



HOW TO BUG OUT

Survival Guide

INTRODUCTION



Regardless of the circumstance (man-made or natural disasters), you must establish a plan in advance to have the necessary items for survival on hand to move quickly.



Hi, my name is Kris (aka City Prepping) and I have been involved with emergency preparedness for several decades now. Between achieving Eagle Scout in my youth, doing humanitarian work in impoverished areas of Mexico and in 3rd world nations such as Afghanistan, and receiving C.E.R.T. training, I've come to learn the foundations of preparedness that I'll outline in this document.

Several factors could drive you from your home and force you out. If the environment is unsafe; if a raging fire or floodwaters are descending upon you; if an angry mob is coming your way and burning everything to the ground; if your resources have run out, all of these might force you to survive by leaving the safety of your home. This guide will provide you with an in-depth look at bugging out.

Over the last several years I've developed over 750,000 subscribers on my [YouTube channel](#) and during that time, I've both gained a new level of appreciation for being prepared during these times of uncertainty and have learned from the community's insight.



I've created this quick guide to help you flee if there's a disaster. You may be forced to leave your home during or after an unforeseen disaster due to factors beyond your control. We've witnessed the impact of war forcing people to flee. We've seen fires sweep into communities giving residents a few minutes to leave before their homes were burned down.

WHERE ARE YOU WHEN DISASTER STRIKES?

The only safe place to survive in place through most disasters is probably an underground bunker. Of the estimated one percent of people in America prepping today, there's perhaps less than one percent of those preppers in a position to have an underground bunker. Let's face it, that's not a likelihood for most. Our homes, though, are our castles, as they say. We fortify the walls and security. We store and conceal our preps. We dim the lights, quiet our noise, and keep the curtains and blinds drawn. Many preppers stop there, reasoning that their windows and doors are the locations of their final stand against whatever the world throws at them, and it is the place of their last stand for them because they have no plan to escape when they need to. The reality is that there are genuine



circumstances where your neatly stored 6-month' worth of preps will be utterly useless to you because staying where you are isn't feasible. Ask anyone who lived in one of the Santa Rosa neighborhoods wiped out by wildfires in 2017. Ask anyone who lived in one of the 1,000 homes wiped out in mere minutes by the fire in Boulder County, Colorado. Those people all felt comfortable and safe in their homes. Some of them may have even been preppers. That didn't matter, however. They would have perished in the same fires that destroyed everything they called home if they had stayed. If you live in an apartment building, condo, or even the suburbs, you can have all your preps in place, but it won't matter if your neighbor's garage catches fire and high winds are fanning the flames in your direction.



Even animals instinctually know when to hunker down in their lairs and when to run. Even a herd of rabbits knows to build more than one means of egress from its warren. So too, you have to factor in the possibility that your home base won't be a safe option for you. Much will depend on where you are at when the disaster strikes. The rest will depend on how bad the disaster is and whether it threatens your continued safety to stay in or get home. If you would have to pass through the epicenter of a disaster to get to your home after a disaster, you might be better off abandoning your plans to get home and looking for alternative solutions. An earthquake could make roads and bridges impassable. A flood could render vehicles and

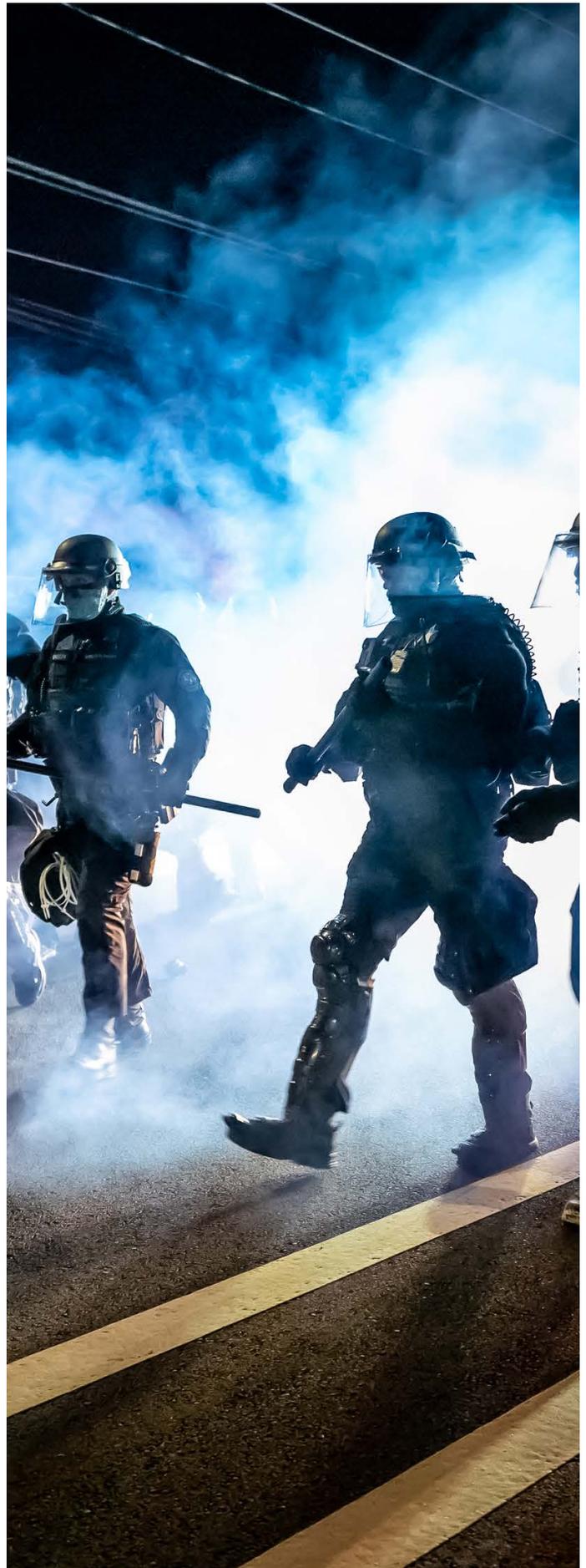
land transportation useless. If you have an EDC or Everyday Carry bag, your decision process concerning making your way home to your preps or sticking it out where you are becomes infinitely more manageable. If you find yourself on foot and ten or more miles from home when disaster strikes, you may have no choice but to find shelter where you are or find protection and safety even further away from home. Think of how many disaster movies are built entirely around the premise of the protagonist either fleeing from or trying to make it back home. It's a genuine conflict. If it can carry a Hollywood plotline, it is probably also a premise you should consider in your disaster plans.

There are four instances when you should always evacuate and never try to stay put: floods, wildfires, hurricanes, and hazardous chemical or radiological spills. An approaching storm will give you days of warnings and enough time to gather what you need and make tracks. A wildfire or HAZMAT situation may give you only a few seconds warning or no warning at all. Often, floods occur after you are already trying to bug in, so you may have to get to your roof as your only option to survive if the waters rise high enough. If any of these four disasters strikes, get out. Don't stay behind. Statistically, your odds of survival are low if you try to stick it out and stay. Call these your force majeure situations-- unforeseeable circumstances that are a greater force than you and your preps.



The second factor after where you are when the disaster strikes is the magnitude of the disaster. If the disaster is civil unrest, you may be safe from marauding looters and government forces deployed to contain the conflict. Still, you might not be safe from a series of building fires blowing flames and choking billows of smoke in your direction. I was once in a city where conflict zones were just a block or two away, but the street I was on was tranquil and carrying on business as usual. Also, there are some cities where you know certain streets you just don't go down. Understand the range of the disaster and determine the safest route or whether you should abandon hope of trying to make it home. If the disaster is so bad that all emergency services and relief efforts are entirely shut off indefinitely, leaving wherever you are may not be possible. Hopefully, you are at home and can safely lockdown with your preps. While it is a myth that lightning doesn't strike the same place twice, disasters tend to burn through their fuel and not reappear in the same places again and again. There are always exceptions to this, but a once-in-a-lifetime tornado through a community likely will not be followed the next day by another tornado along the exact same path. Looters who clear out all the grocery stores in one neighborhood aren't likely to revisit those same empty stores. Earthquakes can have foreshocks, but the likelihood of an even bigger quake after a historically big quake is small.

Consider how massive and widescale a disaster's destruction is. Where are you and your loved ones in proximity to the disaster, and how wide-reaching is the disaster? Can you get home? Can you stay at home? Has the initial impact of the disaster passed, and the aftermath of the catastrophe now more threatens you?



5-MINUTES



If starting right now, you knew you had 5 minutes to get your family out the door of your home with the gear necessary to survive for several days, could you do it? You need to have a plan to evacuate quickly. I always advise people when it comes to disasters to have a plan A, B, and C. In the context of this discussion, when facing a disaster in your area, plan A, the ideal option, is to stay in place, your home. Plan B is to head to a backup location. This is not an option for many, as having a dedicated alternative cabin or off-grid setup can be expensive and financially out of reach. Plan C is to head for the hills, get out of dodge, or, as we call it in this community, bug out. This document will focus on the last part, plan C.



The first essential element is to have a plan for yourself to bug in or bug out. Have a plan with your loved ones that has both a rendezvous point and a plan to get home from any of the

cardinal directions around you. Discuss the “what ifs” around the most likely disasters you may face. Make it a point to know more than one route to any destination and to have more than one means of conveyance. If you rely solely on traveling down the highway in your car, what will you do when the weather or a downed bridge prevents you from traveling that route. Just this year, thousands were recently forced to overnight on a freeway in Virginia after a winter storm forced its closure. Fortunately, there were no reports of deaths or injuries. It was just a major inconvenience for those stranded. They got lucky. Many who went through that ordeal now realize the value of having the proper gear in their vehicle and hopefully now have a plan to deal with a situation like that should they face it again.



Having a plan in place is so critical. Make sure you have either a tremendous street-by-street knowledge of your area or a decent map in your EDC bag. Make sure you know more than one route. It doesn't take an extreme disaster to bring down or overwhelm cellular services, so you won't be able to rely upon the voice on your phone to tell you when to make a left turn.

Establish a bug-out location and rendezvous points opposite each other-- North and South or East and West of your home. You may have to take a circuitous route to get there, but if your spouse is working nearer one of the

established points when a disaster strikes that will prevent them from getting home, you will know where they are likely heading. They will know where you are likely heading. Get familiar with the area that will be your rendezvous point. It should be far from crowds, isolated, and often overlooked. Establish one spot there where you could leave a note for the other. Your rendezvous point may become unsafe, as well. Know under what conditions you will abandon it and where you will go next. It is best to plan for several predetermined locations to cover a variety of disaster scenarios. Based on where the disaster strikes and where you are when it does, you will be able to deduce the best, most logical spot for you to go.



If you don't have an extra pair of walking shoes in the trunk of your car or your EDC bag, how far will you get in dress shoes, sandals, or heels? Even when we dress warmly in the winter, we really only dress warm enough to get from point A's warmth to point B's warmth. We rarely dress to endure the freezing cold for hour upon hour. The reality is that you cannot prepare for all circumstances; however, if you plan and prepare for a few, you will find that you are covered well for most events.

I always recommend that people have a friend or family member randomly text them as a sort of agreed-upon game. Tell them, "Okay, if disaster X happened right now at Y location, what would be your plan?" The random time of the text simulates the true randomness of a disaster. The exercise of thinking out your personal plan at that moment has three purposes. First, it trains your brain to develop a plan to face the challenges you actually might face one day. It trains your brain to be the calm solution-oriented doer instead of the frantic and erratic panicker. Second, it serves to inform you of the resources around you and the resources you might consider you still need. If you work on the outskirts of town and through the woods when a massive storm hits, throwing a foldable saw in your trunk might mean the difference between being trapped and getting home.

The final thing this exercise does is to lead you to a larger plan and larger conversation that instills confidence and calm in you and your people. Assessing and discussing the "what ifs" and scenarios with those in your group provide you with a holistic view of your prepping. It sharpens your focus and keeps you from prepping on a tangent for unlikely scenarios. The collective brainstorming activity challenges you with multiple scenarios and conditions. It is a process of pre-discovery that allows you to remain calmer in the crisis and pivot when necessary. It brings all your people onto similar pages and helps you understand how others might react. That can help you to know where they might go and what they might do if a disaster strikes that has you separated from them.

Have a plan. Have a map. Pack some basics in your vehicle and an EDC bag you can stash in your car. Know your options so you don't run out of them altogether. You're not crazy for thinking disasters might strike at any time. They do. You would be crazy to know that fact and still not develop a plan.





IT'S IN THE BAG

So here's what we'll cover:

- What to grab
- Transportation options
- Where to store items you'll take
- Where to go
- Navigation

WHAT TO GRAB

Let me start by saying that these items I'm about to recommend are what I consider the bare minimum. You may have a different list of critical items based on the disasters you are most likely to face, but if I knew I had a minimal amount of time, let's say 5 to 10 minutes, these are the items I would recommend.



The first item is [bug out bag](#) itself. I've done several videos on building a bug-

out bag, and I suggest you consult my YouTube video on that or the materials in the [Prepper's Roadmap course](#). In both places, I walk you through all the major categories to consider when building your bag for both adults and children. Bug-out bags serve an essential role in providing you with the necessary items to keep you alive for three days. These bags have items ranging from shelter to food and sleeping gear to communication devices. You must have these bags on standby, ready to go at a moment's notice. Additionally, you must keep the following next to or in the bags:

- Shoes or boots: with the socks inside
- Clothes: you may not have time to get these out of your closet. I keep mine stored in my bug-out bag for this very reason. An old pair of tennis shoes, socks stuffed in them, and a windbreaker and hat will keep you protected in a wide range of scenarios.
- Water: I keep several 5-gallon water containers next to my bags that I can quickly load into my vehicle.
- Critical medicine: if you have medicine that you need to take, be sure to leave a note with your gear to grab it and where it is specifically located in your

home should someone else have to grab your gear.

- Important documents: either keep these in a safe next to your bug-out bags or have a note detailing where they are in your house. A note about records: I scan and keep mine stored in the cloud, using a service called Dropbox. You can also back up your data on a thumb drive. If you go this route, secure it with encryption or using biometric encryption.
- Shelter: while our bug-out bags have shelter included, I do not currently have a tent in our bags as our climate doesn't necessarily require it. Obviously, modify that depending on your area. Nonetheless, I keep a tent on standby to toss in the car with our bags.
- Pets: it's good to keep their vaccination records with your other documents. Additionally, keep a leash, a few food bags, and a collapsible water bowl next to your gear to ensure they're taken care of.
- Security: when it comes to this item, I keep the necessary items in a vault next to my gear. Keep in mind that depending on the severity of the situation, local law enforcement will likely still be enforcing regulations, or they may not even be present, and security may fall on you. Plan accordingly.
- Power production: this last item is optional but should be given thought at some level. Most of the electronics (flashlights, radios, etc.) in our bags are rechargeable. I carry a small solar panel in our bags. There are several options on the market. They're powerful enough to charge your smartphone or flashlights or a small battery. If you want something a bit more powerful, something like an [Ecoflow Delta Max, Jackery, or any other product on the market will be helpful](#). If you're shopping for these devices, I'll provide a link to a recent, in-depth video I just released, which will help you understand these devices.



If you're loading these bags into your vehicle, be sure to load them last so they are the easiest to grab quickly should you have to abandon your vehicle quickly.

TRANSPORTATION OPTIONS



Let me start by addressing the most common question: what is the best bug-out vehicle? The simple answer is the one you have available. For most people, there are three primary options.

The first and most important is some type of motorized vehicle everyone can get into quickly, such as a car, van, or truck. In our case, we have a family mini-van and a 4x4 jeep. One pro-tip on your vehicle: get in the habit of keeping their gas tanks at least $\frac{1}{2}$ full at a minimum at all times. For us, we'd load the critical gear in the Jeep first as it has the most options regarding where it could travel should the roads become jammed and we had to abandon our van. We'd take both vehicles to give us options. Remember, two is one, and one is none.



The next is a bicycle or motorcycle. I don't have a motorcycle, but they definitely provide more

options regarding the distance and terrain you can cover. We have bicycles for each family member and a bike rack that fits on the back of my Jeep for our family. So should time permit, I would add these on the back of my Jeep. But if our vehicles were not an option for whatever reason, a bike is an excellent option as you can go places some vehicles simply can not. If you have a small child, make sure you have a small bike trailer or a seat on your bike for them. Speaking of bike trailers, these are great options for carrying a child and critical gear you may want to take. Bikes allow you to cover long distances with less effort than walking, which is our final option.



Walking has its pros and cons. For pros: it allows you to go places neither a vehicle nor bike can go. But the cons are plentiful: you can not cover as far as distance, if you're not in shape or have an injury, this presents challenges, you're exposed to the elements when compared to a vehicle, and the calories required to cover distances are significant necessitating you carry more food and potentially water depending on your area. Speaking of which, having a cache of food, water, or other important gear along your bug-out route could be critical to refuel you if you have to walk to your destination.

WHERE TO STORE ITEMS YOU TAKE



There are a few primary considerations when it comes to storing your gear:

- [Proximity to the exit] of your home, or more importantly, to your vehicles.
- [Temperature] of the area
- [Security and OPSEC]

Let's run through each of these.



So the first is proximity. A significant factor in getting out quickly with your gear is having it accessible. If your gear is buried in the back of a closet far removed from the exit route of your home, it does you no good if you can't access it in time. As such, consider a closet, shelves, or room closest to the exit. Most people are likely going to get in their vehicle when departing. Depending on where your car is kept, this is the ideal approach if you can keep the gear near it. I keep my Jeep in the garage, which is the primary vehicle I will load important gear into. I have my office next to the garage, so I keep all my bug-out gear on a shelf in my office. This serves three purposes for me: the

first is proximity which I just discussed. The other purpose is that my office is temperature controlled, which is our 2nd point. Why is temperature an essential factor? Some items, namely food, and medical gear, that you will have in your bags will not last long in high temperatures.



An alternative is to remove these items from your bags and place them somewhere cooler if you keep your bags in a warm area such as your garage. Still, I try to avoid adding complications and instead prefer speed, so I keep all the items together and store the bags in a place where I can control the climate. A side note about breaking up the gear in your bags: if you go this route, be sure to have clear notes with your bags as to where these separate items are stored. If you're in a rush to get out, you'll likely forget them. The other purpose for why I choose my office is OPSEC and security. OPSEC is short for operational security: keeping your information private. In this case, I don't want people coming into my home to be aware of my gear. When it comes to security, I want to keep the items secure. I don't store my bags in the garage for all these reasons. If a neighbor walks by when my garage door is open and sees all my gear, that defeats the points we just covered. Plus, my garage gets hot, and I don't want to impact the items I listed: food and medical items.

Everyone's situation is unique, so use these points as a framework and adjust accordingly.



WHERE TO GO

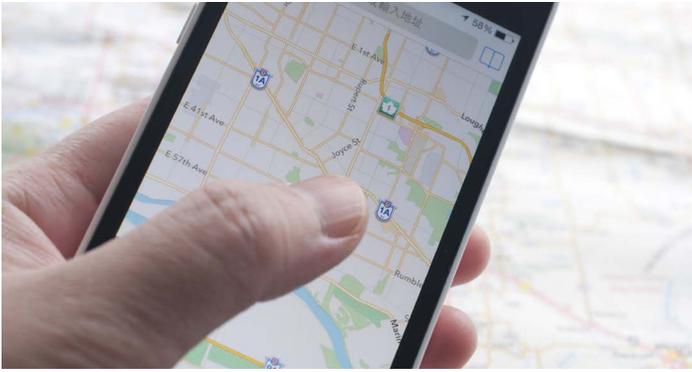
You must define this in advance. If you bug out with no designated place to go, you're a refugee. The most likely situation is that if you're forced to flee, you'll go to a friend or family member's house. I would encourage you to have these items already defined on either a map or an app on your phone. When panic sets in and you're fleeing a situation, you will very likely forget things that you once could rattle off the top of your head.



For some, heading to a hotel either in your city or outside might be your first option. I would encourage you to find a hotel that meets your specific needs regarding cost or other essential factors like whether they'll accept animals or not if you have pets. You may consider loading the hotel's app on your phone with your credit card information already set up. Why? If there's a disaster, people will likely flood the hotel's phone line to grab a room. If you already have your information stored with the hotel, hopping on an app and reserving your room will allow you to lock in the confirmation quickly.

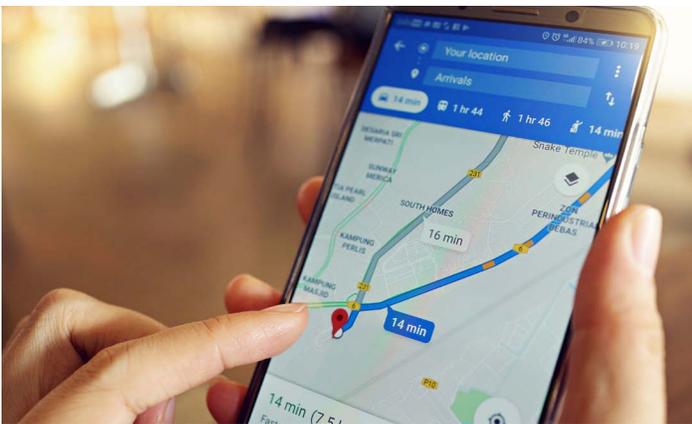
Apart from going to a friend's place or hotel, always have other options lined up in if staying in your local area is not a choice. Alternative bug-out locations are essential when plan A and B no longer becomes achievable. I can't emphasize this point enough: redundancy. Have a plan A, B, and C when it comes to where you'll go if you're forced from your home.

NAVIGATION



When it comes to navigation, let's be honest, most of us are used to pulling up an app on our phone. There's nothing wrong with this, and we'll discuss a few essential apps in a moment, but remember, our phones and other devices rely upon satellites to power our GPS devices. A solar flare, coronal mass ejection, EMP, or other events could render these useless.

Most are probably familiar with apps like Google Maps, Waze, or Gaia GPS when it comes to our phones. These apps can work if there's no internet or phone service. Your phone can still connect to satellites to determine your location via the GPS receiver in your phone. If you have the map downloaded in these apps, but the internet is not available, you'll still be able to determine your location. You would be wise to download the map that is the area between your home and the places you would want to head to.



First, let's talk about Google maps as it is probably the most popular. If you hop over to Google and type in "How to download google

offline maps," Google provides step-by-step instructions. Again, as we just mentioned, you can use Google maps even if there's no internet connection for areas you have downloaded before the internet goes offline.

The two other apps I referenced, Waze and Gaia maps, are both popular apps like Google allows you to download the maps in advance. Of all the apps we've referenced here, I would highly recommend Gaia. Our Scout troop uses this for hiking, and there's a paid version if you want more features. I often use this app when off-roading by downloading the map of the area I'll be covering in advance.



One device I often reference on this channel is the Garmin inReach mini. These aren't cheap, but they're packed with several unique features. Like the apps referenced earlier, you can download an app on your phone and then download maps to the app, and this device via Bluetooth will sync to your phone so that you can see your movements on the app. The other apps we just covered a moment ago can do the same via the GPS tracker built into your phone, but the unique feature is that you can send and receive text messages via satellite with this device. So if the internet in your area is completely down and you need to communicate outside, this is the way to go.



The last option on this point is a simple map and compass. I did a video a little over a year ago which covered the basics of this. They're honestly not that expensive if you don't already have a simple compass. You need to get a local map when it comes to maps. And by local, I don't just mean a state map, but a map of your city and surrounding area. You can typically pick these up at your local AAA office locations. Have routes already marked and places you want to go to. You should define alternative routes as the main roads will very likely be blocked by heavy traffic if everyone else tries to evacuate at the same time.



TIMING

Timing is everything. You will likely be unable to beat traffic unless you have some way to determine an incident before it happens. You might get stuck in heavy traffic depending on your location, especially in an urban or suburban area. Having said that, having your gear ready to go at a moment's notice gives you an advantage of heading out while the masses are trying to get their stuff together. So being prepared ensures you're not caught unaware and allows you to move faster before everyone else when every second counts. Being prepared makes a big difference.



If, for whatever reason, you do not make it out before the masses, having alternative routes defined in advance will be even more critical. I decided to go with a 4x4 because carrying bikes on the rack on the back of my Jeep gives us options if we have to abandon our vehicles.

Remember, having a plan A, B, and C is essential when disasters happen. You may have heard the quote from Mike Tyson, "everyone has a plan until they get punched in the mouth," or you may have heard the military strategist statement, "no plan survives first contact with the enemy." When approaching the concept of bugging out, you must be flexible. While planning is essential, things will likely go wrong, but adaptability will be crucial.



WHAT TO PUT IN YOUR BAG

Documents

- Copies of identification, important documents, licenses, deeds, pets & animal records
- Contact information for utilities, services, institutions, relations
- Home inventory (photos of possessions) on thumbdrive
- Family photos and other comfort items

Backpack

- Look for a bag with a hip belt and ideally 40L or larger:
<https://amzn.to/3FabVo6>

Portable Solar Blanket

- Use coupon code “cityprepping” at checkout for 10% off:
<https://bit.ly/3onVITQ>

Shelter

- Survival tarp/blanket:
<https://amzn.to/3ablfsR>
- Bivvy sack: <https://amzn.to/3o9m9fR>
- Mylar blanket: <https://amzn.to/3yfRVgb>

Water

- Water bladder:
<https://amzn.to/3eGbiXX>
- Water bottle:
<https://amzn.to/3hqWPR8>
- Water key: <https://amzn.to/33zkmqW>

- Sawyer water filter:

<https://amzn.to/2ZaeeDk>

- Purification tablets:

<https://amzn.to/3tGkFLc>

- Liquid hydration multipliers:

<https://amzn.to/3fa1fcG>

- Electrolyte tablets:

<https://amzn.to/2Ze7u7u>

- Zipfizz energy:

<https://amzn.to/3y1NeGt>

Light

- Red blinking light for backpack:

<https://amzn.to/3fa2xEy>

- Headlamp (USB chargeable):

<https://amzn.to/2NjAHeO>

- Vipertek tactical flashlight:

<https://amzn.to/2Z9lqyr>

- Glowstick: <https://amzn.to/3aeTuAG>

Fire

- Waterproof matches / BIC lighters:

<https://amzn.to/2Q8sj3m>

- Fire rod: <https://amzn.to/3tA8gJJ>

- Firestarter (wetfire):

<https://amzn.to/3fgOC1j>

- Aluminum foil

Navigation

- Compass: <https://amzn.to/2LKDRro>

- InReach Mini GPS Satellite

Communicator:

<https://amzn.to/3jKqDhV> (expensive but allows you to send text messages via a satellite connection)

- Map of your town or city, regional map of your area. While a giant fold-out map of your state is excellent, you probably won't be able to travel that far after a catastrophic disaster. It is better to have a few single pages, laminated closeups of your area at a scale of less than 1:253,000 or four miles=1 inch for your purposes here. An even smaller map scale will allow you to mark significant resources and routes of egress before laminating.

Here is what you should consider marking on the maps before laminating them and storing them here:

- Wells and waterways
- Highlight multiple routes from your home to safety or a bugout location
- Multiple routes to and from work
- Geological points like caves and rock shelters
- Areas of danger from a higher risk of potential industrial disasters, crime, or structural debris zones.
- Homes of other family members, friends, or members of your mutual assistance group
- Bugout or alternate locations
- Trails and bike paths
- Animal shelters
- Known evacuation centers
- Medical facilities

Choose a map that has a level of detail to allow you to navigate safely. On a flat map, you may not be able to see that a hill is impassable, that vegetative growth would make traveling on foot impossible, or that a stream is too wide and fast-moving to be safely crossed. Know these zones along whatever routes you anticipate needing to take and mark them appropriately.

Security

- Vipertek tactical flashlight: <https://amzn.to/2Z9lqyr>
- Pepper spray: <https://amzn.to/3aYnwYI>
- Tactical keychain: <https://amzn.to/3LzMw9O>

- Firearm (please secure it and observe state and federal laws when carrying)

Food (3 days worth)

These options for food are really up to you and your budget. There are many options on the market, far more than what I list below. Find what works for you. You want calorically dense food that contains fats, sugars, and/or starches that your body can process. If you haven't eaten it before, don't put it in your bag. After a disaster is not the time to discover allergies or suffer from bloating or indigestion.

- Millennium Energy Bars: <https://amzn.to/3wjtjR>
- MRE: <https://amzn.to/3foKdaD>
- Freeze-dried food: <https://amzn.to/3fovlJA>
- Pet food. If you plan on taking your pet with you, pack a few days of food for them. Depending upon the animal, a big dog, for instance, might be fitted with its own bugout vest with compartments to carry its food and water. There is less need to worry about rotating pet food out of your bag or keeping it updated. Dogs, for instance, have long built up immunities to pathogens and food-borne illnesses that we have no resistance to at all. If you can pack a couple of days of food in a thermos or mylar bag with an oxygen absorber, Fido will be very appreciative. Bith a thermos or mylar bag can be repurposed as required.

Clothes

- Jacket
- Leather gloves: <https://amzn.to/33Aomrl>
- Pants
- Sport undergarments
- Boots
- Socks (wool socks that wick off moisture)
- Baseball cap
- Bandanas
- Ponchos: <https://amzn.to/3d5epbq>

Medical

- Ibuprofen: <https://amzn.to/3wdketM>
- Israeli bandage: <https://amzn.to/3jYPqYn>

- Tourniquet: <https://amzn.to/3d7qOeR>
- Moleskin: <https://amzn.to/3rNSWYK>
- Gauze: <https://amzn.to/3d8lhDN>
- Bandage wraps: <https://amzn.to/3d70iIM>
- Sunscreen: <https://amzn.to/3eE5IFL>
- Sting relief: <https://amzn.to/3hkRZVx>
- Neosporin: <https://amzn.to/3tSEiRJ>
- Glue for cuts: <https://amzn.to/3o70O6S>
- Quikclot: <https://amzn.to/3fe5nln>
- First Aid Wipes: <https://amzn.to/3uFhF3I>

Toiletries / Hygiene

- Hand sanitizer
- Paper soap: <https://amzn.to/2QpCbWC>
- Antiseptic wipes: <https://amzn.to/3fed15x>
- Wipes/toilet paper: <https://amzn.to/2RbeTnO>
- Bug repellent wipes:
<https://amzn.to/2RLZz0G>
- Female products
- Brush with mirror: <https://amzn.to/2R2JIR7>
- Chapstick: <https://amzn.to/3w3DQAv>
- Towel: <https://amzn.to/3hju8G3>

Comms

- Crank radio: <https://amzn.to/3tCwNgf>
- Whistle: <https://amzn.to/3vW8QSM>
- 2-way radios: <https://amzn.to/2RpCkda>
- HAM radio: <https://amzn.to/3yjtdeD>
- Emergency signaling mirror:
<https://amzn.to/3bi1Jfw>
- Rite in rain notebook:
<https://amzn.to/3rPfyRS>
- Pen

Power

- Crank radio: <https://amzn.to/3tCwNgf>
- Solar blanket:
<https://www.offgridtrek.com/products/>
- Power cords for all devices

Information

- SAS survival guide: <https://amzn.to/3fo6AwV>

Tools

- Morakniv: <https://amzn.to/3fd8Rei>
- Multi-tool knife: <https://amzn.to/3vWUO3k>
- Gorilla duct tape: <https://amzn.to/3d9F8Uq>

- Saw: <https://amzn.to/2SAynCA>
- Paracord: <https://amzn.to/3d6CRcv>
- Zip ties: <https://amzn.to/3o5DUNi>

Whether you bug out or bug in, it all comes down to constantly evaluating and questioning the threats you face, making timely decisions, and acting upon your knowledge and experience. There are no easy answers. No equipment or prep will guarantee you make the right decisions and survive whatever calamity you face. After all, they wouldn't be disasters if they weren't challenging. They would be inconveniences. Still, knowing what you should be evaluating, having and discussing emergency plans, and having a bag you can grab and go will help you if you need to hunker down, and they'll definitely help you if you are forced to abandon your home and stored preps.

As always, stay safe out there.

Kris (a.k.a City Prepping)

Here are some additional videos for further information:

- How to Bug Out - A Step by Step Guide - <https://youtu.be/1EMuTrx-JBI>
- 5 Reasons Why Bugging Out Is A Horrible Idea - <https://youtu.be/QLFNgaV0c00>
- How to Build Bug out Bags for a Family - <https://youtu.be/zhP4KWryWhc>
- Can't Afford a Bug Out Location? Alternatives You Should Consider - <https://youtu.be/L1TRKFIhHO8>
- How To Bug Out With Pets In An Emergency - <https://youtu.be/GEqukuBfLRY>
- 10 Great Depression Bug Out Bag Items - <https://youtu.be/OcZughvRmQM>
- How Safe Are Your Bug Out Escape Routes? 7 Ways To Get There Safely - <https://youtu.be/tfoiZKavRCw>