



## **BUG OUT REMEDIES**

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## BUG OUT REMEDIES

The news reports keep getting worse. You have already made some basic preparations in case the situation gets worse, but you do not know exactly when the final moment to head out and leave your apartment or home will come. What is going through your mind?

Perhaps it is family, friends, or work issues. Maybe you still need to fix that motorcycle in the back yard, knowing full well that it will serve to aid you in your escape to the mountains. Whatever your situation is, this series of short books on bugging out should help to guide you, and in the least you may even find a tip or two that could save your life. In this series of books, you will read about major topics concerning “bugging out”, or leaving your current residence in order to facilitate a safe transition to safer ground. In no way should this be the final edict to an uncertain situation, it is hoped that you, the individual, may come up with your own solutions and ultimately be successful in developing a solid plan of escape, provide for yourself along the way to your destination, and maintain yourself once that goal has been reached. The first key to creating any successful venture is to **make a plan**. Everything else is a matter of your own perspective and abilities.

If you have even the slightest doubt to your bug out routine, then this book series is for you. Good luck, and stand ready!

### **What's First?**

Let's look at this from a realistic point of view. If you are headed out on foot, you must prepare for a hike, on average of one to three days. If it is any longer than this, then you should prepare for alternate transportation methods. This is because we base our success in a survival situation on the worst case scenario, and prepare for it in this manner. What is the worst case scenario (on foot) for a standard bug out situation? Since that is impossible to determine from this writers' perspective, it will be entirely up to you, because it is all determined by your geographic location and time of year (seasons). Each worst case scenario can be modified according to their particular environment, but

we will use the one to three (1-3) day rule (on foot) as a general measure.

Using the one to three day plan for essential preparation, we are now ready to draw up our list of 'essential emergency items', and anything else necessary to include in our mobile gear setup. After this has been done, we will briefly discuss prioritization methods in order to keep you from attempting to bring the entire kitchen with you in your pack. Each list of items, no matter what they are, become dependent upon location, that is, if you live in Alaska, you will not bring certain items that a person in Arizona would, and vice versa.

Let's take a look at the basic list of the most essential item categories for a bug out situation, in no particular order:

- Communication Equipment
- Water Procurement
- Clothing
- Food
- Tools

Above, we see five categories for bugging out. This is the reason we plan ahead, folks. Before you read this, it is possible you didn't even know how simple it could be to streamline your approach to surviving catastrophe.

### **Communication**

For some people, the first category item may not even apply. Perhaps you don't have anybody to call or stay in contact with. If you don't first have a "need" to have something, then by all means DO NOT carry it! Some people may find it necessary to have a cell phone (this is arguable, of course) on them. The argument for having a cell phone, GPS, two-way radio, or shortwave radio is centered on a potential nuclear attack. In case of such an event, the electromagnetic wave, or EMP would certainly forever destroy sensitive circuitry. An individual must therefore determine if it is necessary to bring on an expedition.

Whatever your personal preference, if you decide to bring one communication item, then I suggest a portable, ruggedized radio which has a solar/crank function (The Voyager KA-500) and short wave capability. If you plan on bugging out to meet up with others (also discussed later), you may also wish to take a pair of walkie talkies and

spare batteries.

## Water

Water procurement is extremely important. In fact, I would say absent an extreme weather instance, to exclude clothing, it would be the single most important of any survival situation. Some people have gone as far as obtaining topographic maps and plotting out where natural water sources are in their area. To match this, one should have at least a basic understanding on map reading and the use of a compass. One way to prepare for your essential water preparations is to obtain a basic kit for procuring water on the move. Two of the most common ways to obtain potable water on the move, are filtration and purification. Naturally, this is only assuming that you have *actually found* a water source. Purification is the method taken to chemically clean your water. For chemical disinfection to be effective, the water must be filtered and settled first. Chlorine and iodine are the two chemicals commonly used to treat water. They are somewhat effective in protecting against exposure to *Guardia*, but may not be effective in controlling more resistant organisms like *Cryptosporidium*. Chlorine is generally more effective than iodine in controlling *Guardia*, and both disinfectants work much better in warm water. You can also use non-scented, household chlorine bleach that contains a chlorine compound to disinfect water. Do not use non-chlorine bleach to disinfect water. Typically, household chlorine bleaches will be 5.25% available chlorine.

Filtration is my personally preferred method, but it is also more costly. The Katadyn Hiker Pro Microfilter is an excellent, small filtration device. This model will typically cost approximately \$50 to \$80 depending upon where you purchase. It will easily pump up to 200 gallons before the filter needs replacement. Of course, the life of your filter depends upon how clean the water is you are pumping through it. For a one to three day operation, this more than exceeds our needs.

There are also numerous pen-filters for water filtration on the market today. If you do the research, you may find that these products do strain out larger debris and can protect you from *Guardia* and *Cryptosporidium*, but not nearly as effectively as a microfilter pump. I personally use both, as the pen filter will serve as a handy backup in case the pump is lost or broken. I would have to be more selective on

water, drawing from clear moving streams or known safe points. Once you arrive at your base camp or final destination, other methods such as water boiling can be used to obtain clean, safe drinking water.

## Clothing

The next item on our list of categories is clothing. This category includes your footwear, socks, underwear, as well as your usual wear of pants, undershirt, long sleeve shirt, coat, hat, and eye protection (sunglasses or goggles), if necessary. Depending upon your environment, this list will alter the most out of all categories. We should never try to save money when it comes to your clothing. This is because your body is the only one you have, and when it breaks, you are in for a ton of discomfort. This does not mean that you don't have to be 'thrifty' either. You can purchase *quality* clothing and footwear at decent prices if you look long enough. You may be wondering, "What is quality clothing and footwear?"

Your boots (not tennis shoes) will need to be made of top quality leather, cordura, and other high stress materials. They should be double, triple, quadruple stitched in the seams, have excellent consumer ratings, and will have to endure the trials of outdoor environment. They must also be comfortable, lightweight, and already be worn in (by you, not second hand boots) before it comes time for you to use them.

Your shirts and pants, as well as your socks need to be cotton based, wool based, and have heavy stitching in the seams. Your socks will tend to wear out the most, so get in the habit of changing them periodically on long hikes. Keep at least four pair in your bug out bag and carry more if you can manage it. If you pack one extra pant, and one extra top, along with a couple t-shirts, you will have a decent one to three day kit.

## Food

Food procurement in the field is very difficult. I don't care how well trained you are, I don't care how many times you claim to have fished successfully. You could have shot eleven rabbits and two squirrels last week on your camping trip in fifteen minutes hunting, and it still wouldn't prove a damn thing to me. Remember, fortune favors the prepared. If we are going off of a 'worst case scenario' for our one to three day mobile operation, then we had better keep thinking like a survivalist. One day without food, just one, will render you weak and

disorientated on a mobile march. All it takes is *one mistake* in the wilderness and you instantly become dog food. Remember that well. Following the one to three day bug out procedure, we have at minimum 1500 calories per day (possibly much more) to fulfill. You may at times be on the run, frightened, and possibly wet from exposure (but that's because you didn't prepare). Again, worst case scenario, right?

For this mobile operation, there are only two means to acquire food. The first is to kill an animal by way of direct contact (trapping takes too long for a mobile operation). This also includes mobile fishing techniques, which can yield food rather quickly. The second is to 'procure' food from a source on the way, like a bakery, deli, or local market. Ordinarily, it would be best to steer clear of urban surroundings, but if you need food and you didn't prepare ahead of time for whatever reason, this is your only real option. The first method is preferred, naturally. If you have to rely on searching an urban store for food, late in the bug out stage, chances are so can others. You risk injury to yourself by heading into a possible riot situation. If you are unarmed, then you must be stealthy and not remain in one spot for too long. If the stores are closed, and if the doors have not already been broken down, you may want to reconsider your options.

For sake of keeping this simple, let us just say that your only method is to fish and hunt until you can get to your final destination to plant. You should know that there are numerous edible plants which could help you along the way. If they are not in abundance, or if you live in an area that does not have much in the way of plant life, this is not a viable option. A pocket sized book on edible plants is an excellent piece of kit to include in your bug out bag.

Every plan must have clearly defined parameters, being simple is preferred over extrapolating on an unimportant detail. We are going to keep this simple so that everybody can understand the topic of food.

*The primary method of food procurement for a bug out situation therefore, is to bring what you can with you and fish or hunt as you go, while always looking for plants, berries, and fruits to eat.*

The type of food to bring with you is dependent upon how much weight it takes up in your backpack. Three days worth of food may end up weighing too much for a smaller person, and one day of food will end up being insufficient altogether. Luckily, this decision is not a difficult one.

Numerous health bars can be found today, and some are very nutritious, easy to eat, weigh very little, and can provide the necessary energy to see you through a tough haul.

There are also various freeze dried foods to consider. [Mountainhouse freeze dried food packets](#) are high quality products, and they weigh very little. In all, I would say that you have an abundance of nutritional, lightweight foods to choose from, the already practiced ability (hopefully) of obtaining foods and plants from the wild, and a general idea on keeping your pack lightweight and therefore functional.

## Tools

Heavy, large tools are not an option in a bug out situation. Ideally, you only need **what can save your life (1), can be used to make other tools (2),** and what can be used to **help you reach your destination (3)**. We will make these three reasons the standard for tools, and call it reasons 1, 2, and 3 respectively. Multipliers, commonly just called a “Gerber” or “Leatherman”. They are very handy, have multiple functions, and can not only be justified by number 3, but also number 2 and possibly number 1. A good multi-tool is therefore a “no brainer”.

A means to create fire covers two of our requirements above by not only saving your life, but also helping you to reach your destination. Let’s look at the means to make a fire. A very good tool is the average cigarette lighter. Although it cannot perform tricky lights in the rain and wind, it can light a fire every other time rather easily. You can even take it a step forward by purchasing butane lighters, capable of lighting under more extreme conditions but still reliant upon fuel refill. I do not carry more than one lighter, but I do always carry one even though I do not smoke cigarettes.

A “Blast Match” is a simple fire starting tool. It offers one-handed operation and comes in different models which offer storage of tinder.

There are numerous ways to start a fire, but the most recognized method is to first prepare tinder, small twigs, and finally larger combustibles to arrange on top of the fire once it is set. A film canister with cotton balls smeared in Vaseline serve as excellent tinder. You can typically store several dozen inside one container; more than enough for a 1-3 day excursion.

Another method to create fire is with a magnesium stick. The stick itself is comprised of magnesium, and once shaved off into a small pile, will ignite with tenacity, making a very hot (and bright) initial ball of fire. The Firesteel is another similar fire starter. By moving an attached metal blade across the Firesteel magnesium alloy rod, you create friction and a nearly 5500°F (3000°C) spark to ignite whatever flammable materials you have available (dry grass, leaves, cotton ball, or paper). It will still create a spark when wet, and can be used in any weather or altitude.

A third, and less known means of creating fire is a fire piston. The fire piston is a very cool way to create a glowing ember, but I personally do not prefer this tool over other methods of fire starting. Regardless, this is an excellent way to start a fire if long term survival were to be considered. This tool has been in use for, as far as we can tell -centuries, by tribes all over South America. It is believed that it was discovered by tribes while making blow guns. There are other claims which support the notion that the British also discovered a similar design separately in the 1800's. I personally don't care. The tool is simple, really. It utilizes compressed air in a tight cylinder, when a plunger is forced into the air-tight chamber, a small pocket in the base of the rod holding a tiny amount of tinder will ignite as the remaining air inside the tube is super heated with friction. One hit is all it takes with these little devices, and they produce a smoldering ember from which a fire could be started.

Creating shelter is an important skill to have. **As with anything, the more practice and skill you have, the fewer items you will need to carry with you into the outdoors.** Even so, it is recommended that you at least carry with you a tarp or some kind of equivalent in order to provide a barrier between yourself and the elements. This will serve only to increase your chances of making it without sickness, and with good rest you are more capable of handling what rigors and trials may await you on your way to your final destination. The standard US G.I. issue poncho is an adequate tool to provide shelter, but it is far from being excellent because it does not provide large coverage and complete waterproofing. Even if you do not use the poncho for shelter, it is recommended for covering your body so you can stay mobile and dry. If the (military) poncho is not treated with a water barrier spray, it will not be a completely waterproof material. One alternative is to use a standard plastic material tarp from your local hardware store or mega-corporate chain superstore for a few bucks. Roll it up tightly and apply a rubber band to keep it from unraveling during travel. Strap it to the outside of your pack, because you may need to use it quickly to escape a sudden downpour of rain. If you do go with the tarp, then

bring along three or four plastic tent stakes for tying off your shelter and some 550 cord for tying down your tarp.

On the subject of 550 cord, it is highly recommended to bring along since making your own rope in the field is a laborious task, and impossible for the untrained besides. You can roll the 550 on a small carrier. Fifty feet is a decent amount and should suffice for most tasks.

Knives are easily tools which will serve any situation in the outdoors. It is recommended that you find a knife that is durable and can function as a general purpose work blade as well as hold an edge to cut your fish and game. As mentioned earlier, multitools sometimes have a small blade built in. This will serve as a small general purpose knife, but will be difficult to use for skinning animals.

A carbon blade knife is generally favored because it will sharpen easily, is not going to break like some of the cheap knives found at the dollar store, and if cared for, will last a long time. The Mora knife is an excellent knife for fewer than twenty dollars. Some types will come with an orange handle, or other bright color. You can paint it, cover it with tape, or find one that does not have the bright handle. Some come with wooden handles, and is preferred among some Bushmen.

An online friend of mine makes incredible knives, and I have found them to be of the highest quality. Some people are not willing to spend the extra money, or are incapable, which I find unfortunate. A custom made, high quality blade will last you a lifetime. I have used a larger model knife in the Middle East to cut through various materials, and I never had a single doubt that the knife would not cut every time.

A custom made knife is my personal choice in the field.

Several methods of sharpening exist, and each person must find what works for them. For the standard one to three day bug out mentioned, there exists little need to sharpen your blade. Regardless, we must also look at long term when facing the possibility of using a dull knife. I personally do not "skimp" on sharpening my blades. I use only the very best, tried method to sharpen, and I can only assume that you would do the same. Gerber makes a retractable, pen shaped diamond sharpener that works well. I also use a small Arkansas Whetstone for sharpening at my home.

The pocket chain saw is a terrific way to cut wood. One type I have used, and has become my favorite, is a pocket sized, heavy-duty saw made from riveted sections of chain saw blade made by Web-Tex. It will

cut anything from a thin branch to large trunks. It has bi-directional cutting tapered razor sharp teeth to help prevent blade sticking while cutting, a strong nylon case, and two super strong nylon wrist handles.

Another type of pocket chain saw is the more widely recognized variety which comes in a tin can. It has two rings at the end for grip, you can tie rope to this or insert wooden branch pieces for handles. It cuts well, and is worth the \$12-\$20. I will not use the thinner bone saws, advertised as diamond saws because they break easily.

We are still utilizing the one to three day method, but keep in mind that our standard for tools is set on three priorities. Being able to cut larger wood easily certainly qualifies with number 2 (making other tools) and number 1 (can save your life). And again, take into consideration the environment.

A second type of saw to consider is the folding or retracting blade. This is a very good way to cut down shrub sized trees and to quickly sever a branch for shelter, or to cut apart larger stubs for firewood. It can't tackle entire trees the size that a pocket chain saw, shown above can...but it functions well for what it is. Now, will you take both or only one kind? You decide.

Light is a necessity for humans at night...true or false? You may be surprised at how many people say "yes". The fact is, we have become so conditioned to the city, urban lifestyle and to living indoors with power for anything we desire, that we no longer use our abilities as we would outdoors. It is true, that on a night when the moon is absent we will not be able to see as well as on a night with a full moon. Since we are discussing an entirely mobile operation, it would be wise to pack a lightweight flashlight so that we are not slowed down or injured from walking into a barbed wire fence.

One very simple flashlight is the wind-up kind. It is virtually unbreakable, waterproof, and well...you don't need batteries, right? Can it get any better than this?

What will you carry your water in? Some people like the nalgene bottle or a variety of new hydration packs.

The Camelback M.U.L.E. is versatile because it comes with storage compartments for extra gear.

Whatever your choice, keep it clean, use it periodically to check for defects, and be ready to run with it. A note for you in case you are wondering; the Camelback water bladders have an optional inline water filter system. I do not recommend this as a primary filter, but it certainly is helpful. Some redundancy with kit is smart thinking, but if you over compensate, you will bust yourself with extra weight.

Remember we mentioned fire and tools to use for creating it? We also covered water, purification and filtering, and containers to haul water around in. Now it is time to briefly go over how to make hot water in the field. Didn't think too much about that, did you? I bet that many readers did, actually. The truth is, I didn't think of it until I peeked at my outline. What about cooking in general? That's all coming up next.

Lightweight gear is just plain awesome. When it comes to field cooking, however, you mustn't accept aluminum as the answer. Well, not every time. In the case of the [Kelly Kettle](#), I will make an exception.

Also known as a 'volcano kettle', this item will cook your water extremely fast. It only takes 3 to 5 minutes to acquire boiling water. Made from aluminum it is essentially a double-walled chimney with the water contained in the chimney wall.

Some people like to go with traditional. I used a canteen, cup, and stove attachment for years. They work, folks.

I believe that hot water is essential, as it meets the number one requirement in our list by keeping you alive. This may not be the case in a desert situation, but for a northern state, especially in winter it is critical. You must determine if a cookware kit is essential or not. I personally do not enjoy eating off a rock or having to fashion my own bowl out of a log.

An Esbit stove is a small, lightweight, simple tool for cooking. It uses expendable fuel tabs, much like small candles to cook your food or water. For a 1-3 day escape plan, I recommend one if another method is not chosen. Try to remember that titanium is your friend. It is a valuable and expensive friend.

Eating your food is difficult without utensils, but not impossible. I am certain that you could survive without utensils and cookware if you had even a basic survival sense about you, but who really wants to do without?

The last tool to discuss is your backpack by itself. First and foremost, the bug out bag must be durable. When you decide on a bag, it is a great idea to look for one with a large main compartment ready to handle a full load of equipment. It should be expandable to accommodate all your hydration, communication and organizational needs. A padded Lumbar area with mesh lined back is optional, but recommended for breathability. Multiple compression loops, tie downs and attachment points for equipment and accessories is a must, and should not be overlooked.

The British DPM PLCE full size is an excellent choice when extended travel is an option. The side pockets are removable, making this a fully modular unit capable of being utilized as both a daypack as well as a rucksack.

The pack should never weigh more than 1/3 your own body weight. For example, if you weigh 150 lbs., then do not carry a pack heavier than 50 lbs. The lighter the pack is the better. Always try to find time to wear your B.O.B., or carry it however you plan on doing so. This is so you may become accustomed to the feel of it, and you will not be overburdened by the B.O.B. when the time comes to actually use it.

There are multitudes of packs to choose from. A black, long range bug out bag is a typical version which can meet most essential requirements, while offering a slightly more civilian aspect. This can be important for those who wish to "bug-out" from an urbanized setting.

### **In Summary**

I think that we have pretty much covered the most basic items, although not in great detail. Next, we will have to go over everything by listing what we are bringing and prioritize, starting from the beginning.

- Communications: Hopefully you brought a SW radio capable of solar or crank functionality, or both. Perhaps a cell phone, FHS radio or some type of walkie-talkie if you thought necessary.
- A water filter, purification method, or combination of both. Also consider a map and compass (or a GPS for the tech lovers).
- A full set of clothing and necessary spares inside your bug out bag. Remember to pack plenty of socks and underwear (if you

go that route).

- For food, we will bring a minimum of 3 freeze dried meals, 9 Cliff bars, and some instant rice in a Ziploc bag. If you can carry more, then do so.
- Tools: Multipliers, lighter, Blastmatch (or other item), magnesium bar (one or more can go in your pockets), tarp (2 would be better), poncho, knife, sharpener, pocket saw or folding, flashlight, Camelback, Canteen (or bottle), cookware with utensils, and the bag itself.

Now it is up to you to modify, arrange, and decide what stays and what must go according to your bug out plan. Remember that your environment will dictate any additional items you will have to bring. For a cold weather situation, you will have to make room for extra clothing, possibly snowshoes, snow goggles, extra gloves, more food, additional tinder, etc. A desert environment would dictate that you focus heavily on water, so additional methods will have to be considered, like a plastic sheet for making a solar still, or a small hose for siphoning from tiny water pools. This list is by no means an absolute list, but it does cover the basics.

### **Alternative Methods and Points of Interest**

If you are short on money or do not have the essentials for any reason whatsoever, then it would be best to hone your skills at Bushcraft and to invest in a really good knife. The “do-it-yourself” method is never something to be ashamed of. You may end up fashioning your own tools with cheaper resources, such as making your own cookware and utensils. A heavy duty plastic set of utensils (commonly known as disposable) costs only a few cents. Do not mistake these for the really cheap plastic, mind you. Additional items not included in this book include a sanitation kit (toothbrush, washcloth, razor and blades, etc.), and will be covered in the long term bug out chapter in a later volume. It is still wise to bring some essential hygiene items for your bug out bag. I also did not cover weapons, to include firearms and ammunition because this will also be covered later, and because a person who will end up taking these items already possesses enough knowledge (I hope) to know what to bring.

### BUG OUT REMEDIES

The second part to this series of books is centered on the mindset of the individual. I will be discussing survivalist mindset, taking the offense and planning raid maneuvers, defensive techniques, and ally strategies. We will also be covering the bug out bag in greater scope on some items which may be included in your pack, and the basics of a functional beltline kit.

I like to keep things simple, so I will not waste your time with heavy sentences full of opinion and useless theory. I would like to keep this series as practical and concise as possible, bearing in mind the importance of a well structured plan. This is what preparedness is fundamentally about; planning. In the first book we discussed the plan for preparing a basic bug out bag. I streamlined the approach with 5 categories of essentials for packing, with only 3 simple rules to follow. Below, I will list these five categories again, and reiterate the 3 rules for deciding which tools are important. Our first topic after that will be some additional items to include in your bug out bag and their practical purpose.

Let's take another look at the basic list of the most essential item categories for a bug out situation, in no particular order:

- Communication Equipment
- Water Procurement
- Clothing
- Food
- Tools

#### **Additional Measures**

Our basic focus is to cover all of the most essential areas, in order to facilitate an immediate evacuation. Having established these areas

and preparations made, we will now try to compliment this assortment of gear with any additional measures which will aid us in our plan. Ideally, you only need **what can save your life (1), can be used to make other tools (2),** and what can be used to **help you reach your destination (3).**

### First aid

The reason this does not have its own category is due to the fact that most people really have little to no training in first aid, combat survival, or remote rescue. In fact, I would dare to say that the majority of people can affix a band aid on a cut and very little else. Why do you think that almost every “first aid” kit comes with some aspirin, bandages, sanitation wipe, and band aids...yet only a few have sutures and actual compresses or large wound dressings for trauma? Fortunately for you, I am combat lifesaver qualified, first aid qualified, and my abilities really have been put to the test on more than one occasion (although surprisingly enough not while in the military). I am going to recommend a few items to include in your “first aid” kit, and you will never again need to wonder what you should have for emergency lifesaving equipment. You can leave the homeowner band aid kits with the urbanites and read on.

I numbered each item clearly so that you could follow along. Number 1 is a tampon. That’s right, a tampon. If you have a serious wound and you need to stop the bleeding quickly, this is your ticket. It is by no means a permanent solution, but if you have a massive arterial bleed, you are essentially S.O.L. anyway. Number 2 is a tourniquet, and this one is capable of being applied with one hand. A person could replace this with a heavy duty rubber TQ, as there are several types available. Number 3 is compressed gauze. You only want to use sterile gauze, at least 5 ply, and compressed inside a waterproof packet. This particular pack is 4 yards in length by 4 inches wide. The fourth item (#4) is bandage tape, and it is capable of being ripped by hand and should not stick to skin too much, but it does sometimes anyway. Number 5 is a compressed trauma dressing (Israel made) for large wounds. It has tails to tie off and can also be used as a makeshift TQ if you had to. I would also suggest packing some ibuprofen, since it will help keep swelling down. And, more than anything I recommend some kind of first aid class. You can look into local papers or check with your fire department or police department for free classes if available. The last two items with the numbers darkened out are optional due to the circumstances of applicability. Number 6 is a nasal tube

(nasopharyngeal airway) for opening up a blocked airway. Number 7 is a chemlight for signaling distress, and (red) is used for medical evacuations. There are also “Quikclot” bandages available, but you should be careful not to buy the older versions which can cause burns if applied. There are other types of clotting bandages, and I have carried some in Iraq, but I forget the name of them. Whatever you do, I suggest not using clot powders or other similar agents because even if they do work, the powders will stick to the wound making it extremely difficult (and painful) to clean and suture. One final item I suggest is a tube of antibacterial ointment, a brand commonly referred to as “Neosporin” for minor cuts and abrasions. As important as a lifesaving kit really has the potential to be, I have awarded it its own separate priority, as some type of medical kit is simply a must for any bug out bag. However, it is all useless in untrained hands. That’s it, folks -no band aids. No gimmicks.

## Hygiene

I will be covering more about hygiene in volume 3 when I detail long term self reliance and strategies. For now, we should briefly consider a basic hygiene kit and what to include. Following our three rules for kit, we could classify the need for a hygiene kit as possibly life saving since you could potentially die from an impacted tooth or if you get cut while shaving and fail to cleanse regularly. I doubt that this kit qualifies for the other two rules, and even what I have mentioned is debatable. It is therefore up to you to decide what to bring and in what amount. Some items to include may be a toothbrush and floss. The floss will run out eventually, I suppose you could use the innards of 550 cord to floss if you had to. The toothbrush will wear as well, but something is better than nothing at all. A bug out situation is meant to be lightweight. I do not consider carrying soaps and shampoos on an emergency evacuation to be important. You can survive without soap and shampoos, you can’t make other tools from them, and you will still reach your destination with unscented hair. If you really have to break it down, a single bar of antibacterial soap is better than liquid soaps.

Shaving can be a bothersome task. It is true, however, that it is sanitary to keep excess hair off your face. A very simple way to shave in the field is to use a razor and some kind of lather. A single 3” block of lather soap will last about a year if it is used correctly. An excellent razor to use is a Merkur double edged safety razor. The reusable/disposable blades are relatively inexpensive compared to the corporate-sponsored plastic razors which have 5 dollar quadruple blades that dull after just one shave.

What have we decided on so far to include in our bug out bag? We know that a “first aid kit” is an absolute must, provided the practitioner

actually has the knowledge to use the tools inside the medical kit. We know that a toothbrush is a definite, but additional soap, toothpaste, and shampoos are just too much weight to consider. We could make an exception and carry a bar of antibacterial soap, a block of lather with brush, and a razor with blades to aid us in keeping clean and healthy. We could add a small plastic cup to mix our lather and keep everything inside a bag. By compartmentalizing your kit, you will end up saving yourself time in the field by not having to search for a loose item amidst the pile of other loose items, and you will be able to ditch entire sections at a time if necessary.

### **Sleep System Option: Hang Free**

My favorite way to sleep in the outdoors when it is not winter, is with the hammock and tarp setup. I carry a lightweight Halo sleeping bag, space blanket, pocket sized hammock, 6 tent stakes and tarp with 50 feet of 550 cord as a total sleep system.

In the colder months, before the heavy winter sets in, or during the rainy season, you could adjust your tarp down to cover more of your hammock. By adding brush to the side areas and underneath your hammock, you will create a wind break. This could significantly improve the comfort level of your sleep system on cold nights. I also carry a super lightweight mosquito net to hang underneath the tarp during the hottest months or when the bugs are a nuisance.

### **Survivalist's Mindset**

We all 'want' the very best kit. I really 'want' a fully customized military MRAP with machine gun mounts and the weapons too. All I really need, however, are the tools to get me to my destination and the means to defend myself, provide for myself, and maintain my health. This is why you must separate your wants from your needs. By narrowing your options on any subject, you will undoubtedly increase your effectiveness, and by default, provide for yourself a very clear answer. I don't know about you, but procrastination is my enemy, and the battle with indifference is one which is constantly being waged. This is one of the focus areas on the mindset of the survivalist we will be discussing.

One way to narrow your options is by utilizing the three rules I listed earlier. We should be able to add or subtract from our kit and end up with a reasonable result and with very few hang ups. When was the

last time you placed your pack on and hiked for an hour or two? Have you ever challenged yourself by heading out on the trail and making a weekend of camping your past time? If you are only being held back by that new video game or television show...then you really need to start setting some priorities. I have little doubt that your favorite TV show will still be broadcasting when TEOTWAWKI is happening. That aside, what should we plan for if not some cataclysmic event? There are hurricanes, tornados, earthquakes, and floods. In the winter months, northern areas are blanketed by ice storms which cut power for weeks at a time. You don't have to necessarily bug out to prepare. And you don't have to believe in the end of the world either.

What is a "survivalist"? I don't know. I only know what I am, and I am *not* a quitter. I know that I will *not* accept defeat, I will *not* back down from a fight or ignore my health. I know that I am going to look out for my own well being and overcome a challenge should it present itself. I certainly won't lose hope in a situation because it appears to be too difficult. At the same time, I know that I have failed in the past. I have lost at competitions; I have made the wrong decisions and paid for it. *But I also know that I never made the same mistake twice.* I could say that a survivalist overcomes an obstacle and achieves his objective or he is not a survivalist...at least, he is not me.

Let's take a look again at the worst case scenario since it is what we used to determine our one to three day foot march. Let's assume that there is some kind of pandemic, be it the flu or some kind of zombie creating parasite found only in bottled water. Tempers will flare, people you know will be missing, family members will fall victim and start biting the neighbors. Before you know it, all hell has broken loose. The first rule of action no matter what scenario actually takes place, is military presence. A massive meteor from outer space crashes into the town center, but remarkably enough, the military shows up only minutes later blockading the major roads and performing house to house searches. For the sake of this discussion we will combine the police with the military. It is getting hard to tell them apart these days anyway. Now, I don't know about you...but I am not too worried at this point. Right now I am thinking that I am glad I read the books that I did when I was a kid. I have been waiting for the end of society my entire life. Now it is time to head out into the woods. Perhaps I can score a few zombie kills on the way. I will meet up with my fellow survivalists and tell them all about the amazing "Gerber kill" I scored on some unsuspecting zombie as it tried to mate with a street sign.

Your perspective will determine your outcome, every time with no doubts in my mind. You must be mentally stronger than the challenge which lies ahead. All of this begins very simply -with a plan. Just as

we broke apart our bug out bag and separated it into sections and then prioritized, you must also do the same for your mind. As I stated in the first book; every plan must have clearly defined parameters, being simple is preferred over extrapolating on an unimportant detail. By simplifying your life you will be prepared to draw up an easily definable plan. You should consider debt consolidation if applicable, cancelling unnecessary frivolities like magazine subscriptions and premium cable channels. Perhaps you have a thousand bills to pay, I don't know. All I am saying is, turn all of it onto one or two payments, or as few as possible. Now you can arrange your personal life; find free time to take hikes or go fishing. The more time you spend in the outdoors, the less you will want to spend on the couch. I will discuss more on the mindset of a survivalist in volume 3 under long term self reliance.

### **Offensive Raid Maneuvers**

You are in need of supplies, plain and simple. The cause for your bug out left you a little short in some areas. Perhaps you just want to acquire that FAL in the window because you would make a lovely couple. I do not condone breaking the law or stealing in any way (pre circa teotwawki), but when/if the shit is going to hit the fan and society crumbles -all bets are off! Some people have a problem with this mentality, no doubt. To these people I say *"Thank you very much."* Survival is not called survival because you must obey rules and follow edicts set by men. In the wilderness there are no city ordinances, there are no jaywalkers. Of course, you are in the town and you must acquire your supplies, and therefore certain rules should be set before undertaking an offensive operation. This does not mean that I suggest raiding your local Walgreens when a Superbowl riot erupts and when you are arrested, you tell the cops that I told you it was okay.

One rule to follow is the rule of stealth. I don't care who tells you that black is a bad color to wear in nature, the fact remains that human eyesight is restrictive. At night, the "color" black is the predominant shade, and it is magnified in shadow. Choosing a night time setting may not be feasible since you want to beat others to the establishment you wish to plunder. In this case, choose attire that will blend with your average urban background. Another method is to dress like a security guard, or dare I say it, policeman. The private security guard ensemble will have added benefits because you could always explain to the real police that you were hired to guard your favorite store. This will also grant you additional leverage against other would-be bandits and enable you the time you need to do what is necessary. If you really wanted to make this a professional job and cover all of your bases, you could investigate the store proprietors well before a

cataclysm to ensure that you have an adequate cover story. Throwing out a name and a few details may just be enough to settle prying minds who inquire about your presence.

Do you know how to pick locks? If you have no clue how to open a lock without the key it was made for, then you will require a lockpick set. Be certain to acquire a few extra of your favorite tools in case you break one.

The risk involved with any offensive maneuver is determined by several variables, some of which can be controlled. One controllable risk is that of being seen. As I have already briefly covered this, we can pass on to the next. You risk being injured by hostile people who may also not play by the rules. These people quite possibly may not care about laws and decency or the fact that you are a “security guard”. To overcome this potential menace to your own night of debauchery, I propose a couple of items known as Mr. Taser and Ms. Pepper Spray. Both are silent and very effective against solid urbanites and gang thugs alike. If you are ever bothered by a pesky rival, I could never assume that you will absolutely come out as the victor; it will be up to you to set the pace. Another risk is being caught red handed after the fact. It is therefore eminently important that you design a functional exit strategy for every offensive raid that you plan. It wouldn't hurt to come up with a contingency just in case, either. I seriously doubt that an alarm would be answered amidst a serious calamity, but if you tripped one, be on the lookout. Let's say you cased the store out beforehand and remember where the alarm control box is. Something else to consider; many alarms run through the phone lines.

### **Defensive Techniques and Ally Strategies**

I just covered pepper spray and tasers in offensive posture. Using these tools for defense follows the same guidelines. The first and best line of defense, however, is that of avoidance. The risks involved in avoiding a confrontation are nearly nonexistent, while a confrontation in itself is comprised of uncertainty. Who knows what situation may await you in an urban area? The best way to avoid injury is to remain in control of the situation. If you can maintain a fair degree of control over a movement into the city to grab a few supplies, then it is your call to make. Perhaps you live in an area where you know the locals, and the owner of the gas station will let you inside to grab what you need free of charge. Perhaps your Uncle owns a sporting goods store and you both meet up and have a picnic.

It is always wise to locate like-minded people you can trust and build a relationship with them. You could plan for such an event and practice a combined offensive maneuver. You may even decide to work as a team to collectively build your own Mad Max city-state. The possibilities are endless. One of the greatest perks to having allies is the ability for you to increase your range of notice. If something happens fifteen miles away in the podunk town 'friend A' lives, you will know about it if you keep a line of communication open. One excellent means to keep in contact with allies is CB (Citizen's Band) radio. Citizens Band radio is an affordable communication device. You could obtain the base model for your home, or a mobile CB setup for a car. One important point to remember is to set your channel preferences and regularly perform radio checks ahead of time to ensure that your "beacon of hope" is fully functional. Don't forget the antenna for the base station. There are handheld CB's as well, and they can be useful in certain situations.

### **Functional Beltline Kit**

What are you wearing on your belt? You do know that quite a bit we have already covered for the bug out bag could easily be stored on your belt?

Duty belts are rugged and will not flex under the strain of attaching several items to them. One type of setup is to attach your most important and heavily used items at the sides, and to the rear you would place less frequently used kit. Some pieces of kit to consider on the belt line:

- Pistol holster
- Flashlight carrier
- Magazine pouch
- Multitool case
- Key ring
- Pepper spray case
- Handcuff case
- Loose items carrier
- Radio holster
- Canteen cover

I personally would not add a large item like a canteen onto my belt. I also do not carry my pistol on my belt since it would be difficult to reach and draw quickly when I am wearing my pack. I therefore use a tactical vest setup, and keep my beltline light and manageable. This tactical vest, made by Web-Tex has a bladder insert for hydration.

A military version of utility belt is strong and versatile, accepting MOLLE attachments. An optional drop leg attachment could be used to enable easy reach of your weapon under most circumstances.

The less you pack away inside your bug out bag, the more room you will save for additional storage. Ammunition, food, spare clothing, and cookware typically take up the most room and weight the most. Some items which are stored outside the bag may be your tarp, or your medical kit.

### BUG OUT REMEDIES

You are back once again to read some more bug out remedies, and boy do I have quite a bit in store for you this time. The first part of this series was focused on the bug out bag and the most essential components. The second pertained to additional kit and different methods to employ success on movements by foot. This third book will be primarily about long term bug out with concentrated thoughts on extended camp setup. Topics will include long term survival strategies, focus points on water, food, and shelter for a camp site; and electronic mobile operations. I will be mentioning additional kit for a long range bug out and their practicalities also.

Some of the long term survival strategies will include various pieces of kit which will undoubtedly have uses inside the bug out bag for a one to three day foot movement. It is entirely up to you to decide how much kit to bring, as your body type, bushcraft skill level, and environment will dictate just how much will be necessary. Added to this, you may end up having to prioritize your field expedient tools and once again determine what stays and what goes with you. With a long term bug out, however, you will be in a situation where there will be more room to store your items and more reason to take them. In a long term or long distance bug out, you will most likely have what is called a "bug out vehicle". This topic is what we will start off with.

#### **Bug Out Vehicles**

This type of vehicle is considered to be ideal because it is heavy duty, has four wheel drive, and offers storage for plenty of gear. The disadvantages are size and fuel consumption. To remedy the fuel usage, you could stow extra fuel in the bed, and keep the tires inflated properly. Off road travel will be limited to large trails.

The primary objective is not to be stopped on your way to reaching your destination. If back roads are not blocked, this truck is definitely an excellent means to travel. If funding permits, you could attach a winch to the bumper/frame to make it possible to pull yourself out of a trench or mud hole. The reason older vehicles are typically chosen, is due to their overall reliability and ease to maintain. Newer cars and trucks have many electronic components, making a repair only

possible for a certified mechanic or reasonably experienced technician. If an [EMP](#) were ever to be a real possibility, only a couple of areas on the older trucks need to be protected. Anything with a circuit board or that which contains sensitive electronics will be subjected to being ruined by an electromagnetic pulse. By covering these items in a non-conductive material or housing, and being certain that they are properly grounded can increase the likelihood of saving your sensitive components. Alternatively, if you were to obtain spares for what is on your vehicle and place them inside a Faraday cage, you will ensure that the mission will be a success.

Some people prefer to utilize a smaller vehicle for their bug out method. By attaching several storage boxes on the sides of a motorcycle, it will become more useful as an equipment carrier. A rear storage rack is an excellent idea, and can provide the room you will need to store your bug out bag.

A motorcycle will also provide more efficient gas mileage, but the drawback is that you most likely will not be able to tote extra fuel with you. It will certainly be able to take you on smaller trails and through terrain a large truck will not take you, but on open roads you will become more noticeable and could draw unwanted attention to yourself.

An ATV is also an excellent bug out vehicle, offering the operator plenty of storage room, but it has similar drawbacks as the motorcycle. Of course, with two racks, one could be used for extra fuel storage, thus increasing your travel distance. Buy used if you can find one in the newspapers.

One method to overcome the fuel shortage issue is to set up known safe points where you can store treated fuel inside containers. By setting up waypoints, you could stop off and fill up at each one. This requires a certain level of confidence to be placed in whomever you entrust the fuel, or if you stash it secretly you may just find out that it has disappeared. Additionally, a travel kit just for the vehicle may be necessary, such as a specialized tool kit.

The ability to make your own bug out vehicle can be rewarding, but it will take money and resources not to mention time and labor to complete. Kits can be purchased, and final adjustments made on your own, but this is a pretty serious undertaking and should only be started if you have enough willpower to see it through.

## Electronic Mobile Operations

The Netbook is small, lightweight, and can be more easily deployed in the field. The only piece of equipment these little devices are missing is a DVD drive of some kind. No matter; you can easily locate one cheaply enough.

If you purchase a netbook model which has a port for an external monitor hookup, you will be able to obtain virtually the same functionality as a larger PC at a fraction of the price. Why not buy two netbooks if you can afford it?

The first priority to making a netbook useful for your vehicle is to acquire a power inverter. One model I use has AC power output with continuous power 175W and peak power 350W. A USB port is integral for powering external devices, such as a DVD Rom. There are larger, more powerful inverters available for all your vehicle needs as well. Just remember that installation is not included. Bonk.

A netbook will generally weigh approximately 3 pounds. I find it possible to maintain a small library of CD's/DVD's inside the glove compartment, and the netbook case will fit inside also. For storing sensitive data and encrypted files, I use a military grade Ironkey USB memory stick.

A rugged, tamper-evident enclosure protects the critical components, while strong AES 256-bit hardware encryption and active malware defenses safeguard even the most sensitive data. Enterprise-class central management capabilities also make it easy to enforce security policies on fleets of drives and even remotely destroy drives in the field. Also has hard-wired encryption key self-destruct defenses and electromagnetic shielding of the Cryptochip.

I have been working on finding a functional solar charging unit for a laptop or netbook, but the fact is that they draw so much power and require a charge rate that is high enough to actually charge the device before you grow old and die, that one just hasn't been widely marketed yet. The few that I have found are either too expensive, too impractical, or made just for a certain type of laptop. I am certain that one could be rigged up, however. I may end up frying a laptop, though. Oh, the price we must pay for greatness.

## The Camp Site

You arrive at the camp site, stash the vehicle and unload. After properly camouflaging the bug out vehicle, you start to set up your camp area. How long should it take for you to set up? What is a good area to set up a camp in the first place?

You want to be somewhere the terrain will help to disguise you. In a wooded area and mountainous region, try to set up somewhere in the middle of a rise and not right along a river bank or at the very top of the mountain. A small hilltop may work out well, provided there is enough cover and concealment. You do not want to be too far from a water source, and you also want to keep your vehicle (if possible) nearby so you can charge your mobile operations equipment. If you cannot bring the vehicle close enough, you could strip the alternator and battery and rig up a means to crank charge your equipment by hand. In a flat area, try to locate enough undergrowth or possibly a ravine to set up a site. Above all else, try to set up near a water source. Food will come as it may, but water is too important to risk not having, not even for one day no matter the environment (assuming you have little on you). For a northern winter exposure camp site, you might try to use the vehicle itself as a starter for shelter, or if that is too risky, try to locate enough trees to hide your camp. It's basic common sense, really.

If you haven't set up your shelter within fifteen minutes you are doing something wrong. With practice, a person should be able to set up their shelter and move on to acquiring firewood in under fifteen minutes. If you are still having problems, assess the situation and determine how much of your kit really is a necessity for survival. You may have to quickly abandon your camp site or relocate at the slightest doubt for your safety. You could take precautions and set up trip snares and trip lines with some kind of noise maker tied off to it. An old heavy tin can or two could work for this. Just remember that if you set traps, they are impartial and will injure or kill whoever walks into it.

You now should have acquired adequate amounts of firewood in varying sizes to include lighter, (dried) smaller twigs for initial fire starting, possibly a pile of pine needles also, if there are any conifers nearby, and larger branches which have fallen onto the ground. If not much is available, this means you must search the woods for green lumber, that is wood which is still alive in case you are wondering. Now is the time to break out the pocket chain saw or axe if you prefer, and get to cutting small branches which lie low or saplings (dead ones, folks). You may find that lower branches are sometimes already mostly dead wood, so try and use this first. Remember to conserve nature as much as possible. Based on the time of your stay, you will need to

determine how much wood will suffice. If it is rather cold, you will have to cut larger wood, so look for fallen trees first. The axe is slower at cutting, but it should outlast just about any tool you have if you care for it properly. The pocket chain saw I use, described in book one, is most capable of falling medium sized trees as wide as my waist. If you go this route, **you should know the basics of lumberjacking**. I will not go into great detail here, but I will briefly describe some of the basics for you to consider.

A block and tackle is a system of two or more pulleys with a rope or cable threaded between them, usually used to lift or pull heavy loads. When I was a teenager, my father and I felled hundreds of trees thinning out forested areas using an old wooden block and tackle. If you cannot find room in your vehicle for one of these, do not worry, there are other methods to help cut down larger trees.

Today, there are lighter versions which offer the same functionality, although some do not possess the durability of the older wooden varieties.

You can replace the nylon rope with heavier types of rappelling rope, or something similar. The end attachments can also be modified to accommodate your need to tie off one end to a tree as support, while the other gets hoisted up the tree you will cut down (done by throwing the end rope over a semi-low lying branch).

The idea is to basically place tension on the tree so that it falls in the chosen direction, thus keeping you from being squashed. You will have to keep adjusting as you cut, placing additional tension as the tree begins to lean from the cut you make. Ensure a clear path for the tree **and your escape** before the first chop or cut is ever made.

**Chopping With Axes:** If you're using an axe, then start with a 45 degree angle chop (to create a notch) on the side that you plan for the tree to fall. Continue to chop in 45 degree angle chops, with each chop opposite each other. Continue this until you're about a third of the way through the tree. Follow up with a second cut a couple or inches higher on the opposite side. The second cut should a little more than half way through. You'll be left with an offset (about 15% of the trunk) on the tree, which will serve as a quasi hinge as the tree falls. The hinge will prevent the base of the tree from kicking into the air as it falls.

**Sawing:** When using a chain saw, make a parallel cut to even ground first about a third of the way into the trunk, then cut a 60 degree notch in the direction you plan for the tree to fall. Remove this notch. On the

opposite side of the tree, and several inches higher, make an even cut directly through the tree until you have an offset (about 10% of the trunk left). Again, this will serve as a hinge to prevent the tree from kicking into the air.

Prepare to exit opposite the direction of the falling tree, and be wary of kick-backs. The tree may suddenly pop and slide right into you at any time. Oh, the joy.

Making your campfire is not as difficult as some make it out to be. Some general guidelines should be followed to ensure that your wilderness fires will always be safe, however. Locate a somewhat flat stretch of ground to make the fire. If it is winter time, you will be going with a larger, elongated fire to help radiate heat toward you. Ideally, if you can spare the time, collect rocks (not from a creek or any water source) to line the outside walls to create a windbreak and to help reflect heat. Do not leave any surface roots, dry leaves, twigs, or any other combustible material within the fire pit area. Scrape down an inch or two and nestle your twigs and dried leaves into a blanket on the fire pit. If the ground is damp, line the base with a few logs or twigs. Create your fire starting bundle with tinder.

Collect all of your firewood, twigs, branches, etc, and pile it all nearby so you can add to the fire as it grows. Start your kindling bundle and set it into your fire pit. Slowly build the fire.

Do you have any water nearby to extinguish a blaze? A collapsible water bag might be a great idea.

Now you can prepare dinner or hot tea and get ready to relax and bed down. In order to cook, you can set up a field expedient system that works for you. I find that building a decent cooking platform is most helpful if time and weather conditions allow. You may also fashion a tripod system to hang a pot over the coals, or a traversing pit stick to roast up that rabbit you caught on the way to camp. You did catch dinner, right?

A temporary camp site will not be as flamboyant as the mainstay, permanent one. You might need to rub damp earth over cut down tree stumps and over branches that have been cut in order to disguise your presence. You might have to make a small fire in your kettle instead of making a large camp fire. One method of survival fires is the Dakota fire hole. By digging an 8 to 10 inch round and deep hole with a joining tunnel coming up a foot away, you will essentially make a stealthy fire with an updraft. The smoke from the fire is mostly concealed, and can easily be covered once finished with it. This type of fire is efficient and relatively simple to make, but it will not afford much heat on a cold night. Such is the price we pay for stealth and concealment.

Back to our permanent campsite fire and managing the camp site. It is time to clean up your mess, so what should you do? Chances are, you

didn't pack enough biodegradable soap for a lifetime in the wilderness, and if you did pack some I suppose you should use it...but I wanted to discuss what you should do if you didn't pack any soap, like me. You can wash your dishes and sanitize them in the field with the ashes from your campfire and some hot water. Be certain that you use hardwood ashes, as they soap up the best and don't leave any residue. The greasier the pots are, the better. The hot water will create potassium salts from the wood ashes, which will then mix with the fats or oils in the food residue. This forms a crude soap that will cut through the crud and grease on your cooking gear. Always remember to do your washing at least fifty feet (or more) from any water source. And don't piss in your own bed, fellas.

### **Planting and Gardening**

The very best tool you can ever own is knowledge. In the case of growing your own food, I believe this to be of paramount importance to understand. A person can study and practice for an entire lifetime and still not know all there is to know about gardening. The first and most important thing you should know at least, is how to acquire heirloom seeds for planting so you can be self reliant. The seeds you buy at Whatever-Mart are fake seeds, folks -scientifically altered not to produce fertile seeds in the plants they sprout. You might find some once in a great while in small towns, but I seriously doubt it. Luckily for you I have already thought greatly about this and located a trustworthy source that provides quality heirloom seed at a very nice price.

You should have **at least** a basic understanding about seasonal planting, what not to plant and why, and which vegetables, fruits, and herbs would be best for your geographic interest. An expanded toolkit for the larger bug out vehicle may include some gardening tools, to include hoes, shovels, and even a steel/iron plow attachment. You would need to eventually craft your own wooden plow and acquire a domesticated animal to pull it. Basically, you will be adding whatever you can think of to make your own farming more successful. For those people who are "bugging in", the possibilities are limitless. Your entire home and property could be fortified and well prepared.

Composting benefits you greatly, if you are willing to capitalize on its basic purpose. You will have to set up a zone to dump all of your food waste; this means taking careful consideration of the wildlife in your area. If you were to stake out a perimeter and place a fence around your compost, it will keep some unwanted guests out. Be certain that you place your compost far enough away from your camp so as not to wake up in the morning to find a huge bear rummaging through your belongings. And be certain to turn your compost!

## Fishing

An assortment of lures and hooks is an excellent idea to include in your small fishing kit. Spare line and assorted items are also helpful. This small kit could easily fit inside any bug out bag, and more advanced versions which are larger could be used for extended travels via a bug out vehicle.

A telescoping fishing rod and reel package is my preferred method to catch fish whether I am toting my bug out bag or on a hiking trip. It does not take up much room, weighs very little, and performs well at catching fish. I have tied line to a stick many times, and caught fish too. Unfortunately, time is always a consideration –and you don't have the ability to create more time, but you can save time by utilizing it wisely.

For a bug out vehicle, I would pack away several of the telescoping rods and reels, and I would also pack as much extra line as possible. I also keep a healthy stash of snap swivels and sinkers, too. You could latch the snap swivels together to form a continuous chain to keep them all together so you don't lose them.

There are numerous ways to pack your fishing kit for a bug out bag, but one of the most widely acclaimed is by use of a small tin can. It may not be waterproof, but it certainly holds everything together nicely in one small kit.

To fillet a fish, which is not even necessary to do, a person would typically use a fillet knife, cutting off the skin and using it for bait or compost. I personally do not like to eat the skin of bass, but I will always cook a trout with the skin. Bluegill are also very tasty with skin, and the nutrients you receive from cooking fish with the skin still attached are added benefits.

I do carry a folding fillet knife on my belt inside a cordura sheath. Some people may not wish to take this added measure, but I do not like to use the same blades on food as I do for multiple purposes because of germs and disease. Anything I can do to ensure my health remains high, and provided that it does not significantly impact my ability to shoot, move, and communicate –is just smart thinking.

If you've never tried fly fishing, then I highly recommend it. In certain areas, and in the right conditions, it will vastly outperform other methods of fishing. You can tie your own flies and mimic the natural insects in your area. By carefully watching what insects are floating on the water that day, you will be able to find the source of food for the fish.

You can obtain the materials to tie your own flies in nature, too. Besides bringing along your own thread and cement (both of which could be fashioned in the outdoors), all you really need is a squirrel or a pheasant, or some other animal like a deer. Their hair or feathers will come in very handy for making flies.

You could create your own kit ahead of time and be ready for the outdoors. A small plastic box with multiple compartments will store flies also. Bring extra leader line and fish line, and whatever else your fly reel kit demands. A fly reel is really all you need, leaving the rod at home, but again, fashioning your own isn't time wise. It's up to you to decide which avenue to take.

### **Hunting and Trapping Basics**

The presence of wild animals can often be determined by their tracks in the snow, sand or soft mud. These trails are excellent places to set snares or traps. Following these trails in your search for prey will often lead to water-holes and feeding places. Look for any natural bottleneck along the track where you may use your traps or snares. Position your traps and snares where that animal passes through.

Avoid disturbing the area as much as possible. Animals will avoid humans and are very suspicious, so be certain to hide your scent. Don't alarm the prey by leaving signs of your presence. If possible wear gloves when you handle the trap so you do not leave your scent. Make sure the noose is large enough to pass freely over the animal's head. Set it at a height that's equal to the height of the animal's head and a hand's width from an obstruction. Support it with small branches to make sure the noose is in the appropriate position. Tie off the snare securely.

A very popular trap is the figure-four trap. It's very effective, but it needs some practice to make. You are unlikely to get it right first few times. Your intention should be to create a stable trap, but with a trigger that will cause it to collapse, even with the slightest touch. The more traps and snares you place, the greater the odds will be to catch

some food. This also means more time spent checking the traps and snares, so balance wisely and do not overcompensate. An outdoorsman never wastes anything.

For a more detailed explanation on trapping and hunting, you might want to read up on it through various books on the subject. Hunting for big game, for example requires an entire book by itself, and I will not get into it here and now. You should know, however, that hunting in general is not as difficult as you might think. Finding the animals to hunt is the hardest part, as they can be very unpredictable at times. This is why I suggest fishing as a primary means of supporting yourself if it is possible.

Let's say that you catch a rabbit in your snare. You have a full string of fish, and four chipmunks in your deadfalls. This is more than one person can eat in a day or two, it would be terrible to let it all go to waste.

### **Storing Your Food**

Wood smoking has been in use for so long, it is difficult to even state the origins for certain.

The American Indians smoked the majority of their foods. What I am going to tell you are only a few of the basics involved, but you will have to do your own research to find all the details on your own. For a bug in situation, or for a long term bug out (depending upon your scavenging methods and bushcraft), I suggest a 50 gallon drum smoker.

You can choose to build your own as I have done in the past, or start from scratch and make one out of any air tight (and non combustible) material you can find. Even clay can be used to make a smoker, fashioning an entire oven if necessary. The key components to a smoker are: A door, a rack system to hang food, a small vent up top, and a wood chip container. You could make all of this in the outdoors if you had to. Use only hardwoods for smoking -I will say this again, **ONLY HARDWOODS**. The taste left by pine is pungent, not to mention the heavy soot. The general idea behind smoking is this; for every day of smoking you will end up with edible meat for about a week. The longer you smoke the meat, the longer it will last. Also, the longer you smoke the meat, the drier it will become. This is only a rough estimate, as each smoker and the way you cut your meats, hang them, and space between will also determine the outcome.

Place the wood chips (green wood) in the bin at the bottom of the

smoker. Hang your meats equally within, and decide on the thickness of each meat (it will be up to you as each type of game varies) to include. Generally, you just want to use common sense. You don't want to COOK your meat, so the heat within the cooker must be set accordingly by frequently checking the smoker. You want a thick, even smoke to develop –so you will have to periodically check your wood chips, apply some water, add more chips, and crack the door if required. After a few successful runs, you will not have to keep popping the door open and checking on your food as much. Practice makes perfect, right?

A quick way to temporarily store food if a creek is nearby is to fill a 2 liter plastic soda bottle with your food (cut into small strips to fit inside opening) and dropping it into the creek while having it tied off at the bank. It should be water tight, and not wide open. You could also keep fish on a stringer in the creek if necessary, pulling out what you need as you prepare to cook. In northern areas where the ground is still cold a few feet down, a well for food could be dug and utilized. This method is highly effective, and works like a modern day refrigerator. If you plan to build a small cabin or heavy shelter, you could place the food well inside at a far corner. Always keep food out of the air (sealed), line the underground food well, and keep it closed.

## Conclusion

Thank you for having a desire to plan ahead. The more people who prepare for a catastrophe, the better we will all be. This third volume is the last installment of this particular series on *Bug out Remedies*, but there will be plenty more to come on similar topics in the future.

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