

Grab & Go:

How To Expect the Unexpected

If you live in an area prone to hurricanes, earthquakes, or other major weather events, a prepared Bug Out Bag can mean the difference between safety and undue harm. Learn how to pack the perfect prep sack with this easy three step guide.



Pick the bag

The first step to building a Bug Out Bag is right in the name: the bag itself. Consider weight, capacity, and ease of transport against your individual needs – not all bags are created equally.



Backpack

- ✓ Very common, can be anything from a school bag to a military-style rucksack.
- ✓ Easy to transport.
- ✓ Easy for children to carry.
- ✗ Less room than other options.
- ✗ Need one for every 1-2 people.
- ✗ Only good for short periods of time.

Good for temporary evacuations, weekends, traveling by foot or mass transit



Duffel Bag

- ✓ Common, can be found in sporting goods or department stores.
- ✓ Plenty of room, can supply 3-4 people.
- ✓ Good for a medium-term evacuations.
- ✗ Harder to carry.
- ✗ Not ideal for traveling on foot.
- ✗ Harder to keep items organized.

Good for longer term evacuations, relocations, cars or a second home.



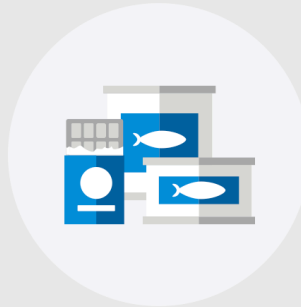
Hiker's Bag

- ✓ Easy to carry.
- ✓ Provides plenty of room.
- ✓ Built for extended supply and transportation.
- ✓ Very easy to organize.
- ✗ Limited to supplies for 1-2 people for extended periods of time.
- ✗ Not ideal for children.

Good for short or long term evacuations, variety of environments, travel.

2 Plan the bag

Every good Bug Out Bag keeps four key needs in mind: Food, Shelter, Fire, and Water. Consider both convenience and durability when picking your need-based solutions.



Food

The human body can go three weeks without food. Don't starve yourself, but depending on the term of your evacuation, you might need less food than you think.

Pack calorie-dense foods like energy bars: lightweight, compact, and easy to organize.

Shelter

Hypothermia is one of the foremost causes of outdoor death. A tent, sleeping bag, or even a tarp with some rope is absolutely essential to any evacuation prep.

Your shelter-providing item should be the absolute last thing you cut from your bug out bag.



Fire

Lighters and matches are good for fire-starting, but be ready for the elements or fuel shortages. Flint & steel, steel wool & a 9 volt battery, or even a simple magnifying glass can all be used to start fires in less than ideal circumstances.

Fire is vital for managing one's internal body temperature, purifying water, and cooking food.

Water

For longer evacuations, invest in water-purification techniques. Purification tablets are good, but limited, while a solid steel container for boiling water can last for years.

Carry enough water per person for three days.



3 pack the bag

You've figured out your needs and planned on how to fulfill them – now it's time to execute. As you pack, keep in mind that modern conveniences such as electricity, internet, and plumbing may not necessarily be available when you need to bug out – **stay as basic as you can.**



Source of Light



Paper Map



Cash



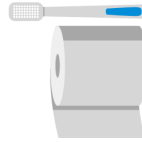
Pepper Spray



Three Days of Clothing



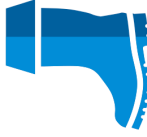
Radio



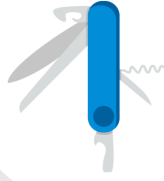
Personal Hygiene Products



Emergency Contact Info



Wet Weather Clothing



Multi-Purpose Tools



Phone Charger



Medication



ID and Legal Documents



First Aid Kit



Recent Family Photo