



LETS TALK ABOUT

Bug Out Bags



View the recording of this workshop
here. We had some technical
difficulties but the content is still there
[Emergency Bag Workout Zoom](#)



what is the best Bag?



BACKPACK?
DUFFLE?
ROLLER BAG?
OTHER?



Our favourite bag
[Military Style Bag](#)

THE BEST BAG IS

the one you
have now

NEXT WEEKS BAG
MIGHT BE BETTER
THEN

BOB

What is it and Why do you need one?

BUG OUT BAG- the term bugging out refers to the decision to leave your home due to an emergency situation. This can be man made or a natural disaster but comes when you decide you would have a better chance at keeping your family safe if you left your home

a Bug Out Bag is a self contained kit that can be carried and designed to get you through at least 72 hours independently

Also referred to as a 72 hour bag or get Out of Dodge Bag or an EVAC bag

whatever its called its main purpose is to meet the needs of you and your family for at least 72 hours and should be stored ready to grab and go either near your door or in your vehicle (ideally you would have a separate bag in case you are on the go)

FIVE THINGS TO
CONSIDER WHE
CHOOSING YOUR

BOB




STYLE
SIZE
CAPACITY
DURABILITY
COST

STYLE- BACKPACK ,
DUFFLE , ROLLER,
FRAME/ NO FRAME
SIZE- WEIGHT, HOW IT
FITS ON YOUR BODY
CAPACITY- HOW MUCH
WILL IT HOLD, ACCESS,
POCKETS , MOLLE WEB
DURABILTY-ZIPPERS,
MATERIAL,
WEATHERPROOF
COST \$\$\$

NAME SOMETHING THAT
GOES INSIDE THE

BOB?



*WATER AND HYDRATION
*FOOD AND FOOD PREPARATION
 *CLOTHING
*SHELTER AND BEDDING
 *FIRE AND HEAT
 *FIRST AID
 *HYGIENE
 *TOOLS
 *LIGHTING
*COMMUNICATIONS
*PROTECTION AND SELF-DEFENSE
 *MISC. SUPPLIES

[Complete Survival Bag](#)

Water/Hydration

[Survivor Filtration Bottle](#)

[SteriPen](#)

[Sawyer Mini](#)

[Life Straw](#)

[Water Treatment Tablets](#)

collection device

water filter / sterilizer / purification

storage device

drinking utensil

flavour

boiling tool

[Water Boil System](#)

Food and Food Preparation

Dehydrated or Freeze dried meals

[Freeze Dried Foods](#)

Food High in Calories

Foods high in protein

Foods high in essential vitamins and nutrients

[NUUN Hydration Tablets](#)

Moral Boosters (gum, candy coffee / caffeine)

Utensils and dishware dishsoap

[Camp Mess Kit](#)

Heat source / sterno / jet boil /fuel/ igniter


[Folding Stove](#)

[Baracook Flameless Cooker](#)

[Camping Stove System](#)




Clothing




Running Shoes/Hiking Boots




Socks / Underwear




Wicking underclothes




Long sleeve / Short Sleeve



Long Pants



Jacket warm and waterproof / emergency poncho



Hat, Gloves, face protection , eye protection



Shelter and Bedding



top shelter



tent

[Survival Tent](#)



sleeping bag / blanket

[Backpacking Quilt](#)

[Emergency Blankets](#)



ground pad / tarp



paracord

[Paracord and Carabiner](#)





Fire and Heat



Lighter, matches, ferro rod



Waterproof Container

[Waterproof Match Case](#)



Tinder quick logs/ tabs



Home made fire starter



Knife / foldable hand saw

[Survival Saw](#) [Pocket Chain Saw](#) [Survival Saw 2](#)



First Aid

First aid Kit for Wounds

Sprains / Bleeding

First Aid Manual

minimum 3 days of prescriptions

Bleed Stop

Scissors / Gloves /


Pain meds (tylenol, aspirin, advil)

Antihistamine / Anti-Diarrhea/ Anti nausea Antacid


[Survival First Aid Kit](#)




Hygiene




Disinfecting wipes




Hand Sanitizer




All Purpose bar soap




Tampons / Napkins if Needed



Small Towel / cloth



Toothbrush , tooth paste/ tooth picks



Toilet paper



Hair ties, diapers, personal items



Tools/ Misc



Knife, sharpened in sheath or foldable



Saw



Flashlight

[Tactical Flashlights](#)



Whistle

[Safety Whistle](#)



Compass



Duct tape



N95 mask



Lighting



Fashlight

[Tactical Flashlights](#)



Headlamp



Glowsticks



Lantern

[LED Lanterns](#)



Solarlight

[Inflatable Solar Lights](#)



Candle



Communications

☐

Cell phone charger

[Solar Power Bank](#)

☐

Paper , pen /marker/pencil

☐

Emergency radio with batteries and hand crank

[Hank Crank / Solar Emergency Radio](#)

☐

Two way radios

☐☐☐



Protection / Self Defense



Pepper Spray



Bear Spray



Survival Knife



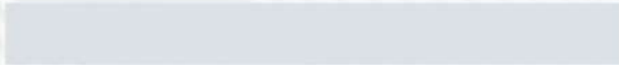
Hand gun / Ammo

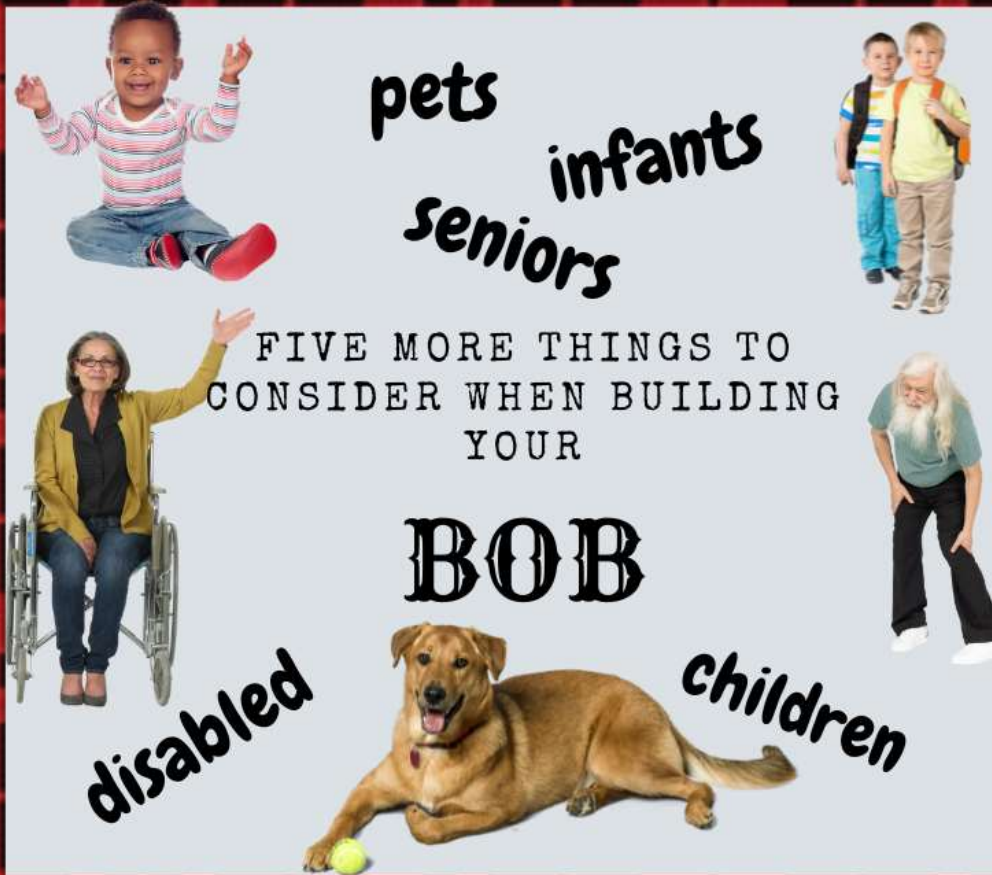


Tazer



AVOIDANCE*





[Dog Backpack](#)

[Youth Backpack](#)