

Emergency Preparation:

**Getting your Bugout Bag
Ready
For
Evacuation**



**Prepared and presented by
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For the
GO OUTSIDE FEST 2018
Roanoke VA**

Food and Water

Plan for three days:

This is a very subjective topic. I prefer freeze-dried foods because they are so lightweight. Many of these are packaged for 1-4 servings. The drawback to these are that you need to have access to and boil water for each meal.

Pack snacks and food that you like so that the *Comfort Factor* is working for you.

The average person needs approximately 1 gallon of water per day for food prep and drinking.



Remember the Rule of 3's

You can only survive:

3 minutes without AIR

3 hours without SHELTER

3 days without WATER

3 weeks without FOOD

Personal Gear Suggestions

- Hygiene
 - Toothbrush, toothpaste
 - Mouthwash, floss
 - Shampoo
 - Ear plugs
 - Comb
 - Compressed towels
 - All-purpose soap
 - Nail file, cotton balls
 - Sewing kit
- Medications
- Hand towel, bath towel
- Bandana
- Sleeping
 - Pillow
 - Sleep sack
- Spare clothing
 - T-shirt
 - Long-sleeved shirt
 - Shorts
 - Long pants
 - Socks (2)
 - Underwear (2)
 - Undershirt (2)



Supportive Gear

- Water bottle
- Cup for boiling water
- Cup for drinking
- Mess kit
- Flashlight
- Playing cards
- Small stove
- Room lighting
- Rain poncho
- First aid kit
- Trash bag
- Contractor bag
- Mask and gloves
- Mylar blanket



Items to consider when packing your GO Bag



Lighting

- Flashlight
- Room lighting
- Targeted lighting

Gear ties



Toilet paper



Blanket

(Tech Blanket by Thermarest pictured)



POWER AND COMMUNICATIONS STATION

- AM/FM/Shortwave Radio
- Walkie Talkies
- Weather Radio
- 5W Solar Panel w/ Battery Pack
- Battery Packs for phones
- Lighting
- Spare Batteries
- Battery-operated Fan w/spare batteries

