

My Bug Out Bag (Go Bag)

By William Kim Sherman , Sept. 9, 2014 , website: www.WA8KIM.com

A Bug Out Bag (BOB) is a portable kit containing items required to survive 72 hours during an emergency evacuation. The purpose of the kit is to allow a person(s) to evacuate quickly if a disaster should occur. It is preferred to keep it light and easily transportable, such as in a backpack or shoulder bag.

Common items typically included in a BOB include:

- First aid kit
- Water for drinking & washing
- Food / granola bars
- Fire starting tools
- Flashlight / Candles / Radio
- Emergency contact info on paper
- Shelter (tent, tarp, mylar sleeping bag, etc.)
- Rope
- Swiss Army Knife
- Medications for 72 hours
- Weapons (Knife, gun)

The following items are items I have in my personal Bug Out Bag:

Wise Food Storage: Deluxe Survival Kit (*\$239 WiseFoodStorage.com*)

2 week survival product and food kit for 1 person or 1 week for 2 people.

- Wheeled Duffle Bag
- Aqua Block Water 8.5 oz (9)
- Swiss Army Knife (1)
- Compact Multi-Function Shovel (1)
- 5-in-1 Survival Whistle (1)
- Emergency Ponchos (2)
- Deluxe Hygiene Kits (2)
- NIOSH N95 Dust Masks (2)
- Hand and Body Warmers (2)
- 2 Person Tube Tent (1)
- Deluxe First Aid Kit (1)
- 12 Hour Bright Stick (1)
- 30 Hour Emergency Candle (1)
- Packages of Pocket Tissue (6)
- 4-in-1 Dynamo Flashlight (1)
- Deck of Playing Cards (1)
- Water Proof Matches (50)
- Waste Bags (2)
- 50 ft. Nylon Rope (1)
- Note Pad (1)
- Golf Pencil (1)
- Mylar Sleeping Bags (2)
- Leather Palm Work Gloves (1)
- 36 Piece Bandage Kit (1)
- Water Filtration Bottle (1)
- Water Purification Tablets (20)
- Portable Stove (1)
- Stove Fuel Tablets (16)
- Metal Fork (1)
- Knife and Spoon (1)
- Sierra Cup (1)
- *Wise Emergency Food Supply (44 Servings) including:*
 - Savory Stroganoff
 - Chili Macaroni
 - Creamy a la King and Rice
 - Pasta Alfredo
 - Creamy Pasta and Veg Rotini
 - Teriyaki and Rice
 - Creamy Tomato Basil Soup
 - Hearty Tortilla Soup
 - Apple Cinnamon Cereal
 - Brown Sugar and Maple Cereal
 - Crunchy Granola



Adventure Medical Kits: Adventure First Aid (*\$19.97 Amazon.com*)

- 16 - Bandage, Adhesive, Fabric, 1" x 3"
- 1 - Bandage, Adhesive, Fabric, 2" x 4.5"
- 4 - Bandage, Adhesive, Fabric, Knuckle
- 12 - Bandage, Adhesive, Plastic, 3/8" x 1 1/2"
- 4 - Bandage, Butterfly Closure
- 4 - Dressing, Gauze, Sterile, 4" x 4", Pkg./2
- 4 - Dressing, Gauze, Sterile, 2" x 2", Pkg./2
- 4 - Dressing, Gauze, Sterile, 3" x 3", Pkg./2
- 2 - Dressing, Non-Adherent, Sterile, 2" x 3"
- 1 - Gloves, Nitrile (Pair), Hand Wipe
- 1 - Trauma Pad, 5" x 9"
- 1 - Moleskin, Pre-Cut & Shaped (11 pieces)
- 1 - Bandage, Elastic with Clips, 2"
- 1 - Cold Pack
- 2 - Safety Pins
- 1 - Scissors, Bandage with Blunt Tip
- 1 - Splinter Picker/Tick Remover Forceps
- 2 - Thermometer, Disposable
- 1 - Caring for Children in the Outdoors Manual
- 3 - Acetaminophen (500 mg), Pkg./2
- 3 - Antihistamine (Diphenhydramine 25 mg)
- 3 - Ibuprofen (200 mg), Pkg./2
- 1 - Aspirin (325 mg), Pkg./2
- 1 - After Bite® Insect Relief
- 12 - Antiseptic Wipe
- 2 - Cotton Tip Applicator, Pkg./2
- 1 - Tape, 1/2" x 10 Yards
- 4 - Triple Antibiotic Ointment, Single Use





BioLite CampStove & KettlePot (\$129.00 & \$49.95 *BioliteStove.com*)

- Uses pinecones, twigs, small branches, etc. as fuel
- Boils 1 liter of water in 4.5 minutes
- Has a USB port with built-in battery:
 - iPhone 4S (2G): 20 minutes of charging provides 60 minutes of talk time.
 - Can run USB powered lights even using the on battery
- Has a 2 speed fan to assist flames and adjust temperature.

Other Miscellaneous Items:

- SOG Tactical Tomahawk (\$25.99 *Amazon.com*)
- Potable Aqua Water Purification (\$6.49 *Amazon.com*)
- Katadyn Pocket Water Filter (\$301.33 *Amazon.com*)
- Aquamira Frontier Filter Straw (\$7.62 *Amazon.com*)
- Adventure Medical Kits Sol 2 Person Mylar Blanket (\$5.43 *Amazon.com*)
- Lighters (BIC and a Zippo)
- Zippo Lighter Fluid
- Butane Torch
- Butane Refill

