

Trooper's Bug Out Bag or GET HOME BAG

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Basic Necessities:

1. Water
2. Nutrition
3. Basic First Aid
4. Field Book and Pens
5. Coverage for the body (hat, scarf, poncho)

Most things in the bug-out bag can be assembled from things already in your home. The following is not all conclusive but gives you some ideas in how to create one for yourself. JUST REMEMBER to have things that meet the above mentioned 5 Basic Necessities and you are good to go:

- Carry water in vehicle
- Collapsible Walking stick
- Munchies (trail mix, etc.)
- Mylar "Space Blanket"
- Pens (at least 1 black sharpie)
- Umbrella
- Roll of quarters (vending machines)
- Tourniquet and packing gauge
- Travel sized First Aid Kit (includes iodine and alcohol wipes, Q-tips, etc.)
- Radio (optional)
- Sawyer Straw or other Life Straw for drinking from unknown or questionable water sources
<https://www.amazon.com/Sawyer-Products-SP128-Filtration-System>
- Ef-Chlor Tablets (effervescent chlorine tabs to make water drinkable – see Trooper's Post-Disaster Management Guide)
- Three-liter water bladder
- Compressed towels that expand when dampened
- Scarf (a.k.a Bandana, Cravat, Hodgy rag, Porchunky Sock)
- Poncho
- N94 masks
- Field Book (to document and gather intelligence)
- Sheaved Utility Knife – 3 ½ to 4 inches (of Swiss Army Knife)
- Flashlight
- Head lamp
- If you wear glasses have a case and cleaning wipes
- Spare pair of foot socks
- Gloves (work or cold weather type)
- Medications* - See more in Tips

TIPS

- Always have enough water to Get Home!

- Start with any type of water-resistant canvass bag that is plus or minus a few inches of 20 x 12 x 6 dimensions. Back packs are ideal. Bags with shoulder straps unencumbers leg and arm movement.
- **NEVER abandon/leave YOUR VEHICLE.** Only if you are in the city or if someone dangerous is in pursuit
- Travel First Aid kits need not be sterile and can be made with items you already have
- Body coverings and masks are essential to protect against direct sun and air pollutants. Covering your head and body slows dehydration
- Individuals needing prescriptions for diabetes, a-fib, inflammation, asthma, etc. should have a small emergency supply packed for an extend duration of an event
- Only need to have ONE "Sawyer Straw" (preferred), or other "LifeStraw" for drinking from questionable water sources (water hoses, gas station bathroom sinks, landscape irrigation that sometimes is just untreated canal water or actual canal water.
- A spare set of socks and walking shoes. Hiking Boots if they can fit in the pack or car. Make sure you have a proper set of walking shoes (no footwear with high heels, flip-flops, or other types not conducive to walking a distance of 20 miles)



Note: Document compilation and screen shots assembled by Jeannie_O from video produced by trooper/N7CAV and posted on Telegram.