

The 7 Types of Gear you must have in your Bug Out Bag



Bug Out Bag

For someone new to being a Prepper building your first Bug Out Bag can seem like a big task. Everybody you read about has been tweaking theirs for months or even years and has a pile of gear built up. It's hard to know where to start, but if you cover all of the basics in a survival situation you will still be much better off than 99% of the people.

A Bug Out Bag, (also called a BOB, Get Out of Dodge Bag, GOOD, or 72 Hour Bag) is usually designed to get you out of an emergency situation and allow you to survive self-contained for up to 3 days. A lot of people plan their Bug Out Bag to sustain them for much longer than that, but there is always a limit to what you can carry on your back and a 3 day target is a good place to start.

Here are the 7 basic types of gear you will need for your Bug Out Bag:

1. Water



It should go without saying that water is a survival basic for any situation. In a survival situation water quickly becomes the most precious commodity.

1 Liter per day per person is really the bare minimum. So your 3 day Bug Out Bag should have at least 3 liters of water.

To expand your capability or survive longer than a couple of days you will need a water purification system. This can be as simple as boiling water and iodine tablets, or a serious water filter.

- You can use a Collapsible Water Bottle for extra storage.
- Make water collection easier with a Backpacking Bucket.
- Use Coffee Filters to extend the life of your water filtration system.

2. Food



Backpack Meals

For a 3 Day Bug Out Bag Backpack Meals and Energy Bars can be sufficient. Backpack meals are freeze dried meals that you just add boiling water to. They are light weight and last a long time.

Obviously you will need a longer term food solution in any type of wide area catastrophe, but for your basic Bug Out Bag backpack meals are a good set up.

3. Clothing



Your Bug Out Bag clothes should be similar to what you would pack for a weekend backpacking trip.

- A pair of sturdy boots or shoes
- A pair of long pants (preferably not blue jeans)
- 2 Pairs of socks (preferably not cotton)
- 2 Shirts (Maybe 1 long sleeve and 1 short sleeve for layering)
- A Jacket that is both warm and protection from rain

- Warm long underwear of some kind
- A hat
- A Bandana

This list could go on for a while and many people would never dream of leaving their Bug Out Bag without twice that much, but in a pinch that set up could get you by for 3 days.

Be sure to plan for the weather in your area: Do You have Seasonal Clothes in Your Bug Out Bag?

4. Shelter



If you are going to survive for 3 days you are going to need protection from the elements and a warm dry place to sleep. You need at least:

1. Some type of tent or tarp and a way to set it up
2. A ground tarp for underneath your shelter to stay dry or a sleeping pad (Never underestimate the importance of this)
3. Some type of Bedroll, preferably a good sleeping bag.

5. First Aid Kit



Trying to cover everything you need in your Bug Out Bag First Aid Kit is another article entirely to itself, probably several more. I won't try to cover it because I would surely leave something out.

What I will do is recommend that you build your own First Aid Kit instead of buying one of those prepackaged first aid kits that claim to have 1001 things to get you through any emergency. While some are ok, in my experience these types of kits are usually filled

with a lot of stuff you are unlikely to need and not enough of the things you will probably need a lot of.

Plus, building your own first aid kit gives you an intimate knowledge of what it contains and how to use it. How many people buy one of those pre-made set ups and just assume they are prepared because there's so much stuff in it there must be what I need? Bad Idea.

First Aid Gear: [Have a Sawyer Extractor for Poisonous Snake Bites](#)

6. Basic Gear



Basic Gear sounds repetitive but it is my category for the things you absolutely cannot live without but don't really fit well into another category. It will be enough to get you by for a couple of days.

Rain Gear – at least 2 ways to stay dry in the rain. Poncho and Coat are good coupled with your Tent/Shelter

Fire – A bare minimum of 3 different ways to make fire. With that you can get a flame but you will have to actually build the fire up too so don't forget items for tinder.

You're also going to need something to cut your firewood and a knife uses too much energy long term.

Cooking – Bare minimum here is a small pot/large cup to boil water in for both drinking and freeze dried meals. A small backpacking stove and fuel are better.

Light – At least 2 dependable [flashlights](#) and a backup set of batteries for each.

Survival Knife – The most used and most versatile tool in your Bug Out Bag is your survival knife.

Paperwork – Make copies of your drivers license, passport and critical paperwork to identify yourself. Remember that you can claim all day long as to how you are but the agencies sent to assist in a disaster need documented proof of some kind. Additionally include credit card information with accounts and contact numbers, financial account information, insurance information, utility information and phone numbers for family, friends, utilities and financial services you use. Store all of this information in a

waterproof container. It would be helpful to have a home and property (cars, recreational equipment, home contents) inventory identified, recorded and in an electronic format such as a thumb drive to help expedite any insurance claims you may need to make.

7. Weapons



The fact of the matter is you are might be dealing with a “Without Rule of Law” situation, or close to it, and people are likely to do crazy things. Being prepared to defend yourself is part of the prepper mindset.

Obviously a firearm of some sort is best for this. (Though not in all situations) I will not go into specifics about what type of gun you should bring because that is hotly debated and really a personal choice. Take what is comfortable to you.

Outside of guns your survival knife could be used as weapon if you had to. Also something as simple as a big walking stick or club can be a strong deterrent for bad guys. It’s all about giving yourself options.