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Some *semi-final* comments about Bug-Out-Bags. They are intended for **72 hour** emergency survival. They aren't intended for long term camping. My personal bag includes things not listed here, and weighs 20 pounds. Here are some suggestions for basic contents of a bag, focusing on a 3 day event:

- **Water, Food & Clothing.** Open & eat (no cooking required) food such as high calorie snack bars, granola, "Cliff" bars, etc; high calorie food such as peanut butter, honey, "Spam" or other meat singles with long shelf life for protein; dry clothes, especially underwear & socks; good hiking shoes, even if they're ugly. For short term survival, I wouldn't worry about keeping to a particular diet, although your doctor would likely disagree. The first rule of survival, is to survive. If your carbohydrate or cholesterol count is a little high for a few days, you can recover. One can survive several days without food, but only three days without water. The American Red Cross suggests one gallon of drinking water, per person, per day.
- **Tools.** Some basic tools, bearing in mind the *weight factor*. A multi-tool (Leatherman, etc); a fixed blade knife; reliable "tactical" flashlight(s) plus a headlamp; solar battery charger; small duct tape; compass & whistle; 100' para-cord; poncho; documents (passport, etc); disposable lighter(s); fire tinder; water filters and / or sterilization chemicals; reusable water bottles; plastic eating utensils; can opener; folding road maps; small am/fm radio; note book & pencils (pens may dry out) and anything else you feel you may need and are willing to carry.
- **Medication** in prescription bottles; spare eye-glasses; and needed medical devices.
- **Pets.** Don't forget the pets, if they are going with you. Three days worth of canned pet food and water, leash, or a pet carrier and sanitation supplies.
- **Self defense.** A complicated & important issue. I'll address that in a future offering.
- A light weight folding carrier with **wheels**, so you don't have to carry all this stuff.

What if you aren't home when the emergency arises? It would be a good idea to have each car, truck, or RV equipped with survival gear. Weight may not be a big factor for equipping a vehicle, but space might be. Emergencies are inconvenient and only happen when you least expect it.

What if you're home when "it" happens? You may want to prepare your home with; extra flashlights; batteries; candles; canned food and a way to prepare it; a good supply of blankets, etc., especially during winter weather. For long term isolation, it may be helpful to have a library of "How To" survival books on hand, which are often available at Costco and of course, online.

All of this can be hard on a budget. I've purchased most of my personal gear over several years, things which I believe may be important to have on hand. I would never pretend to tell anyone what they must include in preparation. All I'm trying to do is present the basics. Only you can figure out what you need or want.

**TIP:** "The worst predicament you can find yourself in is to have NO OPTIONS."

Ron