dogs and other animals, it also is useful as a non lethal defense weapon when lethal force is not justified. Disaster shelters rarely allow any form of a weapon.

It is your personnel decision—but seeing some of the violence and chaos that occurred with Hurricane Katrina—I personally choose to arm myself. Here are my choices in order of priority and remember—to have and not need is much better to need and not have.

1. Hi-Capacity 9mm Handgun



Smith & Wesson M&P 9mm: The frame is a Zytel polymer with a stainless steel chassis to carry the stainless slide that's finished in Black Melonite.

The M&P comes with a choice of three grip inserts so it will fit every shooter's hand. The controls are fully reversible, so lefties will be comfortable shooting, too. The sights are both dovetailed Novak low-mount carry designs.

Trigger pull is six and a half pounds, The M&P uses a striker fired action with multiple passive safeties.

Extremely reliable and durable—this is a great choice for a defensive handgun.

2. 12 ga. Defensive Shotgun

Maverick Model 88™ 8-Shot Security Model: features a 3" chamber, 20" Cylinder Bore fixed choke and a non-ported barrel. A rugged black synthetic stock and forearm, blued metal finish and a brass front sight bead are also included. Definitely intimidating.



3. Lever Action Centerfire Rifle

Marlin Model 336A .30-30 Win. : A gutsy, no-frills 30/30 with classic styling, a 6-shot tubular magazine and 20" Micro-Groove® barrel, the 336A has a lot of features at an attractive price. Its hardwood stock

has cut checkering and swivel studs. Very reliable and easy to use—the lever action rifle won the west—and may save your life in the vent you need to defend you and your family in a disaster situation.



Last Thoughts

Whether you are staying put in your normal residence, or grabbing your Bug Out Bag and getting into your Bug Out Vehicle—how visible you make yourself and draw attention really depends upon the nature of the situation. Imagine that a severe economic disaster or something has created a situation where those around you who have made no preparations are in need of what you have—they might be willing to try to take it. In this situation it would be best to stay low and not draw attention to your location. On the other hand a major hurricane or earthquake situation you may want to draw as much attention to yourself so that rescue/assistance workers can find you. Think about it and good luck.

"Prepare for the worst, hope for the best. The worst will come as no surprise and anything else will be a bonus..."