



How to

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# Build the Ultimate Bug Out Bag





## What is a bug out bag?

“Be prepared” — that’s always the best course of action. When faced with an unexpected emergency, you need to be ready to go any time of day or night. But how do you make sure you have everything you might need to survive in one place, to be ready to grab at a moment’s notice?

The answer is a bug out bag, or BOB for short.

‘Bugging out’ refers to abandoning your place of residence on a permanent or temporary basis, in response to an unexpected emergency situation. In this worst-case scenario, when you might not know what to expect, you’ll need to prepare for survival on your own, with no reliable heat, water or shelter.

A bug out bag is a survival kit. Normally they are backpacks or other portable, easily-grabbed bags pre-filled with essentials that can help you get through 72 hours or longer in a variety of emergencies.



# Why do I need a bug out bag?

In these unprecedented years we live in, there's never been a better time to start a bug out bag if you don't have one. It may save your life!

A disaster may strike any one, at any time. From power outages to pandemics, wildfires and floods, man-made as well as natural catastrophes may always be right around the corner.

A bug out bag lets you evacuate quickly and safely, in the event of a disaster or unforeseen situation. They should be

small enough to carry easily, so they won't take up very much room in your house.

If you don't have a bug out bag, you may be relying on others for survival, or all on your own. You may not be able to find everything you need, and end up worse off than if you'd taken the time to prepare.

In this guide, you'll find a list of everything you need to create the ultimate emergency BOB - and some handy tips for survival (which we hope you never need)!



# Building your first bug out bag



It's important to get the basics first, then add in what you think you might need later. You want to save all the room you can for the absolute essentials, as space is at a premium.

Before we go into what to put in your bug out bag, the first and arguably most important thing is the bag itself.

Ideally, you should choose a backpack or rucksack. It needs to be large enough and sturdy enough to contain enough supplies to get you through 72 hours of independent survival, but you also need to be comfortable carrying it for extended

periods of time. It should slow you down as little as possible.

It's best to go with any plain, ordinary backpack you might see on the street, but one that's sturdy and weatherproof. In dangerous situations, you don't want to appear to be prepared and stocked with supplies. A large, military-style or camping pack stands out from the crowd, and could turn you into a target for those with bad intentions.

Keep it basic, keep it black if possible, and don't draw attention to it.





# The core pack

## The core pack

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Now you have your backpack, it's time to choose what goes inside. When thinking about what you need, always remember the survival rule of 3:

These are the things the human body needs to survive, no matter the situation, including:

- Air (you can survive for 3 minutes without air)
- Shelter (you can survive for 3 hours without shelter in a harsh environment)
- Water (you can survive for 3 days without water)
- Food (you can survive 3 weeks without food)

As these are the basic elements of survival, we need to take care of these first. This is why these are the first items you need to consider putting in your bag:

- Air filtration mask - these filter out particulates letting you breathe safe oxygen. You may also want to consider disposable N95 masks.
- Tent - in a storm or if you become homeless, shelter is a high priority. Add a waterproof Mylar survival tent, in a size small enough to pack.
- Space blanket - these light, metal-coated sheets weigh next to nothing and are designed to retain heat, which will keep you warm at night.
- Water filtration system - hydration is more important than food. Carry water purification tablets, or a LifeStraw.
- Water bottle or bladder - a foldable water bottle or pouch will keep your water free from contamination.
- Ration kit - carry a small quantity of energy-dense, high-calorie foods to keep you going (in emergencies only). Nuts, hiking bars, and specialty rations are all good choices.
- Fishing kit - this takes up next to no space, and may catch you a good meal if you find a body of water. All you need is fishing line, a hook, and bait. You'll be able to find pole-like objects along your travels.



Now you have those essentials taken care of, you should still have plenty of room for other supplies which may just save your life if the worst happens. Consider these just as essential as the others, and fit in as many as you can. Remember to shop for the best equipment you can afford to buy, but which will also take up the least amount of space.

- Warm, sturdy gloves - these will protect you from the cold as well as cuts and splinters, offer you better grip and keep your hands clean of infection.
- Waterproof jacket - a packable waterproof with a hood is the best purchase.
- Spare socks, underwear and lightweight clothes - having a change of clothes is essential if you become wet, as hypothermia is life threatening. Lightweight layers help you keep warmer than one big coat.
- A hat - a woollen beanie will keep you warm, and one with a peak can help keep the sun off as well.
- Hand warmers - those tiny, clickable hand warmers are essential to keep hands and feet from freezing.
- Matches - essential for warmth, fire, cooking and signalling for help. Alternatively, buy a metal “everlasting” match, or other fire starting kit.
- Chem lights - chemical grade glow sticks can last up to 12 hours, and are typically visible from up to a mile away.
- Flashlight - a basic flashlight, bonus points if it’s solar powered or wind-up. Get one that’s sturdy and compact.
- A first aid kit - buy the smallest one you can find with the most inside. If you want to build your own, be sure to include anti-bacterial wipes, antiseptic wipes, painkillers like ibuprofen or aspirin, gauze pads, medical gloves, band-aids in various sizes, bandages, burn gel, instrument such as scissors, forceps and safety pins, medical tape, antibiotic ointment, and burn gel.
- First aid instructions - first aid training may save a life in an emergency, but carrying first aid instructions with you may save your life, too.
- Map - keep a map of your local area in your bug out bag. If the landscape changes due to earthquake or fire, navigation may be difficult.
- Compass - get a sturdy, analog

- compass, and learn how to use it.
- Mini shovel/axe - tiny shovels are available which also double up as axes. You’ll be able to dig for shelter, make a fire pit, defend yourself, and remove obstacles.
- Multi-tool - a good survival multi-tool should include pliers, wire snips, a small knife, file, a Phillips/flat head screwdriver, bottle opener and a carabiner.
- Paracord - this sturdy rope can be used to fish, hunt, secure shelter, and create a snare trap as well as many other things.
- Duct tape - durable and waterproof, duct tape can be used to make emergency repairs on your tent, gear, bags, pack, clothing—the list is endless.
- Pepper spray - this can be used to fend off wild animals, as well as attackers.
- Whistle - a whistle can be used to signal for help or to communicate with loved ones or other survivors.







# A Bug Out Binder

## Personal belongings

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In addition to everything in the list above, you'll need to consider any items specific to you that are essential. What couldn't you live without - physically or logistically - that you might need?

Keep the following in mind, but remember, not all will apply to you (and you may need something not listed here):

- Medications and prescription drugs - always keep a plentiful supply of any pills, inhalers, or other medical items you need.
- Glasses and contact lenses - keep a spare pair of prescription glasses, and contact lenses if you use them.

## A Bug Out Binder

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If you are able to, and if you'll really need it, a bug out binder is a worthy addition to any bug out bag. Of course, this needs to be as small as it can be, so don't think of a binder so much as a small Filofax, document wallet, or airtight container.

Here's what to consider putting in it:

- Copies of important documents - include your passport in case you need to cross a border and titles and contracts to prove ownership of your belongings when you return.
- Contacts - include addresses and phone numbers you may need, but try not to include too much information about their relationship to you in case they fall into the wrong hands.
- Instructions following your death - morbid, yes, but essential if you have particular beliefs or wishes on the event of your passing. Include your blood type and whether you are an organ donor.



- Family disaster and preparedness plan - take the time to prepare your loved ones for potential disaster and create a plan that can help you all get to safety.
- Emergency cash - even a few dollars may help you survive in an emergency.

## Adding emergency supplies

If you're thinking of making your own bug out bag, you probably have one or several scenarios in mind you want to be prepared for.

Whether you're concerned about an environmental disaster such as wildfires or hurricanes, chemical warfare or nuclear fallout, pandemic or economic crash, there are specific items for different situations which you may want to include.

## Flood

In this situation, you will want to prioritise water filtration, weather protection and communications.

As well as your core essentials, consider adding these:

- Rain cover for your bag
- Waterproof poncho
- Small inflatable dinghy
- Wind-up radio to listen for updates







## Fire

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During a house fire, building fire or wildfire, you should think about air filtration, obstacle removal and preservation of your critical documents.

As well as your core essentials, you should also include:

- Your bug out binder
- USB drive with important files
- Safety goggles
- Backup cash



## Pandemic

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If recent times has taught us anything, it's that a medical emergency can bring life to a halt at a moment's notice. During a disease outbreak, you need to prioritise sanitation above all else.

You should include:

- Plenty of disposable masks and gloves
- Hand sanitiser
- Extra painkillers
- Disinfectant



## Economic crash

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In the event of a catastrophic recession or stock market crash, riots and looting could become widespread. Your priorities during this time will be self-defence, surveillance, and gathering food.

For this, you'll need:

- A knife (for animal butchering as well as protection)
- Small mirror (signalling and watching for threats)
- Extra rations
- Non-cash assets such as gold or silver



## The ultimate bug out bag

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By now, you should have an excellent idea of what to put in your bug out bag, as well as any extras you might want to include.

But if you have the luxury of being able to carry a little bit more, or have a little more money to spend, you might want to include as much as you possibly can that will be of help.

Remember, a bug out bag needs to be:

- Portable
- Plain-looking
- Sturdy and waterproof
- Easily accessible in an emergency

Read on to find out more about the ultimate bug out bag build - it's a recipe for surviving almost any situation, for 72 hours or more.







- Fire starting kit
- Emergency blanket
- Poncho
- Sleeping bag
- Tarp
- Tent
- Spare clothes
- Water
- Rations
- Water filtering device
- Water purification tablets
- Canteen
- Hydration bladder
- Can opener
- Eating utensils
- Emergency radio
- Flashlight
- Headlamp
- Survival whistle
- Compass
- Laminated map
- Chemical light sticks
- Signal mirror
- Cell phone cable and adapter
- First aid kit
- Tourniquet
- Splint
- QuikClot
- Bug repellent
- Wet naps
- Potassium iodide tablets
- Ammonia inhalants
- Multitool
- Folding knife
- Fixed blade knife
- Paracord
- Duct tape
- Batteries
- Solar charger
- Zip ties
- Bandana
- Dry bag
- Pocket survival guide
- Work gloves
- Dust mask
- Eye protection
- Urban axe
- Pry bar
- Breaching tool
- Water valve key
- Camping hammock
- Pocket chainsaw
- Fishing kit
- Hatchet
- Tomahawk
- Camp shovel
- Fillet knife
- Skinning knife
- Pepper spray
- Slingshot and ammo
- Cash
- Pen
- Identification (photocopies)
- Prescription medication



## Final survival tips

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You've got your bug out bag: but that will not be enough to keep you safe during an emergency. When you're preparing yourself for an emergency situation, there are some tips you need to keep at the forefront of your mind.

- Build your skills - more important than the equipment in your bug out bag are the tools you have in your head. Start now: the best survival skills to learn are hunting, fishing, knowing edible plants and first aid. Learn how to build a fire, tie knots, navigate and find shelter.
- Stay calm - conserve your energy, and don't panic. A clear head will keep you alert and focused when you need it most. Take stock of your immediate survival needs and resources first. Determination is survival.
- Treat every injury - even small cuts, scrapes and grazes can turn nasty. Keep good hygiene and routinely check for small wounds which could spell out blood poisoning, sepsis or infection down the line.

Disaster preparedness doesn't need to be complicated, and shopping and collecting gear for a DIY bug out bag isn't just a simple process, it can be fun, too! Take your time and shop around, grabbing bargains where you can. It's unlikely you'll need your bug out bag in the very near future, so spend some time getting it right for when you really need it.

But if building a bug out bag from scratch isn't your idea of a good time, there are many reasonably priced ready-made bug out bags available online which can match any budget and requirements.

**Have fun out there, and stay safe!**

A person in a dark jacket and pants is walking away from the camera on a dirt path that leads towards a large, hazy mountain in the background. The scene is overcast and the ground is rocky and uneven.

# Have fun out there