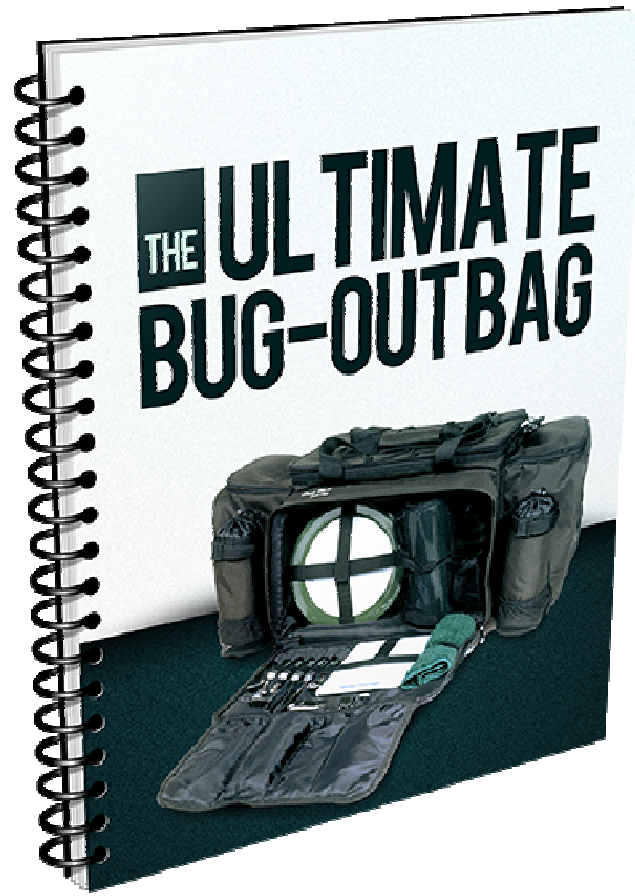


BUILDING THE ULTIMATE BUG OUT BAG



BY BENJAMIN WORTHEN

V.2.1

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INTRODUCTION: WHAT IS AND WHY SHOULD YOU HAVE A BUG OUT BAG

A “bug out bag” (as a description) has a few meanings, but most often the term refers to the minimum preparations required to get you out of a situation of rapid decline and imminent danger, comprised of both life sustaining and immediate need items which will allow you to regroup and figure out a more permanent solution to the problem you face.

Of late, the bug out bag has built quite a reputation as economic troubles, moral decline in the overall population and prolonged dissatisfaction with leadership around the world have become the norm. When the idea first surfaced commercially, the bug out bag took shape in the form of a single bag that could be carried by an individual consisting of the most important items they would need to use in the 72 hours or so, after a major event. The contemporary bug out bag has taken shape as a more inclusive, integrated and infinitely more useful tool than most of what’s available on the market.

In this Special report you will be given the tools and understanding to build the ultimate bug out bag; one which will be integral and important for far longer than the initial 72 hours after an event. You’ll be shown how to work together with those in your group to not only take care of each member of the group individually, but how to combine the individual and the group mentality to improve the overall capability of the group.

You will find out the absolute best gear you can buy, and you’ll be shown how surprisingly easy it is to get a bug out bag together. I will give you unique and tested recommendations, tips and experiences that will help you to become better prepared for a wide variety of events. This is the ultimate guide to building a bug out bag. You won’t find the same level of detail and the expert information in any report like this one, because there are no other reports like this one.

My years as an industry expert even pre-date the survival business boom. As a 20 year veteran of military and law enforcement consulting, with years of working with the best in the world at surviving, putting the tools and training to the test myself, I have taken quite a bit away from the most elite operators. From guns to tactics, to building

construction, I enjoy credentials, training and educational accolades that few other authors on the subject can match.

What you'll get out of this book, is peace of mind. You'll feel uniquely capable of putting together the best system you can to utilize redundancy without going overboard and to up your game when the situation requires it. A novice, or even a professional can learn something in this book, it's all about the end game. Which items, how much and how to use them is what matters. You'll be surprised how simple compiling the best BOB (Bug out bag) can be, and when the SHTF, you will be the one protected, ready to survive and positioned to thrive.

Let's be clear though: just putting some items into a container, or buying a prepackaged item at an online store does not a bug out bag make. The thought process and preparatory process in getting a bug out bag built are almost as important as the items contained within the bag. Furthermore, a bug out bag need not be simply a one-size-fits-all blueprint for the intrepid survivor. Sometimes you know it will take more than 72 hours to establish yourself.

The bug out bag was born out of the survival instinct and the preparedness mentality that helped structure the early United States; as such, sometimes you need to have more ready to carry than a single bag. Figuring out what the most important tools and items are, and getting rid of the fluff is part of what this report is about. Additionally, learning concepts like "one is none; two is one" and others will help to build a foundational mindset crucial to being a survivor.

Of the highest importance is how this book can fit into your overall plan for preparedness, regardless of what you are preparing for. Don't forget, it's not kooky or crazy to be able to handle anything that comes your way. There is no longer a stigma attached to being ready for realistic threats.

This book won't provide the catalyst of when to Bug Out, for you; you're perfectly capable of that. What this book will do, is give you the highly sought after tools and techniques to build a truly useful highly capable "first defense" for your situation, so to speak. Eventually, it won't matter why you have to bug out of your home or area, what will matter is how you handle it and how well prepared you are to survive.

PART ONE: ONE IS NONE TWO IS ONE [NOTES ON REDUNDANCY AND THE IMPORTANCE OF OVERLAP]

One is none and two is one, is a mantra of the NAVY seals and other highly specialized, highly capable tactical teams the world over, in one form or another. The concept is equally at home with the casual prepper, the part time survivalist and the budget conscious housewife as it is with the elite teams that recognize the importance of this proverbial saying.

What this saying means is that Murphy's Law (What can go wrong, WILL go wrong) is always within reach of any situation, especially when stress or danger are involved. If you only have a single tool that can do the job, your risk for failure is not only higher, but it can be infinitely more dangerous.

If you have two tools capable of doing the job, and one fails then you will be ok. But if you only have a single tool to begin with that can perform a specific job, you will be without a tool capable of completing the job. Hence: two is one, one is none.

It's important to note that this mentality cannot be adhered to fully all the time, and frequently, the only way to combat the inherent concerns brought into the light by this concept, is to buy the best possible quality you can for the specific item.

There are several conditions in my own (and all NAVY Seals') bags where there does not exist full redundancy, but, those single tool solutions are typically built to last, impossible to match and incredibly good at doing the job they were built to perform. In many cases, these single tool solutions can also be reconfigured, fixed, or enhanced with other tools in the Bug Out Bag, to allow them to stay in service in the event of failure. This highlights one of the most important parts to the concept of "One is none; Two is one": buying or making the right gear.

Take these two concepts (which will be covered in depth in this section) as the sage advice in this section:

1. Ensure you have redundancy in your bug out bag
2. Buy the highest quality you can afford and do not sacrifice for items which directly affect life sustainment

Without going too far into the concepts behind survival (yet...these concepts will be covered throughout the book), you'll need to understand what types of items are the most important and how to ensure you always have a plan B that's every bit as possible to enact as Plan A.

These types of items usually focus around the three basics of human survival: FOOD, SHELTER AND SAFETY. This is about as general a notion with regards to human survival as there has ever been devised, and for good reason. The more you study these three pillars of the survival process, the more that you can extrapolate the best underlying meaning and eventually the exact items you will need to use to further your survival.

Let me play out an example:

FOOD:

We all know that the human body can live three weeks without food; three days without water and three minutes without air. All three of these can be covered under the Food category to some extent.

We need water to hydrate our bodies so the blood can carry oxygen to our brain, and so the organs do not fail. We need water to stay energized between meals and to ensure good morale. Having a lack of water has more than a direct effect on our bodies. The lack of water also carries with it the incredibly dangerous side effect of psychological worry.

When we know we are not well stocked with water for future consumption, immediately, though often times, subconsciously, we begin to stop focusing on the tasks at hand and start to divert much of our brainpower to worrying about the lack of water. This is often a catalyst in not finding new water sources or securing water, there are often massive psychological hurdles that keep us from focusing on the very things that will keep us alive.

We become distracted, disoriented, and often we don't know why. Just try it out, go hiking without water on a hot day and see how fast the basic symptoms of heat stroke and heat exhaustion set in (no, really, don't do that, but do research this fact if you don't believe us).

Food is important for the same reasons: Food allows our bodies to continue to produce energy; without it, we become exhausted early on and we are lethargic and

without the capability of continuing on in a normal fashion. You might get a good 36 hours of work (with appropriate sleep) worth of your normal routine before you can no longer continue, if you are without food.

Something you might not have connected quite yet: my example has proven the importance of another key component of the survival process-OVERLAP. Air might have some esoteric basis in the FOOD category from my three part survival ideology, but it also has some important placement in the SAFETY category as well.

Suppose your best estimate for why you would need to bug out, included the nearby nuclear power plant, and an unintended meltdown. Then, your long-term and short term survival could be immediately called into question without adequate breathing support. Without masks and air supply considerations, you might not make it to the road to start the bug out process.

SO then, am I suggesting that you focus on carrying a shotgun and some shells, a bunch of food and a lot of water in your bug out bag? Well, it's a good start, surely, but it's completely impractical.

Rather, I am suggesting that you take upon yourself the ideology of a survivor, and use tools and token amounts of food and water, to continue to accomplish goals in bugging out. One need not to carry thousands of gallons of water with them as they bug out, but they DO need to understand how to get potable water and they must have the tools to get it. THAT's what I'm talking about. Elevate your preps by understanding the preps. Elevate your bug out Bag by understanding the bug out bag. Enhance your survival, by understanding how to survive.

After all, what good is a bag if you don't know how to use the items inside (more on this in SECTIONS 2, 6, 7 and 8)?

So, in the spirit of the bug out bag, this section we are presently covering should instill the idea of self-sufficiency and the idea of getting the right tools into play, in your mindset.

If you take away nothing else form this book outside of the importance of redundancy and high quality, let it please be this: you yourself must be capable of bugging out before your bug out bag could ever be complete and useful.

PART TWO: SURVIVING WITH YOUR BUG OUT BAG

That's right, you need to know what to do, when to do it and how to continue doing it with great effect to make the bug out bag worth its weight; otherwise you'll just be one of the herd, ready to die in a battle that could be more than guns and gangs, or explosions and evil intent.

There are thousands of environmental variables and outside influences that threaten your safety; not the least of which is an angry band of marauders in a post-apocalyptic setting, or an invading army or a poisonous gas caused by a power plant meltdown. There are plenty of other things that we don't realize we are attacked by each day, that we perhaps take for granted, like microorganisms in our drinking supplies, or infections in our paper cuts or our inability to think outside the box.

You're probably wondering why you're still reading a book about physical items in a bug out bag, that's so laser focused on the mental aspect of survival. Well, it's simple: tools are but a means to an end; but without the training, knowledge or context to use those tools they won't be worth the materials they are made of.

So, is the key to survival simply knowing how to use some tools I help you pick? No, of course not: survival is a long term situation (most of the time) where many variables factor into the mix. You'll need a certain mindset, good tools, excellent support crew and real world experience? Wait what? An excellent support crew and real world experience? What does that have to do with bugging out? That, too, is a simple answer.

When you bug out, it's indicative of the place you once called home having become inhospitable, too dangerous and not conducive to quality of life. Having a support system is necessary to avoid undue stress, difficulties and safety concerns, which without, it would be nearly impossible to survive. Remember all those Zombie movies that end with a small group of hardened individuals surviving? That speaks to the heart of the matter, even if it does involve fictionalized zombies and a Hollywood script.

The fact is this: few people, on their own; few families for that matter have the skill sets necessary to survive without extensive outside infrastructure (at least not survival to high levels of comfort).

Do you know how to wire a massive transformer for electricity? How about machining a car part from scratch, building a home out of steel and concrete, drilling a well and setting up the pump or turning wood on a fire into a gas vapor that can run a generator? These are just a small sampling of things that you might want to know and have in a post-apocalyptic situation. How about protecting yourself against a gang of heavily armed marauders? Could you do this solo? It's not about Zombies, Marauders or Electricity: it's about surviving and thriving. If you cannot do all of those things yourself, how will you ever accomplish enough to live a normal quality of life, let alone work towards getting back to your previous life?

Real world experience, too, is a very important part of the art of survival.

But how do you get real world experience prior to a major event where you would have to be expected to know this stuff already? You use it. Find the equipment, put yourself in an uncomfortable position, and take what you do know; combine it with what you are learning as you use it, and improve your skills.

You don't need to be in a windstorm in the Green Mountains to test the ability of your sleeping bag to keep you warm. You don't need to be soaking wet in 30 degree weather to learn how to build a fire with your tools and skills-do it in the rain in your backyard in summer.. You don't need to be in a real life defensive shooting scenario to learn how to dispatch a target, which can be done easily at a shooting range.

Wait, what? Sleeping bags? Fire? Guns? I thought this was all about 72 hours?

No: a bug out bag isn't constricted by a time limit; rather it is built around an expectation. That expectation is arrived at when you add your skills to the equipment you have and combine that with the space you are restricted by and the goals you want to accomplish.

You need to know, do and be capable of much more than the basics, in order to guarantee ANY level of success when trying to survive; especially if it has gotten to a point where you have decided to bug out. At that point, you'll need whatever you can get to keep your head above water.

Similarly, there are people (myself included) that could use bugging out as a primary form of survival or as a secondary program for continued survival, with significant resources taken along. That is: we are able to bug out instantly, and live as comfortably as if we bugged in. This is made possible through planning and provisions.

Not that I need a reason to purchase awesome gadgets and cool tools.

But it is not important to note - that a bug out bag, need not even be a bag, nor must it be solely a last resort for when SHTF after SHTF already (meaning: after bad gets significantly worse). Bug out bags require use, manipulation and understanding before you can trust your life with them.

They are a family effort, they are a communication tool; not just in that they have tools of communication, but that the need to communicate about them and over them and with them is in order. Bring your crew together and learn together how to use the tools in your bug out bag. The more you know the more your people know, the better your quality of life will be, and the safer you can remain. Bug out bags are begging for some attention, I'm here to show you how to give them that attention (see SECTION 7 too).

PART THREE: SOLO BUG OUT BAG

The solo bug out bag is the original gangster of bug out methodology and ideology. Having enough stuff to help you last the first 72 is the original point. Enough stuff to get you where you need to go, and then help you establish a new game plan: THAT is the original point. But I'll make it clear here, early on, that I am anti-establishment when it comes to bug out bag implementation.

I DO NOT subscribe to the limitations that the commercial market has placed on a bug out bag. Bug out bags are big right now because those who know have gotten the word out on a grassroots level. The problem is, every opportunist out there is compiling their "Bug out Bags" and "72-hour Kits" and their intrepid marketing teams are diluting the importance of the tools in the original ideology of the bug out bag. I for one, will not sacrifice my safety or capability because of poor preparation or low budget. I for one, will build a bug out bag, capable of getting me back to normal and affording me most of the benefits I would have had at home.

Sure, if I ever have to abandon my home in a multiple-crisis situation or after a major event, I would have to accept the loss of many of my most important comfort and defensive items. At the point where I would actually leave however, I refuse to put myself into a situation further degraded than it already is. My bug out bag is more extensive than most people's, and I feel validated in my findings about building bug out bags.

My knowledge has been used to consult with some of the best manufacturers on the market about their offerings. I get paid to work in this industry as an expert, because I am. You can choose which items make sense and which do not, for your specific instance, but I urge you to consider being more comprehensive than you might otherwise be in assembling this vital piece of your survival cache.

There was a life insurance salesman who once told me the following: "I go to every funeral of every client I am invited to. No one ever told me I sold them too much life insurance. Too many have told me I sold them too little." Using the same vein of thought, I say: "No one will ever tell me I was too comprehensive in helping them build a bug out bag or make a survival plan" I can only say, I wish I had more room to write, because I would love to make this a complete resource instead of an excellent primer.

As it stands, you'll find extensive good information here in this special report, but I also encourage you to grab as much information from as many credible sources as you can.

My bugout bag includes what I call Everyday Carry Gear (the stuff you won't find me without in regular situations) as well as the more specific stuff for survival, to comprise my bug out gear. I always carry my everyday carry gear with me (there are very few occasions that I don't), and so it would always provide an additional cache in addition to my bug out stuff.

My individual bug out bag is as follows:

EDC Gear:

When I am in my own area (I live in Southern California) I use the following items:

- A pistol (HK P7 M8, USP 10mm, Sig P220 10mm or 1911 .45)
- 2 additional magazines for backup
- A CDMA 4G phone with extra battery
- A tiny flashlight
- A leatherman skeletool
- A small survival kit
- 2 fast melting tabs of Benadryl for allergic reactions
- Wallet with 2 Credit Cards; 2 ID (passport card and Driver's License); insurance cards
- USB drive with important documents encrypted, basic personally identifying information unencrypted
- Knife or in some cases, knives
- A bic lighter
- Two extra key rings
- Some cash

Usually I won't leave home (farther than a half mile or so) without this amount of gear, though if I am hiking or running the gear will change to accommodate such an activity, or when I will be in my car, my pocket carried EDC gear will be minimized.

If I know I must be able to work while out and about, I will also carry the following:

- Laptop
- Internet access card/modem
- Extra Hi gain antenna
- Pen and paper
- An extra battery for my laptop and a separate multipurpose battery

When I am traveling in the USA, I also bring (*when and where possible) in addition to my first list (some items cannot be carried on a plane or across state lines without proper pre-authorization):

- 6 fast acting melting tablets of allergy medicine
- Toilet paper, anti-diarrhea medicine
- Three high carb/calorie bars
- \$300-\$500 cash
- A large flashlight
- Road emergency gear
- A down jacket or sweater
- Wool socks
- An insulated beanie
- My canon digital camera (T2 Eos with lenses)
- Extra storage cards for camera
- Water to fit my destination and travel type

When traveling internationally or on an extended trip (in addition to my other gear):

- Global smartphone with extra SIM
- Phone charging device
- 6 Dramamine tablets
- An epipen and some antibiotics (when possible; exercise caution and use doctor's directions when self-administering medicine like these)
- 20 Ibuprofen tablets
- Physical passport
- Solid state hard drive with important work or personal documents

- A low profile tactical style or solid metal pen (some airports will confiscate)
- Six high carb/calorie bars
- \$500-\$1000 cash and another \$1000 on a pre-loaded world currency card (Silver or gold instead if it makes sense)
- Laptop
- Wireless modem
- Pens and paper (30 sheets, with 25 sheets of 8.5×11 printer paper bound at two opposite corners with a piece of duct tape, so the sheets can be rolled tightly to form a defensive weapon that is slash resistant and hard enough to inflict damage)
- Power adapters
- Medium flashlight
- Long underwear
- Water 1 gallon
- A book (usually a Bible and a non-fiction bestseller)
- An internal frame backpack where necessary or a good heavy duty rolling bag and briefcase if more appropriate
- Water filter or purification tablets depending on destination

These items might seem like overkill, but these items allow me to get out of just about any problem in a civilized nation. The other tools I need and would carry are as follows:

My Bug Out Specific Gear:

- Two way Radios
- A Remington 870 Pump Action Shotgun
- 175 Rounds of Buckshot and 25 rounds of hunting ammunition
- A large fixed blade knife, built for wood work and small branch splitting/batoning
- A Gallon of water (additional)
- An emergency radio (ETON), with a cell phone charging port and a hand crank
- A small first aid kit
- An Army Survival manual
- A JetBoil Single Burner stove
- A large group sized gravity-fed water filter (Platypus brand)
- A couple of cans of fish/octopus/clams or other protein rich items

- A Jar of Peanut Butter
- A 20 Degree Down sleeping bag
- A high end tarp for weather cover
- A GoreTex or DryLoft jacket for heavy rain
- A pair of Asolo FTX90 Boots (but any medium weight backpacking boots properly broken in would be fine)
- A 5.10 Light for life with a car charger
- Otis ALL GUNS cleaning kit
- Gun Lube
- Antibacterial ointment and extra bandages
- A Gas Mask and three filters
- Earplugs
- Benadryl

A note: don't store ammunition in a hot car for extended periods of time. Additionally, observe local laws while transporting firearms if civilization is still intact.

ALL of this gear could fit easily in my midsized, internal frame backpack (3500-4000 cubic inches) with a substantial harness and padding/support. This would leave enough room for at least another handgun, some clothing, some toilet paper, or other items. This gear could easily fit in a medium sized plastic tote (think Rubbermaid brand)

It is these items that would give me the best shot on foot, without the unnecessary weight of other items. None of these items are overkill, but the assumption is being made, that some semblance of civilization still exists with this gear. If I'm to be out on foot, I will be assuming that some communication channels will still be available, that fresh water will be available via streams, reservoirs and lakes, or with a solar still.

If the situation on the outside world has degraded significantly and these types of things are unavailable, you'll need to adjust your planning to include several enhancements and much more food and water initially, until you can establish a better survival plan (many have this step already planned out, and family and car bug out bags can help too).

PART FOUR: VEHICLE BUG OUT BAG

- Knife sharpening whetstones
- Significant food stores (enough freeze dried foods or MRE meals to last 2 weeks for four people) even if you are solo
- Cooking equipment (I like wood burning high-efficiency stoves and recommend also a Kelly Kettle for boiling drinking water)
- A standard mechanics toolset (I use a Sears Craftsman 207 piece toolset)
- Spare batteries (rechargeable type)
- A small solar charger for batteries
- A medium sized inverter that can be directly connected to my car battery-though I must note: I recommend a second auxiliary battery for the car too)
- A large knife
- 10 gallons of water and a case of water bottles for hydration in travel
- A HAM radio with certifications and relevant experience to run it (if you are part of a caravan, they should be connected with a CB radio or similar independently as well)
- Barter items, including alcohol and extra medical supplies
- A cast iron pot and pan
- A spool of high strength steel wire
- Fishing equipment (if you have access to fishing along the way or at your ultimate destination)
- Large stores of food seeds
- 250 rounds of ammunition (CAUTION: I do not recommend storing ammunition in a vehicle until you leave)
- A crow bar and heavy hammer
- A solar generator (I have a Goal Zero Yeti 1250 which is pricey but works well) and some high efficiency led lighting (also Goal Zero, "Light-A-Life" Led lights)
- Pepper spray (I keep it in the door storage of my car where it can be easily reached)
- A solar shower or cloth faced dromedary bag by MSR for showering
- Gunsmithing/armorer's tools like a multi-tool for AR-15's or your weapon of choice

- Dead On AN18 18-Inch Annihilator Utility and Wrecking Bar
- A spool of paracord 550
- Three rolls of duct tape and 1 one roll of electricians tape as well as a roll of Teflon tape
- A fighting tomahawk

(Please note: in many states carrying items like this in daily transit can be considered a concealed weapon, please plan accordingly and obey all laws in normal day to day life)

- A 10 or 12 inch Chef's knife, a paring knife and a boning knife (I use Shun knives)
- A swiss fire steel and matches
- A secondary water filter (since the above is a gravity filter, I carry a Katadyn Pocket filter here in the car)
- Potassium Iodide
- Water purification tablets or bleach
- A ruggedized water bottle for each member of your group (I use KleenKanteen brand)
- Candles
- A high end, comprehensive first aid kit (an EMT style kit)
- A small video camera with the ability to take still shots
- A reputable plant medicine book
- Betadine; Hydrogen peroxide and Rubbing Alcohol
- P51 style can openers
- A handheld chainsaw (a chain-saw, not the type that uses a motor)
- A hatchet and/or Axe
- A fighting shovel (I use a Cold Steel Shovel) (carry one with you in your solo bug out bag and one in each of your crew's if you have GeoStashes-See Section 6)
- A change of clothes for all involved, made with high quality natural fibers (like wool) and/or high tech fibers (like Primaloft or GoreTex)
- Ammunition reloading equipment and components, stored safely

Remember one is none; two is one. Double up on items which are prone to failure or which will be used hard.

If you have extra room, and a vehicle is legitimate bug out transportation, you should be filling all extra available space with Food and Water.

This gear should be carried in a high quality wheeled container with the largest, heaviest weight wheels possible. The box should be secured with a lock. Such a box is generally quite expensive, but worth the money for foot travel or ease of movement with heavy gear inside.

PART FIVE: FAMILY BUG OUT BAG

Each member of the family should have their own personal bug out bags, but this is the one case where I don't believe that redundancy is required across the board. Children probably do not need to carry additional knives or handguns, though I would say to have your spouse duplicate your solo gear.

I'm not going to spell out the specifics of each family member's bags, but I would like to clarify, that without specifically trying to make your children complacent and uninvolved, I would tend to go a bit easier on children when it comes to carrying gear. I would certainly ask them to carry toilet paper, water and a change of clothes, but I would allow them a book or deck of cards, and perhaps some cool snacks or something to help defray some of the stress in a bug out scenario.

I will add this however:

Your spouse SHOULD duplicate your BOB, but need not duplicate the EDC gear per say, with the addition of candles and water and food to take up the EDC space/weight if it's realistic for your spouse.

Each person who is capable of using a weapon and a shovel, should be carrying one of each, preferably the best quality they can.

Additionally, while it's not completely necessary to duplicate EDC gear, certain items can be used as model items; for instance the Leatherman Skeletool could be duplicated by your spouse as a MUT model made for weapons and field service, or a Gerber version with different tools, etc. This type of redundancy is important because it minimizes useless redundancy, and enhances your field abilities.

Older children should be carrying additional water purification tools/chemicals and additional tools which make sense.

If a vehicle is impossible to use, the items in the vehicle bug out bag should be properly distributed among the group members for carrying efficiency. Some items may have to be left behind, but let's be honest: with a family and without a vehicle (for shelter, defense, transportation, egress) a bugout plan is perhaps one of the more dangerous plans, and should be analyzed to determine the best methods of leaving.

Additionally, without transportation it's important to utilize excellent timing to ensure you have the cover of night, aren't traveling in heat, etc., etc.

Adults should be carrying a shotgun or rifle to help with the earliest possible threat elimination/mitigation; I recommend semi-auto rifles with high capacity magazines like an AR-15 or a M1A, etc., or a pump action shotgun.

Having your family involved really speaks to the longevity attributed to your overall plan, without help and community it will be nearly impossible to survive for too long.

PART SIX: PREPARING FOR THE LONG TERM

Bugging out is all about getting you to the next stage. It's the last ditch effort to bring yourself and your family to a safe and productive spot where a new beginning can be had. In the case of temporary displacement (like in a flood or weather event) bugging out can be a stark reminder of the things which helped effectuate the bugging out in the first place.

(*A Note: Many of the concepts from this section are further explored in Section 8 and 11.)

You need to be ready for what happens after you bug out. Now, do not marginalize the bugging out process just because the effects will be felt longer-term more than they will be during the bug out process. The process itself is a massive undertaking, physically, emotionally, mentally and in the grand scheme of your lifestyle.

Firstly, the quality of tools in your bug out bag is part of the solution to potential long term concerns, but there are other things that can be done to help with the long-term implications of bugging out.

Don't put all your eggs in one basket (bug out location(s) shouldn't be TOO close to your normal residence), you're just enhancing your potential for failure. In a major event (like an earthquake or a hurricane or a major riot) it's possible that BOTH of your potential positions could be negatively affected by the same event or by ancillary events that are a result of the original event.

I personally recommend staging multiple bug out locations, including secondary locations, like those of friends of family, where your presence makes sense to both parties. These secondary locations ought to be positioned between your primary location and your ultimate bug out location, and the surrounding areas should be peppered with GeoStashes (see below).

Your ultimate bug out location should be more than 100 miles from a major city (above 350k citizens) if possible and more than 350 miles from a Massive city (like New York City, Chicago, Los Angeles, and as small as Phoenix or San Diego sized cities-though this is not always possible). This bug out location should have major reserves AND access to natural resources including a freshwater source and wildlife that could be used

for food. This bug out location should have at minimum 1/8th of an acre for planting food.

This ultimate bug out location should be incredibly secure and offer unrestricted views of the surroundings, low population density in the immediate area and should be stocked with appropriate tools and items to ensure normal day to day survival operations. You will want to have additional resources, in case your bug out location is ransacked, taken over prior to your arrival, or somehow disturbed. You're probably seeing a backup plan-backup-plan trend here, and you're right: I agree that one is none and two is one...does that make three, two?

The GeoStash (caches of items to strengthen your flight plan) is a wonderful support item for the long-term success of a bug out plan. Having crucial items along your route to bug out, or as part of a specific bug out technique which relies on prior preparation can be a lifesaver, especially if it includes ammunition, spare gun parts, larger hand tools and barter items. These types of items can be incredibly heavy and hard to transport in certain situations, and given the right planning can be easily found and retrieved to help bring you back to competitiveness.

The geo Stash should be secured well, off the beaten path, easily located, and positioned to avoid detection (by treasure hunters and others). These stashes can be as big or small as you'd like, but I recommend a larger quantity of stashes with a smaller footprint, as it allows a greater chance to be near one and retrieve specific contents to help you along your way.

Let's revisit the idea that having to bug out possibly being indicative of poor preparation in the first place. Now it isn't likely that YOU are going to be underprepared, since it's clear that you are preparing now by reading information like this. It's also not a rule of thumb that having to bug out is ALWAYS related to poor preparation, because that's simply not true. Often times, events cannot be expected and cannot be easily remedied, and you WILL need to get the hell out of Dodge.

There is a substantial case that can be made however, that the necessity to bug out is a result of poor planning. This is the case when the prepper's mindset takes a large precedence over their daily activities, and yet it is so full of holes that it does not adequately protect a person's home and family enough to avoid bugging out. So the takeaway from this point is this: your preparations MUST be comprehensive,

integrative, fully inclusive and potentially malleable, but must also remain standardized, easily recognized and repeatable.

That is to say: plan comprehensively and use the different factors from your entire life to patch the holes; be ready to change these plans when necessary, but have well thought out plans that need not be changed without unprecedented outside influences.

It is with this type of planning that your plan B, is likely to never come to fruition, and if it does, it will be a choice to do so, rather than a last resort. When you are able to bug out for a better life, but you could stay and live in your current location, you have achieved parity with your planning and become an accomplished prepper.

Ideally your goal is to not only squeak by and survive, but instead to progress, thrive, build and grow despite difficult situations. The bottom line is this: If you plan well to begin with, and you include all possible variables and discuss and preempt the potential shortfalls of your plan, you will carry a high level of momentum and in all likelihood, you will be able to implement your will instead of being forced to act a specific way. It's all about comfort and quality of life after all is said and done. Many can survive, but only a small percentage of people will be in the position to actually thrive.

(For more on Preparing for the Long-term: please see Section 8 and 11)

PART SEVEN: PRACTICAL APPLICATION OF BUG OUT ITEMS

Let's take a look at why you want these things and what they can do:

EDC GEAR:

- A pistol (HK P7 M8, USP 10mm, Sig P220 10mm or 1911 .45) [It doesn't matter the handgun you are using; these are my personal choices, but any handgun would work here. For close quarter combat, car defense while moving and concealed carry a handgun is a perfect choice]
- 2 additional magazines for backup [You will want to have as much advantage as possible; against a group of aggressors, you'll want several backup magazines ready to go and easily accessible]
- A CDMA 4G phone with extra battery [I use a cdma phone for the obvious coverage benefits for my area, but also for the capability of accessing the highest bandwidth in case towers are down quickly]
- A tiny flashlight [I don't know if the light must be tiny, rather that it should be on your body or close at hand at all times, for when the grid goes out or when you must distract an enemy, I try for a 250+lumen light with a decent second stage setting with good run times]
- A leatherman skeletool [I use the skeletool because it's lightweight, easy to pocket and has pretty good pliers; it's used for just about everything]
- A small survival kit [My personal kit carries in it some basic first aid, fishing and trapping gear and firestarting equipment as well as some other minimalist items for use in the field]
- 2 fast melting tabs of Benadryl for allergic reactions [there are plenty of things that can cause allergic reactions in the human body; a simple bee sting, a bad spider or a food allergy can be life threatening; in a major event, Benadryl will be your first line of defense with hospitals likely to be overcapacity]
- Wallet with 2 Credit Cards; 2 ID (passport card and Driver's License); insurance cards
- USB drive with important documents encrypted, basic personally identifying information unencrypted

- Knife or in some cases, knives [folding knives are my preference while society still exists, but if I had a choice where laws aren't counted or where I want to give myself the best fighting advantage, it would be a mid-sized fixed blade knife of about 4-5" blade with a full sized handle]
- A bic lighter [these are as useful to fill the hand in a last ditch hand to hand fight to minimize boxer's fractures as they are to start a fire; save the matches for later]
- Two extra key rings [I find key rings useful in rigging or tying down things with paracord, though I prefer non split rings, solid or welded rings with chrome finishes if I can find them]
- Laptop
- Internet access card/modem
- Extra Hi gain antenna
- Pen and paper [in a major event I would use these for recording events and numbers like license plates, descriptions of people, notes to self and to help remember things, if I need to interact with military or law enforcement. In most cases these groups will be on our side and it's helpful to give accurate information about gangs, safety hazards and other details]
- An extra battery for my laptop and a separate multipurpose battery
- 6 fast acting melting tablets of allergy medicine [allergic reactions]
- Toilet paper, anti-diarrhea medicine [this is particularly helpful in the first few days as stress levels are already extremely high; having a modern comfort/convenience product helps with morale and the pills can stave off dehydration]
- Three high carb/calorie bars [easy food, no thought, good caloric base]
- A large flashlight [used less often but for nighttime uses, like identifying threats]
- Road emergency gear [not every event signals the end of the world-road emergency gear can be helpful in case of an accident or a weather event to help prevent other incidents]
- A down jacket or sweater [down shouldn't get wet, but paired with wet weather gear this is the biggest bang for your buck to keep you warm]
- Wool socks [Stay warm when wet, insulate well in general and resists odor]
- An insulated beanie [prevents heat loss at the head and keeps you comfortable]
- My canon digital camera (T4, EOS with lenses)

- Extra storage cards for camera
- Water to fit my destination and travel type [I always have at minimum a quart of water on me, usually in a wide mouth kleenkanteen bottle or Nalgene bottle]
- Global smartphone with extra SIM [in case I need to access Euro channels, Mexico or Canada channels]
- Phone charging device
- 6 Dramamine tablets [for preemptive measures so I am not disoriented or uncomfortable in travel]
- An epipen and some antibiotics (when possible; exercise caution and use doctor's directions when self-administering medicine like these)[for obvious life or death health concerns]
- 20 Ibuprofen tablets [Pain relief, though I would consider balms and topical applications as well; also used for reduction of swelling and fever reduction]
- Physical passport
- Solid state hard drive with important work or personal documents
- A low profile tactical style or solid metal pen (some airports will confiscate)[more for writing and long term longevity-if someone doesn't take it and I don't lose it- than it is for defense, but if I needed to, I would use it for defense]
- Six high carb/calorie bars [additional food, while not particularly appetizing, the first 2 days of a crisis bugout, the time could better be spent strategizing than preparing food]
- \$500-\$1000 cash and another \$1000 on a pre-loaded world currency card (Silver or gold instead if it makes sense)[gold and silver offer barter capabilities with semi-built-in protection for inflation or currency devaluation]
- Laptop
- Wireless modem
- Pens and paper (30 sheets, with 25 sheets of 8.5x11 printer paper bound at two opposite corners with a piece of duct tape, so the sheets can be rolled tightly to form a defensive weapon that is slash resistant and hard enough to inflict damage)[also for documentation, etc.]
- Power adapters [for international travel, though I would replace with an inverter or dc to ac adaptor for domestic use]
- Medium flashlight [work light]
- Long underwear [high end fibers/fabrics, not your typical wal-mart cotton]

- Water 1 gallon [additional water]
- A book (usually a Bible and a non-fiction bestseller) [for keeping my mind off of things when appropriate or for passing time while waiting]
- An internal frame backpack where necessary or a good heavy duty rolling bag and briefcase if more appropriate [I prefer the backpack when not traveling on a plane]
- Water filter or purification tablets depending on destination [I almost always have a small handheld pump filter with me or a compact stored gravity filter with paracord to rig it]

MY BUG OUT SPECIFIC GEAR:

- Two way Radios [for close range communication like patrols and room to room in case of emergency]
- A Remington 870 Pump Action Shotgun [the easiest to implement and highest stopping power for the money-with different loads it can be used to defend a perimeter, CQB or even hunting for food]
- 175 Rounds of Buckshot and 25 rounds of hunting ammunition [I also include some long range rifled slugs for hunting or longer range interdiction]
- A large fixed blade knife, built for wood work and small branch splitting/batoning [this should be a high quality bar stock high carbon steel knife or equivalent in a stainless alloy, used for heavy tool work, like splitting wood for firemaking or making other tools and/or fighting]
- A Gallon of water (additional)
- An emergency radio (ETON), with a cell phone charging port and a hand crank [for outside information]
- A small first aid kit [quick first aid access for minor concerns]
- An Army Survival manual (resource for developing strategy, depending on the scenario)
- A JetBoil Single Burner stove [quick and easy cooking for hot meals]
- A large group sized gravity-fed water filter (Platypus brand) [high volume easy to use, but slow water filtration for group use of when you have established a new physical location]

- A couple of cans of fish/octopus/clams or other protein rich items [quick protein with essential fats and long term shelf life]
- A Jar of Peanut Butter [high fat and protein content, long shelf life]
- A 20 Degree Down sleeping bag [sleeping in a warm sleeping bag will allow you to sleep comfortably without concerns for health]
- A high end tarp for weather cover [new high end tarps can be used to replace tents with paracord and sticks, at a fraction of the size, weight and takedown time]
- A GoreTex or DryLoft jacket for heavy rain [protection against the elements, also protection for your under layer of down as recommended above]
- A pair of Asolo FTX90 Boots (but any medium weight backpacking boots properly broken in would be fine) [all-weather boots for long hikes and trekking with eight on your back]
- A 5.10 Light for life with a car charger [a flashlight that will last your lifetime and plugs directly into a DC source for power]
- Otis ALL GUNS cleaning kit [a single kit for all your firearms-surprisingly efficient and a great value]
- Gun Lube [high quality lubrication to keep your guns running right]
- Antibacterial ointment and extra bandages for cuts and abrasions, to preempt infection]
- A Gas Mask and three filters [in certain disasters this could be the only difference between life and death]
- Earplugs [shooting is loud]
- Benadryl [for allergic reactions]

VEHICLE BUG OUT BAG:

- Knife sharpening whetstones [knives need to be maintained too-learn how to use this item-it will be one of the most important tools you own for axes, knives, etc.]
- Significant food stores (enough freeze dried foods or MRE meals to last 2 weeks for four people) even if you are solo [use freeze dried or MRE type for short term food until you reach your bugout location or are able to gain a new food source]

- Cooking equipment (I like wood burning high-efficiency stoves and recommend also a Kelly Kettle for boiling drinking water) [boiling water is incredibly important even if you have a filter, sometimes boiling just makes sense instead of filtering. You will also want to be able to use a renewable energy source for food preparation]
- A standard mechanics toolset (I use a Sears Craftsman 207 piece toolset) Just about every tool I could need for basic mechanical repair in SAE or metric is included in this set, for a minimal footprint-though heavy]
- Spare batteries (rechargeable type) [standard sizes and specific types for items you need, like flashlights]
- A small solar charger for batteries [use this to recharge batteries above]
- A medium sized inverter that can be directly connected to my car battery-though I must note: I recommend a second auxiliary battery for the car too) [even though electronic devices might be useless in many Bugout situations, at some point this will make sense to have, including when or if the grid goes back up, or in weather events where it's possible that communications lines haven't gone down]
- A large knife [fighting, chopping and digging]
- 10 gallons of water and a case of water bottles for hydration in travel [enough to stay hydrated until you reach your bugout location]
- A HAM radio with certifications and relevant experience to run it (if you are part of a caravan, they should be connected with a CB radio or similar independently as well) [communication with predetermined individuals, or for locating safe havens in certain situations]
- Barter items, including alcohol and extra medical supplies
- A cast iron pot and pan [the original non-stick cooking vessels-good for radiant heat too in certain circumstances]
- A spool of high strength steel wire [paracord is great but sometimes you need thinness and higher strength. Snares can also be built with this]
- Fishing equipment (if you have access to fishing along the way or at your ultimate destination) [food gathering]
- Large stores of food seeds [you will want these for your bug out location, but I recommend stocking said bug out destination with seeds, or using geostashes as well for seeds]

- 250 rounds of ammunition (CAUTION: I do not recommend storing ammunition in a vehicle until you leave) [the more ammo the better]
- A crow bar and heavy hammer [for grabbing materials, breaking into buildings that are abandoned if needed for shelter or supplies-I do not condone looting]
- A solar generator (I have a Goal Zero Yeti 1250 which is pricey but works well) and some high efficiency led lighting (also Goal Zero, "Light-A-Life" Led lights) [Your bug out location will be more bearable with a source of renewable energy-even if it isn't a massive amount]
- Pepper spray (I keep it in the door storage of my car where it can be easily reached) [do you really want to kill that mother of three trying to take your food? Sometimes you need less than lethal as a deterrent]
- A solar shower or cloth faced dromedary bag by MSR for showering [talk about a morale booster, a hot shower just makes you feel better; for the kids, now it's a camping trip instead of a life or death situation]
- Gunsmithing/armorer's tools like a multi-tool for AR-15's or your weapon of choice [you need to keep those guns working]
- Dead On AN18 18-Inch Annihilator Utility and Wrecking Bar [sure, it can be used as a defensive weapon, but its best task is dismantling items for scavenging]
- A spool of paracord 550 [get a spool, because you will always need more for snares, early warning systems and rigging]
- Three rolls of duct tape and 1 one roll of electricians tape as well as a roll of Teflon tape [there are literally millions of uses for duct tape]
- A fighting tomahawk [it's the original "assault weapon"; and as crude as this may sound, sometimes stealthy killing of a target is preferable to shooting a gun]
- A 10 or 12 inch Chef's knife, a paring knife and a boning knife (I use Shun knives) {for field dressing, use your utility knife; for kitchen work, use kitchen knives=- part of bugging out is getting your life back to normal, this restores some normalcy early on]
- A Swiss fire steel and matches [matches and lighters don't last forever]
- A secondary water filter (since the above is a gravity filter, I carry a Katadyn Pocket filter here in the car) [water is the most important thing to your body after oxygen, do not skimp on redundancy-similarly, filter media can wear out, so buy extra replacement filters]
- Potassium Iodide [fringe lunatics aren't the only people who need this stuff. For radiation exposure this is potentially the only saving grace]

- Water purification tablets or bleach {the more options, the better; water is that important]
- A ruggedized water bottle for each member of your group (I use KleenKanteen brand) [long term drinking vessels]
- Candles [for heat in small spaces and light]
- A high end, comprehensive first aid kit (an EMT style kit) [for major medical concerns]
- A small video camera with the ability to take still shots [for recording things that might help later for law enforcement, for recording your “adventures” and for documentation-this is not a necessary item, but I like the inclusion]
- A reputable plant medicine book [primitive medicine can be very effective over the long term; get a book with pictures to aid in identification of plants]
- Betadine; Hydrogen peroxide and Rubbing Alcohol [medical purposes, and in the case of alcohol, stove fuel for small self-made stoves]
- P51 style can openers [for opening cans along your way and at your ultimate bug out location]
- A handheld chainsaw (a chain-saw, not the type that uses a motor) [NOT for zombies, but definitely for firewood, these little “ropes” can saw through branches pretty easily]
- A hatchet and/or Axe {firewood preparation and defensive uses, as well as for primitive building techniques and breaking down defenses]
- A fighting shovel (I use a Cold Steel Shovel) (carry one with you in your solo bug out bag and one in each of your crew’s if you have GeoStashes-See Section 6) [for geostashes, latrines, fighting and gardening-VERY useful and a prime candidate for multiple redundancy]
- A change of clothes for all involved, made with high quality natural fibers (like wool) and/or high tech fibers (like Primaloft or GoreTex)[clothes wear out and you’ll want something for when you’re washing the other change of clothes]
- Ammunition reloading equipment and components, stored safely
- These are just a few of the uses for each item; there are many more uses for these critical items and it’s important that you use them as much as possible to justify your inclusion of them. Each of these items should be able to last many years given proper usage and storage.

PART EIGHT: BEYOND THE BUG OUT BAG; HOW TO PREPARE FOR THE NEXT PHASE

At the point you decided to actually bug out, you probably realized that the future was going to be clouded by the potential for death, dismemberment, fear and hard work, like you've never known. The bug out bag is seen as a catalyst; a springboard if you will from a bad situation into a better one, which utilizes your skills, perseverance and the tools in the bag to start a new venture.

This may include finding new shelter, maybe even a new home, abandoned by another. Perhaps you will find support in a community of like-minded people, or maybe you fashion a boat and find the nearest coastal deserted island to inhabit. The life outside the bug out bag is, after all, what this is all about, right? The whole point of planning all of this is to allow you to survive, progress to the next stage after experiencing a brief setback.

What do you do though? The bug out bag is not a be-all-end-all solution, and is itself a temporary piece of the puzzle. When will you eat your next meal, where will it come from, what will it taste like? Are you staying hydrated? Do you have to ward off bands of roaming pirates and marauders? Is your family able to enjoy some quality of life? What you need is a plan, and you need one now! The life outside the bug out bag is going to be partially determined by your past experiences, the damage done to your ability to survive and the surrounding area.

Similarly, you'll need to evaluate your chances of enhancing your survival prospects, your defensive benefits and the long term goals. With these answers you can decide whether you stay or go, fight or flee, barely survive, or thrive in the coming new world.

Oh, by the way, I want to reiterate, the language I'm using is not indicative of all the reasons for bugging out. Not every scenario I can think of involves flesh eating zombies, a nuclear holocaust or a total world collapse. For instance, some of the MORE LIKELY events include a major earthquake in the New Madrid Fault area; a major weather event; an EMP targeted attack which takes down the grid; a major food

shortage brought on by successive droughts or something as simple as a distinctly divided country politically.

All of these seemingly possible events could trigger a major change in the reactions and actions of the populace of this world. The catalyst is not nearly as important to this discussion as is your reaction to that catalyst and your preparations to deal with it.

With your bug out bag, you'll need to be focused on gathering materials, finding appropriate shelter, or linking up with those who are in similar situations to try to gain a foothold in your specific situation. The bug out bag, while useful, has a sort of expiration date to its usefulness. At some point the bug out bag becomes less help and you could potentially become overwhelmed. The key to continued survival is to be on the lookout for solutions from the very start.

Much of the planning can come from well before the active decision to bug out. Many of the people who are prepping have secondary remote locations for bugging out to. A small well hidden or very remote cabin could serve as a start to a new life or a safe haven for temporary concerns.

Relatives and friends can also be utilized as a safe haven for temporary means. Many affected by Hurricane Katrina and Sandy used friends outside of the danger zone to regain a sense of reality, and stave off dangerous environmental conditions. Bear in mind that travel can be an important factor; during major events, freeways may be closed or clogged; flooding or downed power lines could be problematic and people will be aggressive. Even preemptive bugging out can cause elevated concerns.

The most important thing you can do is establish a realistic timeline as soon as you get news of the expected dangers or coming storm. Combining your active intelligence (the information you might gather in real time from news reports, neighbors, etc.) with a predetermined plan of egress (removing yourself from the situation) and taking the appropriate measures to secure your home and carry with you the right things will put you into a position of much more control than those around you have on their scenario.

Having a vehicle that is capable of off-roading might make sense in rural areas; having satellite communications might make sense for those in far reaches already, who have to bug out because of weather conditions. Only you can make the determination

of these items and preparations, and the important part here is that you determine these things before an event happens and only modify them as the situation dictates through real time intelligence.

Any idiot can buy even a great bug out bag and it would prove useless without understanding of the situation and a proper guideline and plan for the possible events.

We all know what scares us, whether it is a meteor or a weather event; a terrorist attack or a heightened level of gang violence; a prison break or Zombies: each scenario has been thoroughly planned for by niche communities of people who are also fearful of said event(s). Information exists for best practices, and knowing a few skills and adding a few items will only heighten your ability to modify and implement such a plan for bugging out.

Orienteering skills [sure, it's nice to have a GPS unit, but in all likelihood, you'll be unable to utilize the GPS system after batteries die, if solar flares occur or if Communications satellites are taken over by a government entity]

Barter items (alcohol, canned meat, water, silver, etc.) [You may need items you cannot get otherwise. Having good barter items will grab you an advantage over others and help you to secure items that others have that you need.]

High quality compass [Yes, you'll need a compass and the below maps in order to successfully navigate throughout your drive/walk/travel]

Topographical maps of the area and a larger interstate map of the US (or whatever country you call home)

A fishing pole and some tackle [while I don't think I'd carry significant fishing gear in a car bug out bag, unless I was certain of the potential for fishing in the area I was bugging out to, it's not a forgettable item. The opportunity for finding food in bodies of water offers a big potential solution to a big problem]

Seeds for growing, packaged properly to keep fresh and capable of bearing crop [this is where it starts: Agrarian societies were the cradle of civilized societies; when you have the opportunity and skills to plant and harvest food, you have the chance to stay alive In spite of many concerns. Food and water are among the most important items in anyone's mind and you would be able to practically guarantee an unlimited supply, given the right conditions and tools/items]

In all reality, please remember that in MOST cases, bugging out will be a temporary solution, and even if you never go back to your original location, a total societal failure is HIGHLY unlikely. It would take months of a major virus; a complete foreign hostile takeover, or of course, Zombies, to create such a collapse. In many instances, bugging out will create only a temporary displacement, not to exceed a couple of months.

Some of the worst hit Hurricane Sandy victims are just now starting to get back into their homes and neighborhoods (three months later), showing that with outside help, displacement rarely if ever creates a long-term problem. It is possible that an event could occur on a massive scale and without historical precedence (like a nuclear winter caused by several major nuclear launches), but it's not as likely as Hollywood and the most hardcore preppers would have you believe. Either way, you should plan for the worst and hope for the best. But don't rely on hope; rely on something a bit more predictable, like work, focus, dedication and knowledge.

PART NINE: BUYING QUALITY AND PRODUCT RECOMMENDATIONS

There aren't a ton of specific product recommendations in this section, rather, manufacturer recommendations for classes of items. This is because many times, people don't want to spend \$450 on a knife, like I do, but they want to know which items and brands have similar performance characteristics.

What works for me, may not work for you. I suggest reading this book in conjunction with the other books in the series; those have specific product recommendations. Additionally, there are a few above in the text, but I tried to be as generic as possible.

An example of an item I haven't named that I highly recommend which I will name (because there isn't anything else on the market that even comes close) is the Energizer XP18000 universal external battery pack, which is about the size of a small fiction novel and can power a laptop for a couple of hours.

Another item that hasn't been named but deserves mention is the "Crovel" a crowbar/Shovel that's perfect for bug out situations. Another notable item is the "Super Penetration Shovel".

So let's talk brand names:

Guns:

- Rifles: HK, Colt, Springfield, Sig Sauer, Smith & Wesson, Remington, LWRC, Noveske, Adam's Arms, Daniel Defense, Winchester, Browning, Arsenal, Steyr, Savage, DPMS, Beretta, FN, CZ, Ruger, Saiga (there are others but this is a good list of high quality rifles)
- Pistols: HK, Colt, Springfield, Glock, Sig Sauer, Smith & Wesson, Kimber, Beretta, FN, CZ, Ruger (there are others but this is a good list of high quality pistols)
- Shotguns: Benelli, FN, Remington, Mossberg, Winchester, Savage, Saiga

- Knives: Microtech, Kabar, Cold Steel, Kershaw, Busse, Benchmade, Spyderco, ESEE, Ontario, Smith & Wesson, TOPS, Gerber, ProTech (there are others but this is a good list of high quality knives)
- Flashlights: Surefire, foursevens, Streamlight, Fenix, JetBeam, 5.11, Olight, Inova, Insight (there are others but this is a good list of high quality flashlights)
- Water treatment: Katadyn, MSR, SteriPen, Platypus/GravityWorks

Be on the lookout for quality with the other items; it will be important to get the best you can afford, and in certain cases, buy better than you can afford, if you can attach a specific usefulness to a particular item.

It's difficult to pick and choose brands for certain types of items because regional favorites and personal experiences typically dictate product choices. I have my favorites, but many are specific to my area, custom made or excessively expensive.

For instance, most of my gunsmithing tools are custom made or extremely low production; I use a lot of Snap-On brand tools which are incredibly expensive (due to a lifetime warrantee and innovative features) and I use mostly custom knives and firearms. That doesn't mean that you cannot do just as well as I would in a bugout situation with a mainstream item, your own custom gear or recommendations from other experts.

Just remember, when you buy too expensively, you risk paying too much, when you buy cheaply, you risk everything, because the items you paid too little for are incapable of doing the job you bought them to do.

PART TEN: BUILDING ON A BUDGET

Building on a budget doesn't mean you have to sacrifice quality on many items, but there are some important tips for such a practice:

While it's fine in many cases to buy hand tools from companies like Harbor Freight Tools (\$3 for a pair of pliers) instead of Sears or Snap-On (\$18 and \$50 for a pair of pliers respectively), it is NOT okay to skimp on certain items.

Do not sacrifice brand names and quality levels for items that include food and water (including water filtration and purification); safety equipment (like gas masks and ear protection) and try to avoid commercially reloaded ammunition (your own reloads should be fine).

Most of these items have cheaper versions, but not to sacrifice functionality. Often times one might think: "I can get a cheap leatherman multi-tool knock off for \$6, why pay \$65?" The reasons are abundant: mostly the quality of the metal used in the tool is horrible on the knockoff, rendering the knock off useless after a use or two. The leatherman is built to last and the price is justified by the longevity and capability of the tool.

"But I can buy a quality knife for one tenth of the price of that KABAR knife" To that I say: See above. Sometimes the price is justified in the value you receive by buying the best materials and designs. There are knives even far superior to a KABAR, but you should be using items that exceed the minimum specifications, and yet don't cost too much as to struggle to justify their value.

Pay attention to expiration dates. Many of these items will need to be cycled out, rotated in normal daily life or removed at expiration; often you'll see deep discounts when a product approaches its expiry date; DON'T fall for it. You're building for long term purposes.

This section doesn't need to be lengthy; it's up to you to find bargains and to recognize the need for getting high quality pieces and saving money where it actually makes sense. Remember, if you had to leave your home tomorrow, are you confident in your ability and the ability of your tools to help you start a new life and get you through, perhaps, the toughest time in your life? Some things just aren't worth skimping on.

PART ELEVEN: MAKING THE FLIGHT DECISION

At what point do you go? Well, the decision actually lies deep within your holistic planning. Is your home fortified particularly well? Do you have a large amount of food and water; a way to grow food and access clean water (like a private well and secured garden)? Do you have sufficient help in protecting your property and life (like a close knit neighborhood substantially prepped for the long-term with weapons and proper mindset)? Are you relatively certain to be unaffected by weather events due to proximity or special circumstances? Is your life safe and your group comfortable and do you have others expecting to join you?

You can probably see that even the tip of the iceberg for variables; can provide a significant amount of pause to help you decide on when or if to go.

The most important litmus tests for flight are these:

- Are you in imminent danger and without threat mitigation techniques and tools?
- Are you in danger of becoming ill as a result of environmental factors?
- Are you out of precious resources and expect to be able to find those resources more easily outside of your current location?
- Are you becoming less and less likely to be able to defend yourself or running low on defensive or offensive capability (i.e. running out of ammunition)?
- Has your quality of life degraded past the point of minimal comfort and you expect to be able to find better quality of life outside of your current location?
- Do you have a predetermined plan that can be initiated, which includes a safe and secure location where other resources could be accessed?
- Are you in an urban setting with a high population and no real access to defensive positions and weapons?
- Do you have the necessary methods of travel and a specific location which offer a significant improvement on the access to goods and resources?
- Have you been directed to leave by a federal, state or local agency as a result of information they have that you do not?

If any of the above can be answered with a YES answer, it's likely that you have just found your catalyst to move out. That said, there are few situations where someone could force you to leave. You have the potential to choose in nearly ALL scenarios.

If you are answering yes to any of these questions, however, it probably DOES make sense for you to consider getting out after securing your home as best you can.

You want to do everything you can to retain your residence and property upon return, even in situations of mass casualties, mass destruction or irreversible conditions.

In order to bug out, you'll need to consistently be in the mindset that eventual bugging out is a potentiality. What does that mean?

If you want to be able to bug out, you must prepare to bug out, regardless of whether you ever leave. That means things like this:

- Filling tanks of gas continually to avoid having less than half a tank of gas, and/or having gasoline fuel on hand
- Having fuel and cooking equipment combined with ready to go food and water reserves which can be easily transported without hindering your performance
- Doing the pre-work to set up a flight destination (even a relative's home could be used in certain cases Preparing children and other members of the family for such a decision and delegating responsibility with checklists to help ensure full compliance
- Continually adding Flight specific items to ensure you are well taken care of in case of the decision
- Having multiple flight plans, with multiple destinations in case your initial plan cannot be carried out
- Maintaining gear as necessary to ensure the items work when needed
- Protecting against "likely" occurrences (like dead car batteries, EMP disruption and potential aggressors
- Working with like-minded people for future communications or future infrastructure enhancement
- Securing access to your gear, vehicles and access routes
- Trying to avoid finite timelines on gear and tactics, so you can use them indefinitely or with significant longevity
- Gathering information at all times to be able to anticipate small concerns which could be turned into
- Paying attention to the neighborhood and assessing fellow neighbors' mindset and concerns

- Keeping a low profile, without alerting too many people of your preparations.

It is this type of behavior that will keep you able to react to a major event and the aftermath, with the eventual possibility of a full bug out.

It's a decision only you and your family can make, and the best decisions rely on the best information. That information basis will consist of active intelligence, prior planning, basic knowledge of survival techniques, special skills, and physical preparations (which allows for specific knowledge of your sustainability).

ACTIVE INTELLIGENCE:

You will want to be on the lookout for new dangers, dwindling supplies and outside resources, as well as the morale levels and capabilities of those in your local community. New changes in normalcy and new faces can also be part of the active intelligence gathering, as these are indicators that larger changes are coming.

Having early detection devices for active threat detection is also important and can alert you to imminent danger and the need to bail out immediately. Using your own family as a gauge to the quality of life and morale can also be an important factor. Keeping hyper-local channels of communication open can be incredibly important.

PRIOR PLANNING:

Your prior planning will help you to stay on course and determine when "too late" has arrived for your current location. Knowing what you want to do and what is still available as an option can help you to delay actions where appropriate.

Having additional resources already taken care of is also immensely important: caches of supplies along the route; a bug out location with supplies and shelter and the ability to access life sustaining resources BEFORE you have to access them, can be a life saver. Being prepared to BUG-IN can be one of the most important parts to bugging out, because it extends your capabilities and allows you to remain safe for longer than you are exposed for, and can allow the bulk of dangers encountered in travel to die down prior to your bugging out.

BASIC KNOWLEDGE OF SURVIVAL TECHNIQUES:

The Native American Indians thrived for centuries prior to the introduction of new technologies, like firearms and mutated disease variants. Their main attribute was their ability to rely on their surroundings and utilize features and facets of nature to

emulate it to survive. In the spirit of the early Native American Indian, thousands of survivalists have hearkened back to these techniques and skills in an effort to find out the secret to long-term survival.

But the American Natives are just a piece of the puzzle. Sure, we'd all like to know how to start fire with two pieces of wood, hunt with a bow that uses a bowstring made of deer intestine, and use rocks to grind corn to make staple food preparations, but I'd personally be happy if I knew that YOU could use the tools I recommend in the bug out bag above.

Just knowing how to actually use these items to survive will help you to know what your extreme deviation will be. That is: if you know your shortfalls and extreme capabilities, you can then factor in these skills and techniques to determine the best time to regroup and move to a place where you can enhance those capabilities.

SPECIAL SKILLS:

OK desk jockeys and pencil pushers, what can YOU do to help rebuild a nation if need be? What skills do you have that actually translate to immediate benefit for a community which is suddenly thrust into a primitive position?

Sure, it's nice that you know how to prepare a tax return, but if there were no government, could you churn butter or build a windmill or field dress a deer? These types of skills will give you a perfect indicator of your potential survivability in a bug out situation and will ultimately contribute to your decision on the matter.

If you are capable of things that many others are not, or have so-called "primitive" skills which communities need, you are likely to find infrastructure to belong to or have a much easier go at things in your bug out location.

PHYSICAL PREPARATIONS:

Aside from the fact that your health status and physical capabilities are of utmost importance (yes fatty, if you're expecting to bug out on foot with a 75 lb. backpack, you've got a tough road ahead), other aspects to your physical preparations are also important.

No, really, this isn't so much about overweight preppers getting big ideas; it's about being practical in your expectations. We all probably enjoy some types of food too much for our own good... In reality, though, you need to get your information

straight about your canned goods, your fuel sources and your munitions so you can make the best determination as to when these stores become low enough to cause additional exposure to danger.

We need to remain vigilant in our assessment of ourselves as we determine the best bug out strategy and be able to keep ourselves ready to go at a moment's notice, but not before it make real sense to do so.

CONCLUSION: THE CASE HAS BEEN MADE; THE TIME TO START IS NOW

You've probably noticed the high level of repetition in this book, with the multiple mentions of several key concepts. Hopefully you take this ideology with you as you plan for your own bug out bag(s) as this ideology is incredibly relevant.

Let's take a single example:

If I were using a water filter, of which I had only one, and then as I was filtering I accidentally slip and the filter falls down fifteen feet only to shatter on rocks below, it's ruined.

With only a single filter, I would be reduced to very primitive water filtration techniques, opening myself up to diseases and causing myself hundreds of hours of additional work in the near term, simply to find potable water. Having a secondary (or like my recommendation states: having 3-5 backups) filter will save me a lot of wasted time and undue risk. Isn't the risk and cost worth the initial small investment in redundancy?

Things happen, tools break; without modern society or a subsection of society functioning at full capacity, it can be difficult to keep items safe, working and at peak capacity.

This repetition isn't because I think you are incapable of realizing my points or too stupid to grasp this concept, but because prepping isn't cheap, and it's so important in the event of a crisis. These items with need for redundancy are crucial to survival in many different scenarios, and this warning and ideology should be adhered to.

Your benefit in this game is that you're looking for information and working on being prepared NOW; many others haven't even realized the writing on the wall.

When you know something is coming, but you aren't sure what, the best thing you can do is be prepared for anything. It's not a matter of what is going to put you into bug out mode because the bug out bags in this book can handle almost any conceivable scenario. I've personally used this exact setup through the two biggest fires in San Diego

County history and during a cleanup volunteer trip to post Katrina New Orleans. I'm confident that during the worst that nature or "human nature" can throw at you, this setup would help you emerge a survivor, and take you past the point of merely surviving to truly thriving.

I've heard worries from the Zombie Apocalypse to the next super storm; a major terrorist attack to an EMP; solar flares to a pandemic; bugging out sometimes is the ONLY way to survive. What you need to know is that you and your family could remain safe, get a head start on the next step, and avoid all the hurdles that come along with leaving during or after a major event.

In the end, it's not just about quality information; you need to be invested in the process, open to allowing the lifestyle to take some hold on you and willing to succeed. Survival is not for the timid, it's not for the toe testers of the water, it's for people who recognize a need and want to solve a problem before it manifests itself.

The case for the bug out bag has been made; you've got the facts and the tools to get the job done right. The time is now to get prepared so when the SHTF, you can bug out, without fear, hurdles or delay.