

72 Hour Bag for Bugging Out

Why have enough supplies for at least 72 hours? Disaster relief organizations advise that it may take up to three days to reach those who are in large disaster areas. Of course, experience has shown the 72 hour rescue advice given by disaster relief organizations can be far off the mark, as in the case of the Katrina disaster where emergency services often did not reach stranded survivors for more than a week. Should a disaster of even larger proportion occur, one can imagine having to rely upon oneself for a much longer time. Regardless of how long a disaster situation lasts, a bug out bag will certainly increase your comfort, safety, and chances of survival. These emergency supplies will form the basis of your ongoing survival strategy.

Contents of a Bug out Bag

Typical contents of a bug vary by individual experience and choice. Commonly, a bug out bag includes:

- Food and Water for three days
- First Aid Kit
- Disaster Plan with location and contact information of emergency services
- Maps and compass
- Emergency shelter such as tents and tarps
- Supplies for the building of fire including a lighter, waterproof matches, Fire Steel
- Cooking supplies
- Clothing
- Bedding such as warm blankets or sleeping bags
- Medicines
- Tools and survival gear
- Weapons
- Pet Supplies
- Radio
- Lighting
- Water purification (chemical, filter, etc)
- Signaling (whistle, signal mirror, flares, etc)

As your survival experience grows, you are likely to make additions to your bug out bag. These may include:

- Means to obtain additional food through hunting, fishing, trapping, etc,
- Items that may be in short supply in the community and therefore easy to barter. These may include coffee, tobacco, salt, extra food, etc.

Keep your Bug-Out Bag in Readiness

Having your bug out bag nearby and ready to go will provide you with a level of security and preparedness that few others have. Should a disaster emergency strike, your first support will never

come from emergency services – it will come from your own survival training and preparation. So be prepared! Have your 72 hour emergency bug out kit close to hand at all times and be ready to Bug Out.