

“For tomorrow belongs to the  
people who prepare for it  
today.”

-African Proverb

## **Using A Bug Out Bag**

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## What is a Bug Out Bag?

After a natural disaster, you often hear people talking about having a “bug out bag”, but what is it and why do you need one? Having a bug out bag in our home or vehicle could mean the difference between life and death during an emergency.

A bug out bag is a portable emergency kit that’s designed to last you for three days. These are also referred to as 72 hour emergency kits. They need to be portable and have all the things you need to survive during a disaster.

What should your bug out bag contain? What you actually pack in your survival kit will have to do with your own needs as well as where you live. For example, if you live in an area where hurricanes are common, you’ll need supplies related to surviving a hurricane.

But if you’re in an area that is more likely to be dry, you’ll want to have a different set of items. In general, though, you’ll want to have a first aid kit, a three day supply of food that doesn’t require real cooking, and a change of clothing.

It’s also a good idea to have a system for shelter, a bedroll, light sources, and tools to help you start a fire, stay dry and warm. It’s also important to have supplies for any personal needs. For example if you have small children, you may need diapers and baby wipes, toys to keep kids occupied, and children’s medications.

When would you use a bug out bag? There are many situations that might warrant the use of an emergency kit. For example, you might have a gas leak in your home or a fire requiring you to leave it. You could also need to evacuate due to flooding or another natural disaster.

And, unfortunately, it’s important to plan for instances such as terrorist attacks, nuclear disasters, or chemical spills that may require you to leave your home and find alternate shelter. Your kit won’t be designed to take care of long-term changes, but it will give you time to seek something more permanent if needed.

A bug out bag needs to be easy to grab and go. Most people purchase a back pack for their bug out bag because it’s easy to carry and allows you to have your hands free. Even small children can carry their own bug out bag that has essentials.

When you have a 72 hour emergency kit, you’ll be able to have peace of mind knowing you’re better prepared for a disaster. Having a bug out bag for each member of your family will protect you during an emergency that requires evacuation.

## Bug Out Bag Checklist

When you want to be prepared for an emergency, it helps to have a bug out bag checklist. A bug out bag is a kit designed to help you evacuate and survive for at least three days. This can be the difference between survival and certain death. But it only works if you have the items you need.

The following items are recommended for a bug out bag to take care of your survival needs:

- \* Sturdy backpack to hold items
- \* Sleeping bag
- \* Plastic sheet
- \* Tent or tarp for shelter
- \* First aid kit - including nonprescription and prescription medications (a three day supply)
- \* Children's medications (if applicable)
- \* Feminine hygiene items (if applicable)
- \* Baby wipes and diapers (if applicable, though baby wipes are useful for cleaning up for all ages)
- \* Change of clothing - including pants, a short sleeve shirt, a long sleeve shirt, socks, underwear, a jacket, work gloves
- \* Rain coat or poncho
- \* Emergency blanket
- \* Flashlights
- \* Camping lantern
- \* Batteries
- \* Candles
- \* Water-proof matches
- \* Flares
- \* Three day supply of food – such as granola bars, protein bars, trail mix, dried fruit, canned tuna, canned chicken, Vienna sausages, beef jerky, juice, candy, Meals Ready to Eat
- \* Three day supply of water - about four liters per person
- \* Can opener
- \* Utensils for eating
- \* Shovel
- \* Axe
- \* Knife
- \* Rope
- \* Duct tape
- \* Solar powered radio (with back up batteries)
- \* Toilet paper
- \* Hand sanitizer
- \* Soap
- \* Shampoo
- \* Dish soap

- \* Entertainment items – such as a deck of cards, knitting supplies, a book to read, paper, pen
- \* Personal documents – including legal documents, insurance policies, birth certificates, car titles, copies of prescriptions, etc.
- \* Cash – at least enough for three nights in a hotel
- \* Pet items – including food, water, cat litter, leash, bedding
- \* Other items as needed for children such as formula, pacifiers, bottles, etc.

Now that you've looked at this bug out bag checklist, you may be feeling a little overwhelmed. But it's important to know that you don't have to purchase all of this at once. If you can add a few items each week or month, you'll eventually collect all you need.

When it comes to food, make sure you create a menu plan so that you know what you'll eat each day. And every six months you'll want to check expiration dates and replace food that's near the end of its shelf life.

You'll need to have a bug out bag for each member of your family. Even children are capable of carrying their own packs with some essentials. This helps them to feel more self-reliant and confident during an emergency.

Once you've collected these items, you'll need to keep them in an area where you can easily access them in an emergency. A bug out bag checklist can help you to keep in mind what you have and what you still need to purchase as you prepare for survival needs.

## **Choosing the Best Bug Out Bag Backpack**

When you're putting together a 72 hour emergency kit, it's important to choose a high quality bug out bag backpack. You'll be asking a lot of your backpack to help you survive over a period of days during an evacuation. It's important to make sure the pack is up to the task.

The first consideration is size. You'll want a pack that you can realistically carry when it's full and that has as much storage space as possible. The best backpacks have extra compartments for holding a sleeping bag and smaller pockets for items you need to get to quickly.

It's also helpful if there are places where you can clip emergency equipment to the outside of the pack. This eliminates the need for you to empty the entire backpack when you need to get to an item.

You'll also want to make sure you choose a bag that's lightweight, but sturdy. Getting a backpack that has an interior aluminum frame will guarantee that it will be sturdy and that the weight will be distributed evenly across your body.

A pack that doesn't seem very heavy at first can seem much heavier after hours of walking. You'll want to be as comfortable as possible. In addition to a sturdy frame, look for padded shoulder straps that are wide and distribute weight across your shoulders.

It's also important to have a strap around the waist that can help secure the pack to your body and shift some weight to the lower body. Make sure the straps can comfortably fit around your waist and are adjustable.

Many backpacks are water resistant and come with rain covers to protect them in major wet weather. A rain cover may not seem that essential, but it can protect your valuable survival items and keep you alive.

When it comes to your budget, there's a wide range of prices for backpacks. You'll want to purchase the highest quality pack you can afford. If money is tight, it might be necessary to get an economical backpack to start with and then save up for a better one.

Many backpacks have the added feature of being compatible with a hydration system. This feature is incredibly important when you're working to get enough water during a disaster. This feature can help you to stay hydrated without having to dig out water bottles.

You'll have a bladder inside the pack that holds water with a long tube that works like a straw with a valve on the end. This allows you to drink water while you continue to walk and have your hands free.

Choosing the best bug out bag backpack is essential to be able to store your important survival items and carry them with you during an evacuation.

## **Collecting Bug Out Bag Essentials**

When you want to be prepared for an emergency, it's important to collect bug out bag essentials to keep you safe during an evacuation. A bug out bag is simply a kit that can help you survive for about three days during a disaster.

There are many essential items that you'll need to put together to create a functional bug out bag. First, you'll want to have a heavy duty backpack. The best backpacks for bug out bags have metal frames to help the weight be distributed evenly on your body.

This makes it easier for you to carry your kit for long distances if required. These backpacks also have a lot of space where you can store items that you need to have with you in an emergency.

Another essential item includes a first aid kit. You'll need to have a kit that includes bandages, scissors, external medications, instant cold packs, fever reducers, stomach medicine and antiseptic. You'll also need to include a three day supply of any prescription medicines you take.

If you have a family with children, you'll want to have children's formulas as well. You don't want your first aid kit to take up all the room in your pack, so make sure you have the essentials in a compact form. You should also include toiletries and hygiene items.

Food is another essential item for your bug out bag. You'll need a three day supply of food that you can eat without cooking. You may want to add gel fuel for warming up foods such as soups, but that's not necessary.

Foods good for bug out bags include protein bars, trail mix, Meals Ready to Eat, canned meats, and soups. You may also want to have high sugar items such as hard candies to help you get quick energy. If you have canned foods, make sure you have a manual can opener in your pack.

In addition to food, it's important to have a three day supply of water. In general you'll need 4 liters of water per person for three days. It's best to keep it in smaller containers to distribute the weight.

You'll also need clothing and bedding to stay warm and dry. It's a good idea to have a plastic sheet or tarp to protect you from moisture. It's also a good idea to have items such as a tent or tarp to create shelter if needed.

It's a good idea to have equipment such as an emergency radio, knife, rope, duct tape, axe, shovel, and pen and paper. These items can be invaluable during a disaster.

Finally, you should make sure you have some cash and copies of important personal documents such as IDs, car titles, home deeds, wills, marriage certificates, and birth certificates. You'll want to keep documents in a waterproof container to keep them safe from harm.

When you have bug out bag essentials in your home, you can rest assured you'll be ready for an emergency that requires you to leave your home.

## **Should I Purchase a Bug Out Bag Kit?**

If you're interested in being able to survive an evacuation, having a bug out bag kit can be very helpful. While some people prefer to collect their own items, a kit can help you to get what you need all at once economically.

Many bug out bag kits actually include first aid kits, food supplies, and other essential

equipment. All the items are packed in a watertight backpack that you can simply grab and go in an emergency.

Some kits are designed for a specific type of emergency. For example, there are kits designed for earthquakes and hurricanes specifically. If you live in an area where these disasters are likely, you can get a bug out bag tailored to your needs.

Some kits include protection from the elements, flashlights, heavy duty gloves, glow sticks, a compass, and blankets. This can be the perfect way to get started with your survival equipment. But you'll find that with any kit you also need to add some of your own items.

For example, a bug out bag kit may include food but you'll still need to add your water supply. You'll also need to add your own clothing, prescription medications, and items to help you pass the time. It may also be a good idea to add a sleeping bag.

You'll also want to add an emergency radio, your personal legal documents that can't be purchased in a kit. You may also need to add supplies for children such as diapers, formula, comfort items, and toys.

Even though there's no one kit that can meet all of your needs, purchasing a bug out bag kit is an excellent idea for making sure you have a good basic set of essentials. For many people the idea of gathering many items for a 72 hour emergency kit is overwhelming.

When you purchase a kit, you can get most of the items you need and only have to add a few personal items. It may actually cost you less money to purchase a kit than it would to purchase items individually.

And when you purchase a kit, most items are designed to have a long shelf-life making them a good value. And if you're more willing to buy a kit than to collect individual items, a kit will get you one step closer to being self-reliant and prepared for an emergency.

In a disaster, you can't count on anyone else to take care of your basic needs. Having a good basic bug out bag kit can help you to be prepared for a disaster that requires you to leave your home.

## **Prepper Resources**

[\*\*Ammo Independence: The Shooters Guide To Reloading\*\*](#) - Guard Against Shortages.

[\*\*Expert Prepper's Ultimate Survival Guide\*\*](#) - Critical Information For Possible Events.

[\*\*Family Survival Course - Save Your Family During A Long-Term Crisis.\*\*](#)

[\*\*Family Survival Plans\*\*](#) - Survivalist And Prepper Planning.

[\*\*37 Things That Sell Out After A Crisis\*\*](#) - Prepare Yourself With Food, Off-Grid Energy and Self-Defense Techniques.

[\*\*Emp - Electromagnetic Pulse Survival Guide\*\*](#) - Learn How To Prepare For And Survive An Emp (electromagnetic Pulse) Attack.

[\*\*Family Survival Course - Save Your Family During A Long-Term Crisis.\*\*](#)



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