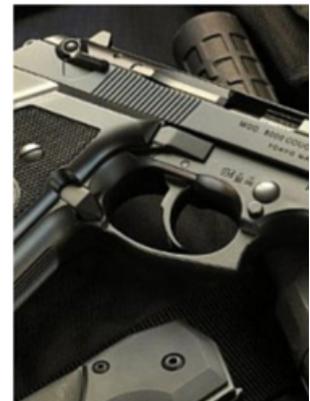




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ESSENTIALS IN EVERY BUG OUT BAG



Introduction:

We live in unpredictable times. We face natural and man made disasters around every corner. It could be something that's been brewing for a long time like ISIS attacks or the Russian military's action in the region of Crimea.

Then you have disasters that occur fast and unexpectedly like the Fukushima nuclear disaster. Regardless of what it is, with the current state of the economy and what's brewing on the social and political horizon it is likely that you will need your bug out bag sooner, rather than later.

You also have to factor in natural disasters which can occur anytime and anyplace. Things like wildfires, floods, hurricanes and tornados. If a major natural disaster hits then you are looking at total civil chaos, financial collapse, and a food supply that will dwindle in a matter of hours.

While we can't predict when and where a disaster will strike, we can properly prepare for one and that is where your bug out bag comes into play. So lets get into the 15 essentials every prepper should have in their bug out bag.

1. Water

You're going to need water, and experts suggest the average person will need 1 gallon of water per day. Now if you are alone and you will be bugging out for a minimum of 3 days, that's a lot of extra weight to be carrying around.

Our suggestion is to pack a couple bottles of water, but have some LifeStraw water filters, and water purification tablets. Both of these are small and lightweight and can be added to your bug out bag really easily. You could even opt for a nice Berkey water bottle that has a built in filter.

2. Food

Food of course is vital to your survival, even if you have mad hunting and gathering skills you will need at least a small amount of food in your bug out bag.

We do not suggest canned food, while it has a very long shelf life and is great for your survival pantry, survival cache or bug out location, it is heavy and bulky and takes up a lot of room that can be used for other essential items.

When it comes to food we suggest dehydrated food. It is lightweight, takes up far less space and never spoils. You could easily pack 2 weeks worth of dehydrated food in the same amount of space 3 days of canned food would take up.

3. Shelter

When it comes to shelter you can tackle this a number of different ways. Industrial trash bags can be used as a decent shelter, they are lightweight and can be folded to take up almost no space at all. They can be used to keep the rain and dew off of you at night and can double as a water collection system.

You could also pack a tarp, which can be used in the same manner as a large trashbag, however the tarp will likely be larger and offer more protection from the elements, however it will take up a bit more space when folded.

Finally you could take the tent route. Tents are obviously the best choice for comfort and protection, but will be heavier and take up much more room in your bag. Instead of putting a tent inside your bag, you could get some nice bungees, or use paracord to tie it to the outside of your bag, saving space.

4. Blanket or Sleeping Bag

If you have never slept on the ground then you probably have no idea how uncomfortable it can be. It is unlikely that you will find an area where you can just simply lay down, stay dry and comfortable, and get even a decent night of rest. Rest is vital to your survival, it recharges your internal batteries and gives you the strength that you will need to survive.

There are a few options when it comes to bedding. You can go with something as simple as a wool blanket. These can be found really cheap at military surplus stores, and can either be folded down to almost nothing to put inside your bag, or you could roll it up and tie it to the outside.

Some survivalists have opted for a hammock. Hammocks are great if you find the right trees to tie them to, and you know how to lay in one without rolling out everytime you move. However if you happen to be bugging out in an open field, there's a chance you won't have anything to support your hammock.

The best solution is a sleeping bag. Sleeping bags are usually rated by degrees. Meaning if you see one that says "rectangular oversized 30 sleeping bag" that tells you not only the shape of the bag, but also that it is rated down to 30 degrees.

If you are going with a sleeping bag, be sure to buy one that is rated for the kinds of weather you will be facing in your region.

5. Fire Starting

Fire starting is not a bug out skill to be taken lightly, your bug out bag should have a minimum of 3 ways for starting a fire.

Magnesium Fire Starter - Magnesium is water proof, and the sparks it creates are very hot making it easier to start a fire, even if your tinder is damp.

Butane or Zippo Lighters - These are great as long as they stay dry, so if you pack them be sure they are double bagged in Ziploc style bags.

Water/Wind Proof Matches - These usually come in packs of 20 and often in their own plastic container, however it is a good idea to put these in a Ziploc style bag as well just keep them from prolonged exposure to moisture.

DIY Fire Starter - There are several ways you can make your own fire starters, or at least make something that will burn for several minutes, often up to 30, but you will still need a way to ignite them.

A good DIY fire starter is cotton balls soaked with petroleum jelly and sealed in bags, you can also save your dryer lint and use it instead of the cotton balls.

6. First Aid/Medical Kit

When it comes to first aid and medical kits do not skimp and take the el'cheapo route. Your health can plummet very rapidly when infection sets it, and a cut that is improperly cared for can be what takes you down.

First aid kits can be assembled piece by piece, but we recommend buying a nice commercially available kit first, you can and should add to it later. Most kits you find on the market are just an over stuffed box of bandages.

Be sure your kit is designed for the outdoors, these are the kind of kits that long distance backpackers carry, and will typically include many more useful items not found in the kits designed for home use.

Along with your first aid kit you will need to include any medications that you take on a regular basis, whether they are prescriptions or over the counter, be sure to put at least a weeks worth of the medication in your kit. You may also want to consider over the counter pain meds such as Tylenol or Ibuprofen, allergy medication and stomach relief.

7. Knife/Multi-Tool

At a minimum your bug out bag should include a small folding knife. A small folding knife could be used for field dressing and skinning animals and cutting ropes. You can also include a larger fixed blade knife, machetes work great, for clearing paths or campsites, as well as being used for self defense if needed.

When it comes to multi-tools the cheap ones are complete useless and worthless, they break, the tools don't stay locked into place and they just don't hold up to survival needs. If you opt for a multi-tool you need to get a good one. Gerber and Leatherman are the top rated multi-tools on the market.

8. Light

Since there is no way of knowing whether a disaster will occur during the day or night, and there's a good chance whatever happens will last more than a day, you will likely be in the dark at some point. Even if it does happen during the day, if you find yourself deep inside a building, the lights will be out and it might as well be night outside.

Your bug out bag needs to include at least 2 flashlights, you can get the battery operated type or go for the hand crank models. Either way, include at least 2.

There are several types of flashlights to choose from. You could go with the huge 6 cell Maglite, though it is large and heavy, it doubles as a nice club and can be attached to the outside of your bag.

Our suggestion is to get a couple of the smaller LED type of flashlight, they are small, lightweight, and even though they rely on batteries, they will last a really long time, especially if you use the long lasting batteries.

9. Cordage

Paracord has about as many uses for survival as duct tape, there are hundreds of things we can use paracord for, way too many to list in this report. However just be sure to pack at least 10 feet of paracord in your bug out bag, it is very light and can be wrapped around other items to save space.

There is a unique tool for paracord called the Spool Tool, it can hold up to 50 feet of paracord, a small bic lighter, has a nice cutting edge and other uses as well, something to check out and pack with your paracord.

10. Clothing

We keep adding more and more to your bug out bag, so weight is going to be a concern, this holds especially true when it comes to adding clothes. Depending on the weather your clothes might be fairly heavy.

That being said, you need at least one full change of clothes, and 2 extra pairs of socks, and underwear. One good piece of advice here is to change out the clothes in your bug out bag with the season, if it's summer, then you can probably take out any long sleeve sweatshirts and replace them with t shirts.

Have you heard the term skivvy roll? If not its worth a look, I'll add a video for you to check out below. You can get a pair of underwear, socks and a shirt rolled up into something that isn't much larger than a roll of toilet paper.

One last thing to consider as far as clothing goes in your bug out bag, is a good pair of leather work gloves. These will save your hands from a lot of potential problems, and they won't take up much room.

11. Weapons/Firearms

We discussed knives earlier, so now we are moving on to firearms. When it comes to firearms and bugging out, I know there are those that won't feel comfortable carrying one and then there are those that won't feel comfortable not carrying one, or five.

There are 3 types of guns that are recommended for survival. They are a handgun, a rifle and a shotgun. Having said that you probably don't want to be packing around all three while you're bugging out, or trying to get home.

So we suggest a handgun and a rifle. The handgun should have a large enough caliber to take down a person, I know, most of us don't want to think about shooting another human being, but there may come a time when you are faced with an angry hungry mob of people who want what you have, and a 22 ain't gonna cut it. So the smallest caliber handgun we suggest is at least a 9mm, but really recommend a 40 caliber as it has better take down capabilities.

As for the rifle a 22 lr will be sufficient for taking down small game, but if you think you'll be hunting larger animals you may want something a little larger like a .308 or .30-60.

12. Toiletries

Keeping yourself clean in the field can be vital to your survival. Bad hygiene can kill you almost as fast as an untreated cut. So keep yourself good and clean pack a couple rolls of toilet paper, these can be smashed down pretty flat, a bar of soap, deodorant, toothbrush/toothpaste, and some moist towelettes

13. Communication

Communication doesn't mean you necessarily have to be able to talk to someone over the air like on a cell phone or two way radio. It does however mean you need to be able to at least listen to what's happening in the world around you.

First thing is a shortwave radio that runs on batteries, or has hand crank capabilities. This will allow you to pick up communications from several over the air news sources, and if you opt for the hand crank model you will have, essentially, unlimited power, as long as your arm keeps up. On a full "charge" a hand crank radio will allow you enough listening time to get a good grasp on the situation and plan your next move.

If you will be bugging out with a group, even if it's just your family, you will want to invest in some high end walkie talkies. Don't go to your local Walmart, and buy the \$10 set at the checkout aisle. At least go to the sporting good section, but preferably a sporting goods store such as Bass Pro Shop or Cabelas and get a nice set. If you are separated or out scouting and need to communicate with your family or group you will be glad you got the better set of walkie talkies.

14. Money/Barter Items

An often overlooked item in your bug out bag is cash money. Many people will tell you that in a survival situation money is worthless, that can't be further from the truth. Money will almost always carry some type of value, at least in America. If the economy completely crumbles and comes crashing down, it will recover, and our money will still have some value.

If you don't want to have cash on hand, then we suggest having some silver and gold coins, along with "scrap" silver and gold, this will be huge for bartering items you need. Just keep in mind the metals will add weight to your bug out bag, something we try to limit.

As a general rule for carrying cash, have at least \$100 in small bills on you. This will be useful if you escape the "danger zone" and get to an area that still has supplies and is accepting cash.

If you find yourself having to stay in your area, you will likely come across people who have things that you don't have and possibly need. This is another place where cash or precious metal will come in handy.

15. Navigation

It is very important to know your surroundings. It doesn't matter if you live in town or out in the country, knowing where you are and how to get to where you need is vital. The two obvious solutions here are maps and compasses.

Maps - When it comes to buying a map, you need to get the highest quality you can find, don't get the cheap ones they sell at every gas station on the corner. You will preferably need a topographical map, and should include your immediate area as well as surrounding areas, as you may find yourself evacuating to another part of the state or country. You should also have a map that is laminated, just roll it up for easy storing.

Study the map, learn your area. Even if you've lived there your entire life, there may be places or routes that you've never seen before. When it is time to get out of Dodge chances are all the main roads, and even smaller access roads will be blocked. So learn some other ways to evacuate the area.

With the topographical side of the map you can learn where different elevations are. If you find yourself needing to head into the woods, you will want to take the high ground, and could easily find some natural water sources as well.

Compass - Again, do not go cheap on us here. Even some survival knives have a compass in the handle, but these won't compare to a nice compass you can buy from sporting good stores. Don't get the little cheap plastic one out of your kids toy box, it will only get you lost.

During a survival or disaster situation it is very easy to become disoriented, losing your bearings and not knowing where you are or what direction you are going. So invest in a nice compass.

Now that you have a compass you need to learn how to use one by itself and with your map. Many of us have become so reliant on our GPSs or smartphones for navigation you may forgot how to use a compass, or never learned to begin with.

Learn to use both the map and compass and practice navigating using only these two tools. You can start in your neighborhood, and then venture farther out into the countryside, bottom line is learn to use them and get comfortable with them.

There you have it. The 15 essentials to have inside every bug out bag. We hope you use this information to begin building a proper bug out bag and to get a better grasp on your survival mindset.

In the end, the difference between survival and death is little more than solid planning and having the right attitude.

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