

## Bad stuff happens

Floods, tornadoes, hurricanes terrorist attacks and more. Just turn on your TV to watch the latest disaster unfold. Most of us are lucky, we'll never have to escape the clutches of a natural or man made emergency.

Ask yourself this question, if a disaster hit your neighborhood would you want to be:

**A** - running around your house or office panicking trying to throw some stuff together or

**B** -ready to leave in an instant,increase your chances of getting out and living to tell the tale.

If you said "A" stop reading now and go turn on the TV. Sorry but you're a victim, not a survivor. If your answer was B, you've already ahead of the game. Now, read on.

A "BUG OUT BAG" is designed to be ready when you leave the scene of a disaster and help you survive without assistance for up to 72 hours (3 days).

A simple idea but worth more than gold, when you need it.

Your bug out bag must be packed, ready and easy to reach. So it could be kept in your car, office or close to the main entrance of your home.

What goes into a B.O.B. (bug out bag). Here is a list of essential items that will help you get through the crucial 72 hours.

### 1 - Food and Water.

One Liter per day is the bare minimum a person will need to survive. That means 3 liters per person must go into the bag.

Freeze dried meals (just add boiling water) are the best short term solution because they are lightweight and don't take up too much room.

At least one hot meal a day per person goes into the bag.

### 2 – Clothing

Each person will need one change of clothing adjusted to suit the normal weather conditions at your location (for example you'll need gloves and sweaters if you're in a cold climate)

### 3 – Shelter.

You need some form of tent if you are going to increase your chances of survival. Shelter will give you an dry warm place to sleep and protect you from the weather conditions.



### 4 - First aid Kit

Buy one or make up your own, but most important of all, learn how to use it. Consider taking a basic first aid training course.

### 5 - Simply Essential.

Basic stuff you must have in your BOB: waterproof matches and at least one other thing that will light a fire.

- Waterproof outer garment like a jacket or army poncho.
- Something to cook with like an small pot with a camping stove (and the fuel that goes with it)
- Lights, torches or flashlights with plenty of batteries.
- A good wilderness knife.

### 6 - Knowledge.

Consider taking a survivalist or wilderness survival course. At the very least take along a good survival guide. [get more info](#)



### 7 - Medication.

If your or someone in your family takes medication regularly, make sure you have supplies that will last for 3 days.

Some people may say that we've left a ton of stuff off this list and they'd be right. However this is a list of the ESSENTIAL gear that needs to be in your bag. Buy everything some guys recommend and you'll need a small truck to carry it around

OK so I understand why I need a Bug Out Bag and I agree with your list of things that go in one. But answer me, this where do I get one? Good question. Well the simple answer is buy a ready made fully equipped bag like this one.



[Get more info](#)

Just make sure that as a minimum is has everything on our list. The answer that the dedicated survivalist will give you is this: "Assemble your own." Just buy a a rucksack and go on a shopping spree!

Whatever you decide, please make sure you get one today, because you don't want to leave it until it's too late!

***"Don't expect the worst, just be prepared!"***

To learn more about surviving a disaster take a look at this ["The Survive-Anything Course"](#)

