

The Bug Out Plan



Table of Contents

Table of Contents.....	2
You need to move!	3
The basics.....	3
When would Bugging Out be advised?	4
Bug out Bag Requirements	6
More than one person	10
BOB on a budget.....	11
Recommended BOB contents.....	13
The Bug Out Vehicle	15
Test your BOB.....	16
Other things to consider	17
My final advice	17

You need to move!

You don't need me to tell you about disasters happening all over the world, when we least expect. And you don't need a near death experience as a proof that IT CAN HAPPEN TO YOU!

What you DO need is to learn how to be prepared.

Emergency preparedness is just good common sense, it's in our nature as survivalists, it's easy and it always pays off. Once disaster hits, you won't have time to shop or to search for supplies. It would most probably be too late for that anyway.

However, if you've prepared a Bug Out Plan and assembled a Bug Out Bag, your chances of surviving are much higher. And you're ready to move!

The basics

My basic recommendations are: a supply of food, water, clothing, basic shelter, medicines, and documents placed together so that in the event of a natural disaster or terrorist attack, these basic supplies can be quickly retrieved and at least some level of comfort or sustenance can be assured.



Prior planning with all members in the family is also required. Think to yourself what would happen if an expected event occurred at different times of the day. Could you reach your spouse? Can you get the kids? If you can't get there, is there somewhere the family can meet?

These questions must be asked and answered before any situation would occur. It would even be prudent to print procedures and place them in the cars so that there are no questions when an event occurs. Try to establish some form of reliable communication



so that all family members can stay informed of the present situation. Cell phones are very susceptible to adverse situations and should not be relied upon.

The theory is that when an attack or natural disaster occurs, it takes a period of time before any government assistance can be organized and effected. In reality, any meaningful assistance may be weeks or even months away.

In the event of a large natural disaster such as hurricanes, depending upon the extent of the damage, it may be several months before services are returned to normal.

When would Bugging Out be advised?

It could be something simple and common, such as your home catching fire. Or an ice storm just dropped that 200 year-old oak right through your house. Perhaps a train derailment with train cars suddenly spewing toxic chemicals and the wind is favoring your home's location.

Occasionally, tornados devastate large areas leaving entire neighborhoods utterly destroyed. It may be something as simple as a heavy snowfall preventing you from returning to your home until the road crews can plow out the roads.

The most frightening concern is presently a deliberate attack by terrorists using some sort

of chemical or biological agent. Another real concern is that terrorists may detonate a Nuclear weapon, either an actual weapon, or a 'dirty bomb'; conventional explosive in conjunction with nuclear material. The actual nuclear weapon



would be the most serious, particularly if the terrorist completely understood the intended use of the weapon.

Dirty weapons would have small area of blast damage but contamination would deny a large area to use. Nuclear waste material may be spread over a very large area depending on the wind strength and direction. Most likely, any nuclear weapon would be beyond the capabilities of any terrorist organization. We hope.

You may choose to Bug-In. Just stay where you are if it is safer than moving to another area. You still need the same basic items if you stay home and if you leave: shelter, water, food, communications, and a means to defend yourself.

There is a good argument for keeping your BOB in your primary vehicle, for then it will most likely be with you regardless where you are: at work, home, the mall, a friend's home, wherever. Just about any vehicle has the space available to keep a container of sufficient size for a BOB.

There are different schools of thought when it comes to a 3-day supply of necessary items. What may be appropriate for one person may be woefully lacking for another. Children have their own needs and so do the elderly or persons requiring constant medications. Each of these cases will have to be dealt with on a case-by-case basis.

After carefully reading many different descriptions of what various companies included in their kits, I concluded that it would be more appropriate to make one from scratch.

Bug out Bag Requirements

What are the priorities? What is the most important? If I can only afford something small and cheap, what would be the best? All good questions and we will take a look at each of these.

Let's take the basic requirements in order. The most important thing, depending on location, is shelter. This may be less of a

concern in mild weather in a safe environment, but it is always important.

Shelter can come in various forms. It may be that you have made prior preparations and you elect to bug-in. In this case everything you need will already be at your location. People who live in rural areas are most likely to be able to do this. The fact remains that a great proportion of the population lives in the cities and for that reason, attacks most likely will occur in these areas. If this is the situation, then your shelter will no longer be your primary residence.

It seems most people imagine surviving out in the woods, but the truth may be closer to staying in a community shelter or another persons' home or garage. You will need some type of sheeting to keep rain and snow off, some type of blankets to keep reasonably warm, and hopefully some way to ensure at least some degree of privacy. A heavy 'survival blanket' would help a great deal. The small silver blankets made of foil are nearly useless. Do not depend of them as your only source of protection from the weather.

The next is **water**, without it, life is limited to several days-

again depending on the environment. The amount of water required to sustain life is about 3-4 quarts per person per day. A more realistic figure is 2 gallons per day per person. For a 3 day BOB that would mean carrying 6 gallons of water per person. Not very realistic.



So to make up the difference between what you can carry and what is actually required, some means of filtering water must be available. There are several types and sizes of water filters, learn all you can about them and then choose wisely. No quality filter is cheap, we are talking survival here. You can carry two 1-liter bottles easily, perhaps a 2-quart canteen, but a filter is almost a necessity. Water purification tablets are available and may prove worthwhile.

Food is important, although you can live many days or even weeks without any, your thought processes will be hampered without sufficient nutrition. With food, there are many different approaches to carrying enough to last 3 days. Some kits don't have any, figuring it is not required to eat to survive three days... Some have 'energy bars' that look and taste like firewood to sustain you.

You could use 'backpacker' freeze-dried food. Tastes good when prepared correctly, but requires both heat and water to prepare. Military 'MREs' are an option. They do not require heating, although they taste better if they are. They do not need any additional water to prepare them, fairly lightweight and last for a considerable time. What I have chosen is a mix of MREs, dried food (Ramen noodles) and trail mix (raisins, chocolate chips and Unsalted nuts). Between the three types, basic nutrition is assured.

Personal protection is important if the situation becomes grave, there are indeed individuals out there who would not think twice about killing you or your family to get your supplies or even just for fun. Problems routinely occur when discussing personal protection. A natural human reaction is to decide that none is required in the hope that only decent, honorable persons will be encountered is the

situation becomes grave. I only wish this would be the case, however, it is not.

There is a small segment of all societies that is criminal. Sorry, it is a fact and must be accepted as such. Whether you survive due to prior planning, donations from others, or sheer luck, when dealing with a criminal-you must have a means of defending yourself, your family and your supplies.

Communications are important when the situation is not clear and making correct decisions requires information not readily apparent. Safe areas, shelters, escape routes, contaminated areas and other critical information is required to stay safe.

A portable radio, preferably a Short Wave receiver, can allow you to receive this information. There are many options available in SW radios, but the one that is the most important is – is it with you? Even the finest, fanciest, SW radio will do you no good if it is plugged in back at your home.

There are some wonderful, small and sensitive SW radios out there for a surprisingly small sum of money. One important consideration is whether or not the radio can receive Single Side Band transmissions. It is important because almost all Amateur Radio Operators (HAM's) use SSB when they transmit.

Radios without SSB capability cannot receive HAM transmissions. Unfortunately, none of the really small SW radios have SSB capability. Perhaps having a more capable radio stashed at the BO locations would be advisable. If your concern is a three-day period of chaos and then back to normal, the compact SW receiver would foot the bill.

If you were planning for a ‘The End Of The World As We Know It’ situation, then the best radio you can buy would be appropriate. The most useful SW radio currently available that is easily portable is the Sangean 909, also known as the Radio Shack DX-398. They will receive all modes, are powered by four AA batteries, and are very sensitive. A roll-up wire antenna should be considered mandatory with any radio receiver.

Medicines and first-aid kits are among the items that must be planned for. A small first-aid kit should contain items that would be useful for treating small injuries and minor problems likely to come up in these situations.

Simple things such as aspirin and Neosporin, Imodium AD and band-aids may prove to greatly speed healing and add comfort when under duress. Persons who require specific medications will have to take this into account when building up a BOB. The short life span of some types of medication will require frequent rotation into and out of the BOB.



More than one person

The next question is what to do if there is more than one person. This BOB is suitable for one person only, if more than one person, or an entire family, more supplies and equipment are required. Duplicating the entire setup is not required for additional persons;

however, clothes, water and food are areas that need to be addressed when additional persons are considered.

Each person, including children, should have their own pack with the basics. Water, food, sturdy shoes, sturdy clothes, medicines would all have to be carried by the individual. Items such as communication gear, weapons, tents (if any) and many other items would be shared by members of the same family.

For many folks, there is a genuine factor of cost. There are great numbers of people who literally live from one paycheck to the next. For those folks, putting money into a BOB means something else has to give. Not an easy choice.

Fortunately, many of the items that make up a BOB can be obtained very economically or perhaps are already owned. Many of the items could be obtained from a thrift store, flea markets, garage sales, or found in weekly ad papers. Starting at the most important and working down, a BOB could be assembled over a period of time quite cheaply.

BOB on a budget

What would you get first if you were really short on money?

- Old clothes, including warm winter coats, gloves, hats
- Sturdy boots, used ones from the Thrift store will work, so long as they fit well
- Blankets, Thrift store, flea markets, saddle blankets from the Truck stop, old sleeping bag

- Plastic sheeting, heavy painter's drop cloths – Wally world or Home Depot
- Clothesline, for making shelter or tying thing up – Wally world
- Two bottles of water – Wally world
- Water purifier tablets – Wally world
- Several Bic lighters – Wally world
- Boy Scout Manual or other Survival Manual – Thrift store, flea market, used book store
- Some dried food that will keep – Grocery store
- Flashlight with spare batteries and bulb – Wally world
- Maps of the local area
- Large sheet of 'heavy duty' aluminum foil – for cooking, baking, or even making cups out of
- Large Ziploc bags and some trash bags – for gathering and storing water and other items
- Decent knife – used is great, really be nice to have both a pocketknife and hunting knife

With even this amount of gear, you will be better prepared than 90% of the population and it really wouldn't cost much at all. Get packs for the kids with old boots that fit well, some blankets, some old clothes, and some bottles of water. The most important thing is to do something.

For those who like checklists to work from, here is a list that is certainly acceptable. You may elect to have more or less than this but it is a good place to start. Remember, this gear does not have to be new; it can come from any source as long as it functions well.

Recommended BOB contents

- Non-descript backpack that is sturdy but discrete
- Well broken-in hiking boots
- One set of sturdy clothes – jeans, socks, heavy shirt, etc.
- One two-quart canteen or two 1-liter water bottles
- Heavy ‘survival’ blanket
- Saddle blanket or sleeping bag liner (fleece bag)
- Rain poncho, ‘tube’ tent, plastic sheeting
- Long-life food, MRE, freeze-dried, trail mix, power bars, hard candy, beef jerky
- Water purifier/filter, purifying tablets
- First aid kit, lip balm, sunblock
- 50 feet parachute cord
- 25 feet ½ inch rope
- Handheld scanner/2-way radio with appropriate frequency information



- AM/FM/SW radio – solar powered w/hand crank would be best, spare batteries if not
- Amateur radio transceiver, FRS, GMRS, CB radio for short-range communications
- Cigarette lighters
- Sturdy knife i.e.: K-bar, rigid hunting knife
- Hat with wide brim
- Flashlight w/duct tape wrapped around handle, extra batteries and bulb
- Signal mirror
- Whistle
- Leatherman Super tool w/flashlight (include spare batteries and lamp)
- TP, feminine hygiene products
- Survival manual
- Cash, coins (for phone)
- Writing materials
- GPS
- Compass
- Maps of the immediate area and Bug Out areas, Gazetteers are great! (They include GPS grids)
- Copies of important documents

- Mess kit, including P-63 type can opener (small, folding can opener that fits on a key chain)

Separate – kept in vehicle (optional)

- Gas mask and spare filters
- Cold weather coat, gloves, hat
- Sidearm, shoulder rig, hip holster, extra magazines, ammo, cleaning kit
- Web gear
- MBR (SKS, AK, Mini-30 etc.)

The Bug Out Vehicle

This is not necessarily mandatory, but I'm going to list some of the features that your Bug Out Vehicle should have in an ideal situation and you can adjust this to your own possibilities:

A BOV should be or have the following features:

- 4x4
- large enough to fit your family, pets and your core gear
- have a trailer hitch - receiver style (a front mounted hitch receiver is also a good idea)
- have at least one winch, two would be better (front and back)
- be in good repair and running condition

- have upgraded shocks or springs (better towing and cargo capabilities)
- have a brush guard
- have at least one full size spare
- a cargo basket or roof racks on the top (increased gear storage)
- have driving and fog lights
- largest tires possible
- skid plates (front minimum - transfer case and drive line advisable)
- gas tank protection (skid plate)
- have a good CB and antenna (full size steel whip antenna with spring at base)

Test your BOB

Your BOB, the contents, the plans – they are only plans until you test them and make sure they work. Take a weekend; pretend something bad happened and just bug-out! Literally grab the spouse and kids and go. Take lots of notes and see what you are missing or what you have too much of. Do the test several times and try to make it fun for the kids. Like camping you didn't plan for...

One test is pretty easy, on Friday night, go over to the water valve and turn it off. Then go to the main electrical panel and turn it off. Tell the wife and kids no water or electricity until Sunday night. Try

to make a game of it. Hope you bought a 5-gallon bucket, trash bags and kitty litter! (The toilets won't work without water...)

Other things to consider

When was the last time you went to the dentist? Got a complete physical? In the habit of leaving the car nearly out of fuel? (Never let it get below half-full!) No food in the house? Have to stop by the market on the way home to get something to eat?

Preparedness is a state of mind and a lifestyle. Being alert to your surroundings, keeping a broadcast radio receiver on all the time (quietly, so you can hear alerts), keeping spare water, food, fuel and other supplies you would really need if the situation calls for it.

Get a weather alert radio and set it up so that it will sound an alarm when required. The S.A.M.E. (Specific Area Message Encoding) units are programmed to sound an alert only when one is scheduled for your Zip code. It will save many unnecessary wake-ups in the middle of the night. The same radio that will wake you up for severe weather will also sound an alarm for other emergencies.

If the country comes under attack, or there is some other local or regional danger, the alarm will sound and you can turn on the radio to get more information. This additional time by this warning may save your life. Imagine an attack at night while you were asleep, how would you know until morning?

My final advice

I'm not going to insist on how important it is to be prepared. Instead, I'll give you some final suggestions, hoping that this guide will allow you to live, from now on, with the peace of mind that your family is safer.

- Place your supplies in an easy to carry bag or backpack. You can pick up inexpensive, quality packs from military surplus shops or higher quality packs from camping stores. Pick a bag that is both comfortable and sturdy. A pack with a waist belt offers great lower back support.
- Store your B.O.B in a convenient place known to all family members and keep another in your car.
- Rotate your stored food and water supply and batteries every six months to ensure freshness.
- Re-evaluate your B.O.B. regularly, and update clothing or supplies seasonally.
- Ask your physician about storing prescription medication as it may do more harm than good if expired.
- Have a phone tree to make sure your family and friends are accounted for in an emergency.
- Come up with contingency plans. For instance, know how and when it is necessary to shut off gas and electricity. Don't forget about your pets!
- Have an evacuation plan with your family or team in case you become separated during an outbreak. Pick a safe meeting place that works for everyone.

- Learn skills, like First Aid and CPR, which may be useful in an emergency. Hone these skills so you're comfortable using them in a crisis situation.