

# Urban Emergency Kit (Bug Out Bag)

## CORE Essentials List

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A 'bug out bag' otherwise known as '72 hr kit', 'go bag', 'survival kit', 'emergency kit' or 'personal emergency relocation kit' is a survival kit designed to meet your needs in the first 72 hrs of a crisis. Each member of your family should have one. 'Bug out bag' and '72 hr kit' are common terms that are used interchangeably in the survival community. The term 'bug out bag' has its origins in the military. Its a term used to describe the emergency survival kits which contain life-saving food, water and supplies that Air Force pilots carry with them should they crash, especially behind enemy lines.

Investing in creating a bug out bag is probably one of the most important things that you ever do. This bug out bag list is suited to a wide range of emergencies and not any in particular. That way, you're more prepared for the unexpected. What goes in your bug out bag will largely depend on your environment and emergency plans, so keep this in mind.

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Here is a list of the core essentials that we believe should be in every bug out bag:

- **Water** - A standard rule of thumb is to have at least 3 litres per person per day at the minimum (see suggestions for carrying options below):
  - 40 oz Kleen Kanteen
  - GSI Outdoors nested cup which can be used for cooking food and boiling water
  - US GI Surplus 1 Qt Canteen with stainless steel canteen cup
  - Life Straw Go
  - Hydration bladder
  - Foldable water carrier
- **Food** - Enough for 72 hrs with room for stretching. Pack easy to prepare, ready to eat, no-cooking-required meals (see below recommendations):
  - MRE Hunger Buster Ration Pack or Happy Camper Gourmet meals
  - Protein, energy, fruit/nut bars
  - Beef jerky
  - Tea, coffee, salt, pepper, sugar and curry sachets
- **Chow Set** - Because eating with your fingers is unhygienic
- **Multitool** - Good multitool like a Leatherman, Gerber or Swiss Army with a can opener
- **Fire starting kit** - Waterproof matches, butane lighter (BiC brand), magnesium fire starter with saw striker and cotton pads with a dab of petroleum jelly or Vaseline on them; commercially produced artificial tinder such as WetFire and TinderQuick are great options to consider
- **Survival Knife** - A cheap but reliable Mora Companion knife or the Bear Grylls Survival Knife make excellent starter survival knives for those on a strict budget
- **Knife sharpener** - To touch up your knife when out in the bush; no good having a dull survival knife
- **550 cord** - 100 m of genuine, US made, 550 paracord; Titan is a great brand
- **Water Filter** - The Life Straw Personal and Sawyer Mini are top of the range filters and

are quite inexpensive; also a good idea to carry Katadyn water purification tablets

- **Map compass** - A military surplus or Silva brand; know how to use it
- **Maps** - Good enlarged maps of your local area and state; ensure that they are either waterproof or kept in a protective case
- **Binoculars** - A good pair of army surplus, eyepiece focus, 6 x 30 binoculars
- **E-tool or folding trowel** - For sanitation purposes and digging trenches
- **Pry or wrecking bar** - For urban survival purposes (optional)
- **Slingshot and ammo** - For hunting purposes
- **Torches** - 1 x headlamp, 1 x handheld cree LED torch (preferably over 100 lumens and uses AA or AAA batteries), 1 x hand-cranked emergency torch (optional)
- **Spare batteries** - For torches and electronic devices
- **Shelter** - Bivvy sack, survival space blanket, tarp, groundsheet, wool blanket
- **Hygiene** - Small personal hygiene/toiletry kit for obvious reasons:
  - Small soap bar
  - Small bottle or tube of shampoo
  - Cotton Buds
  - Dental Floss
  - Folding toothbrush
  - Small tube of toothpaste
  - Folding Mirror
  - Natural bees' wax lip balm
  - Coleman Camp Toilet Paper
  - Coleman Bio wipes
  - Hand sanitizer (with vitamin E)
  - Feminine hygiene items (obviously if female)
  - Nail Clippers
  - Scissors
  - Tweezers
  - UPF 50 + sunscreen
  - Bug repellent
- **Small first aid kit** - Should include the following extras along with the included basics:
  - Antibiotics
  - Gauze
  - Medications (if required)
  - Moleskin
  - Quik Clot trauma pack
  - Super Glue
  - Suture Kit
  - CAT Tourniquet
  - Triangular Bandage
  - 3 x heavy crepe roller bandages (for dealing with snake bites)
- **Emergency radio (hand cranked)** - For listening to what's going on, this will keep you one step ahead of the rest of the populace
- **Emergency cash** - Carry at least \$100 in smaller denominations in a ziplock bag
- **Bandanna** - Has literally dozens of survival uses
- **Waterproof notepad and pen** - Rite in the Rain makes some excellent weatherproof notepads and pens

- **CB Radio** - At the moment, we recommend the Uniden UH950s UHF CB radio as it is tough, rugged, waterproof and has a lot of features for the price
- **Survival Guide** - We recommend the *SAS Survival Guide* by John ‘Lofty’ Wiseman which contains tons of invaluable survival information
- **Folding saw** - The Silky Pocket Boy is a great option; uses up less calories than an axe
- **Important Documents** - Copies of driver’s license, birth certs, passports, insurance, bank account records, personal ID, list of important phone numbers etc
- **Clothing**
  - Spare underwear, T-shirt and socks
  - Beanie, leather work gloves, bandanna and neck gaiter
  - Long sleeved work shirt and pants
  - Medium weight fleece jacket
  - Rain jacket or army rain poncho
  - Shemagh or tactical headwrap
  - UV Resistant sunglasses
  - N95 Respirator
  - Protective medium impact goggles
  - Ear plugs
- **Emergency Portable Power**
  - Solar charger - For powering electronic devices such as mobile phones, we recommend brands such as PowerMonkey, Goal Zero and Sunjack.
  - Hand-cranked charger
  - Phone charger
  - Mobile phone battery
- **Personal Survival Kit** - To be used only as a last resort (should include the following):
  - Waterproof matches
  - Water purification tablets
  - Small candle
  - Magnesium or ferrocium fire starter
  - Magnifying glass
  - Needles and thread
  - Small roll of duct tape
  - Small tube of super glue
  - Fishhooks and lines
  - Button Compass
  - Small button torch
  - Snare wire
  - Flexible wire saw
  - Band-aids
  - Mini survival guide
  - Basic knots reference cards
  - Water collection bag
  - P38 or P51 can opener
  - Small folding knife

Alternatively, you can buy a premade personal survival kit like the Bob Cooper Survival Kit or the Best Glide ASE Survival Kit.

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**“Be Prepared, Stay Alive!”**