

Minimum preparations for after PS survival (to get one thinking in the right direction)

Bug out back pack with: (priorities are water, food, shelter in that order)

Food: Dried beans, rice, protein powder, vitamins, pan to cook in.

Water purification: 1 micron or smaller ceramic or carbon block filter, iodine water purification tablets, plastic or SS container for carrying water (the bigger the better).

Rain-weather: clothing (rain resistance or wool or synthetic not cotton), poncho, rain coat,

Navigation: compass, maps

Shelter: tent, tarp, rope,

Fire starting: knife, magnesium flint starter, Cotton balls stuffed into small plastic pill bottle to keep them dry

Cooking: SS pot with handle to hang over a fire.

Extra clothing: Dark in color to avoid being spotted. Several changes appropriate for the weather.

Polyester or wool, cotton will rot in the continuous wetness.

Hiking boots: Above the ankle – to support the ankle from turning.

Fishing: Small fish hooks and fishing line. Gill net light weight 2-3" stretched.

SS Multi-tool

Medical emergency: Anti-fungal cream and bandages, as much veritiy as you can get in a small space.

Longer term items for bug out bag or bags:

Distilled water maker over camp fire

Seeds, shovel, - gardening gear

More quantity and variation of the above on food, water, clothing, fire starting, and shelter.

Wire cable snares, larger gill nets,

Hand tools to work with wood and metal and to take things apart with.

More medical supplies.

Hygiene supplies.

Base sites:

Electrical power generation: bike gen, water, wind, gasoline, wood gas, bio gas, etc.

Water purification: Distillation, RO (reverse osmosis), .9 micron ceramic filtering, .5 micron carbon block filtering, ozone treatment, Charcoal filtering, Sand filtering, particle filters, etc.

Food: Storage and preparation – endless options.

Shelter: Dome, metal 8x40 ft shipping container, trenches with sheet metal covers

Gardening: Seeds and hand tools

Tools: Hand and power of all types

Extensive medical supplies;

More extensive hygiene supplies:

Bug Out Bag Preparations

Rationale

The primary purpose of a bug-out bag is to allow one to act quickly and get out of town before the Pole Shift and associated disasters should strike and to do it before the others around you wake up to what is going on. It is therefore prudent to gather all of the materials and supplies that might be required to do this into a single place, such as a bag or a few storage containers. The typical recommendation is that a bug-out bag should contain enough supplies for at least seventy-two hours however in this case choose items that would be light weight and long lasting, for you will not be returning to the big cities. The bag's contents would vary according to the region and knowhow of the user. The main thing is big cities will be a death trap once the stores are empty and will not ever be resupplied. Thus the cities must be abandoned for the remote country life well before for this happens. Shelter in place should only be considered when living in a remote non-populated area and only then if the shelter will not collapse due to the predicted strong earth quakes and winds.

Typical contents

The suggested contents of a bug-out bag vary, but most of the following are usually included: Check off and purchase what indicates as will be useful to you.

- Enough food and water to last for 72+ hours. This includes:
 - Water for washing, drinking and cooking. Canada recommends 2 liters per person per day for drinking plus an additional 2 liters per person per day for cleaning and hygiene. New Zealand recommends 3 liters per person per day for drinking. US recommends 1 gallon (3.78 liters) per person per day.
 - Non-perishable food. Food should be dehydrated. Beans and rice with protein powder would be a minimum. Oatmeal, beef jerky, energy bars, MRE's and freeze-dried food. Choose for light weight. A bit of canned tuna and peanut butter if you can handle the weight.
 - Water purification supplies (no larger than 1micron carbon or ceramic filter with iodine or bleach for killing pathogens)
 - Cooking supplies – camping type.
- A first aid kit
- Fire starting tool (e.g., matches magnesium stick, lighter, candles etc.)
- A disaster plan including location of emergency centers, rallying points, possible evacuation routes, etc.
- Professional emergency literature explaining what to do in various types of disaster, studied and understood before the actual disaster but kept for reference
- Compass, Maps and travel information
- Standard camping equipment, including sanitation supplies
- Wet weather appropriate clothing (e.g. poncho, headwear, gloves, etc.) Hiking boots and two or more changes of clothing. Polyester, wool and synthetics will

not hold water like cotton. Cotton will rot and conduct heat away from the body in the predicted continuous wet weather.

- Bedding items such as sleeping bags and blankets
- Tent and tarp
- Enough medicine to last an extended period
- Pet, child, and elderly care needs
- Battery or crank-operated radio (low priority won't work after the PS, no stations)
- Lighting (battery or crank operated flashlights, head lamp task lighting)
- Multi-tool
- Whistle – use if lost or separated from others traveling with.
- Defense: Use pepper spray on humans, animals, and practice avoidance of confrontation. Go the other way if you can. Optional, firearm and appropriate ammunition for large wild animal defense if one knows how to use and is comfortable with firearms.
- Cash and change, as electronic banking transactions may not be available during the period of disasters leading up to the pole shift. Some cash will be needed while traveling to a safe location. After the pole shift cash will be useless. Barter system will be in effect.
- Positive identification, such as drivers license, state I.D. card, or social security card
- Fixed-blade and folding knife
- Duct tape and rope/paracord.
- Hand sewing kit, safety pins
- Plastic tarps for shelter and water collection
- Slingshot, pellet gun, blowgun or other small game hunting equipment
- Wire for binding and animal traps
- Insect repellent
- Two or three large lawn plastic bags and several small zip lock bags for keeping things dry. For example, dry fire starting material left over from the last fire.
- Toilet paper – also to help start fires.
- Knives: Swiss army knife and a large, fixed-blade survival knife.
- Stainless steel canteen – can be heated over camp fire to purify water.
- Multi-vitamins
- Mylar space or reflective thin plastic blankets to reflect heat back to the body.
- Fishing lures, hooks and line. Survival Gill nets are very light weight and effective.
- Collect and print survival information on shelter making, trapping, edible plants and bugs
- Communications: portable CB or ham radios.
- Small binoculars to see other, game before they see you.
- Shovel to dig a trench to get into at Pole Shift time.

----- List from: <http://www.thesurvivalistblog.net/bug-out-bag/> -----
The more lists you go though the more will find as being useful.

JUST IN CASE SURVIVAL PACK

Remember, this is a list of many the things you may or may not need and every situation is different so use your common sense and always pack your own bag!

Pack

- any quality waterproof pack with enough capacity will do.
- (high-vis for a rescue pack /earth tone or camo for a post apocalyptic pack)
- Hunting stores usually sell reversible hi vis. / camo. (Stick with earth tone or camo for after pole shift survival)

First -aid kit –

- It's best to assemble your own kit, tailored to your individual needs
- Any personal meds
- pain meds
- allergy meds or epi-pen.

Water

- canteen / water bottles / camel back
- charcoal filter
- water treatment tabs
- iodine tincture

Fire

- Waterproof matches
- Magnesium fire starter
- orange bic lighters
- fire-steel
- Wax paper (wrapped around lighters)

Food

- Book of edible and medicinal plants of your area!
 - (Pack enough to last 5-7 days)
 - jerky
 - energy bars
 - Gatorade powder
 - instant coffee
 - Freeze dried food
 - nuts
 - dextrose tablets
 - SALT AND BAKING SODA
- (Choose foods that are light weight and have a suitable shelf life.)

Stove / cooking

- compact camp stove
 - pellet stove
 - compact cooking set
- (Smoke and noise from the cutting and burning of wood would be undesirable if you are in hostel territory or being pursued).

Sleeping bags

- a good sleeping bag could mean the difference between life and death.
- Get a light weight "mummy" style bag rated to -20 degrees or your area.

Shelter

- Rain poncho
- tarp
- compact tent
- metallic emergency blankets
(Camo for cover or high-vis. for rescue).

Light

- Mini LED Flashlight
- Candle (good for starting fires in wet weather, not good when an earthquake knocks it over or in high wind)
- Head lamp (good for task lighting and walking around in the dark)
- extra lithium batteries (low self discharge NiMH rechargeables are best but need a way to recharge)
- Solar powered equipment

Tools

- folding saw
- diamond wire saw
- Swiss army knife
- fixed blade knife
- light weight trench shovel
- machete
- leather gloves
- light hatchet
- sharpening stone or tool
- small block and tackle
- super glue
- flat file or diamond file

Extra Clothing

- (REMEMBER COTTON KILLS!!!)
- Wool socks
- Polypropylene long underwear
- wool toque and mitts
- extra shoe laces
- hi-vis. vest and hat
- Gortex shell (top and bottom)
- (Hi -Vis or Camo)

Fishing kit

- As much as a Spool of fishing Line
- hooks and sinkers
- small lures
- Small barbed spear tip

Sewing kit

- Needle
- thread

- buttons

Navigational gear

- gps (only good if we still have sat-com. Will work before PS, not after.)
- compass (only good if we still have magnetic poles)
- topographical maps and a good understanding of your area

Firearms and Signaling

Everyone has their own idea of what the "perfect" survival firearm is or should or should no be.

- bear bangers
 - flares
 - Signal mirror
 - whistle
 - marine horn (also works on bears)
 - pepper spray
 - brass snare wire
 - TOILET PAPER!
 - at least 50 ft of parachute chord
 - Head bug net
 - electrical tape
 - gorilla tape
 - binoculars
 - monocular
 - tiny radio
 - aluminum foil
 - soap (hotel size)
 - bug repellent wipes
 - cheap sunglasses (won't be needed after the ps)
 - toothbrush with toothpaste in handle
 - large plastic bags
 - zip-lock freezer bags
 - blister treatment and moleskin
- ... and add to it your personal necessities:
- medicines
 - tampons
 - spare contact lenses
 - spare glasses

----- Another list of Basic Equipment Survey Checklist 2004 -----

- 3 Bag, Duffle, G.I., Nylon, Type II, O.D.
- 1 Harness, LBE "Y" or "H", Nylon, O.D.
- 2 Cover, Canteen, Nylon, O.D., 1 qt.
 - 1 Cup, Canteen, Steel, 1 qt.
 - 2 Canteen, Plastic, O.D., 1 qt.
- 3 Opener, Can, P-38, Steel or Aluminum

- 1 Utensil, Eating, Knife/Fork/Spoon
- 1 Kit, Mess, G.I., Steel or Aluminum
- 3 Matches, Waterproof/Windproof, Survival, Boat
- 2 Knife, Combat, U.S.M.C. K-Bar or Equiv
- 2 Pouch, Magazine, G.I., Nylon, O.D., 3 X 30 rd.
- 1 Shovel, Tri-fold, (G.I. Reconditioned NOT Chinese Import !)
- 1 Cover, Shovel, Nylon or Neoprene
- 1 Buttpack w/carrying Strap, G.I., O.D. (Nylon or Web)
- 1 Sling, Silent, 1 1/4" or M60 GPMG
- 1 Compass, Lensmatic, G.I., O.D., Tritium
- 1 Compass, Backup (Silva or Equiv)
- 1 Blanket, G.I., O.D., 80% Wool
- 1 Bag, Sleeping, G.I., O.D., Intermediate (Synthetic NOT Down)
- 2 Pouch, First Aid/Compass, Empty
- 1 Flashlight, Anglehead, O.D. or Black
- 1 Frame, Ruck, ALICE, LC-2 (or LC-1)
- 1 Ruck, ALICE, large or medium, G.I., Nylon, O.D.
- 1 Pr. Straps, Shoulder, Quick Release, ALICE, LC-2,(or LC-1)
- 1 Waist Belt, ALICE LC-2 (only)
- 1 Bladder, Canteen, 5 qt.
- 1 Poncho, Camo, Nylon , G.I., (1 req'd., 2 recommended)
- 1 Poncho, O.D., Rubber, G.I.
- 1 Liner, Poncho, Camouflage
- 1 pr. Pants, Rain, O.D. or Camo
- 1 Case, Map, Assault Systems type, Small
- 1 Kit, 1st Aid, Parachutist, Complete
- 1 Stove, Special Forces, ESBIT Type, Small
- 9 Hexamine, Bar, Heating (For Stove)
- 1 Carbiner, Steel, Black, (Search & Rescue Type)
- 1 Webbing, Tubular, 1" Black, Swiss seat, 14' long
- 1 Mirror, Distress, Signal, 2' X 3", G.I.
- 3 Repellent, Insect, G.I.
- 2 Stick, Camo.,Shades-Loam,light green,Sand,White,Etc.
- 1 Balm, Lip, Artic
- 1 Balm, Lip, Hot Climate (With #35 Sunscreen)
- 2 Bot Tab, Water Purifier (Potable Aqua) (Iodine NOT Chlorine)
- 1 Filter, Water, Micro-ceramic, (First Need)
- 2 Soap, Ivory (UNSCENTED)
- 2 Toothbrush/Toothpaste
- 1 Razor

- 1 Washcloth, O.D.
- 1 Towel, O.D.
- 1 Can, Silicone, Waterproofing Spray
- 4 Ration, MRE, G.I., Current Manufacture

Mandatory Clothing Survey Checklist

- 1 pr. Boots, Combat or Jungle
- 1 pr. Laces, Boot
- 3 pr. Socks, O.D., cushion Sole or Equiv.
- 3 Shirts, T., Choice of: O.D., Black, AIRR, or Camo
- 1 pr. Shells, gloves, D3A
- 1 pr. Liners, gloves, D3A, wool, O.D.
- 1 Sweater, Wool, Choice of O.D., Black, or Camo. ONLY
- 1 Sweater, Acrylic, Same as above, ONLY IF ALLERGIC to WOOL
- 1 Belt, Pants
- 1 set Long Underwear, Black, Thermax
- 2 set Pants and Shirt set, Fatigue, Camouflage, Ripstop
G.I. Woodland, G.I. Tigerstripe Viet-Nam
- 1 Jacket, Field, M65 Pattern of Uniform Chosen.
- 1 Liner, Jacket, Field, M-65
- 1 Cap, Patrol, Ear Flaps, Pattern Of Uniform Chosen
- 1 Cap, Boonie, Pattern Of Uniform Chosen

Tips & Tricks:

1. Your sleeping bag should ALWAYS be synthetic (holifil) or equivalent. DO NOT USE GOOSE DOWN. It gets wet, you freeze. You freeze, You die.

2. Water purification tablets should be IODINE based. Chlorine based tablets do not kill giardia parasites.

3. Use an unscented soap like ivory. Its cheap, keeps for a long time and is a good CATFISH BAIT for fishing. In addition, heavy perfume scents can be detected by animals in the bush (2 & 4 footed animals)

4. Don't be afraid to take advantage of the new fabrics to make like more comfortable. Gortex (waterproof), Thermax (warmth)

and Kevlar (antiballistic) are very useful. In addition, use of silicone waterproofing spray on cammies, boots, packs and sleeping bags is recommended.

5. When packing your kit ALWAYS distribute the weight evenly. Remember that someone besides an adult male (wife, children) may be forced to "get started" without you.

6. The construction of your "Bug Out Bag" is a personal project and should reflect your personal needs. It is not a good idea to buy a cute little prepackaged "survival bag", set it in the closet and forget it. Remember that 35-40% of the cost of that product is "profit" to the dealer. Good equipment at good prices can be had at small surplus stores, gun shows and even better deals can be had by mail order or eBay.

Bear in mind i've spent years in the army in infantry. I use an old rucksack, size medium with frams and pads. 1) poncho and poncho liner. The poncho is that a rain resistant garment that doubles as a hasty shelter. the liner is a quilted material that attaches inside the poncho for cold weather or can be used as a blanket. Substitins are are a 8x8 camo tarp and wool blanket. 2) parachute cord, 1 pouch, this is stranded cord that is used to stretch between trees for the poncho shelter or saplings that be teid at the top with the poncho over the trees to make a crude teepee. The cord can be taken apart to individual strands that make great fishing line. Cord can also be use to made animal snares. 3) E-tool, the foldup shovel that as a case that clips to the back of the or outside of the ruck. The etool edge can be sharpened like any cutting instrument and used much like a clumsy knife or is rather lethal in self defense.

4) whet stones 2 each 1 small 1 median. to sharpen the etool and bayonet. 5) bayonet, i think all knows of bayonets, a K-barr or Bowie knife of good quality can be substituted. uses are hunting, defense, digging, etc. 6) 5 days underclothes, packed in ziplock bags, to keep dry. 2 sets of outer clothing, also in ziplocks. 7) a small tackle kit, hooks about a size 8 - 14 small weights xtra line and bobbers. 8) about 7 days of canned food and non perishables. this the heaviest stuff here. 9) hygiene supplies, don't forget the toilet paper or wipes. 10) misc, xtra knife or leatherman, lighers, can opener, altho the knife will work, fork and spoon. to eat with or xtra weapons if sharpened. 11) pistal and spare ammo with cleaning kit. 12) 2 quart metal

canteen with cup. or 2 1 qt canteens with cups. at least one needs to be metal.

As you see everything is multi purposed, total weight is about 35 pounds. additionally a fiberglass bow destrung doulbes as a walking stick or fishing pole. quiver can be attached to the ruck and arrow making supplys abound in nature.

Equipment List

Bar of Soap	1 Green hat	1 Blanket
Washcloth	1 Field jacket	1 Military poncho
Razor	1 Set field pants	4 Boot strings
Green Towel	1 Pr gloves	1 P38
Toothbrush	1 Cammie scarf	Waterproof matches
2 Green T shirts	1 Web belt	1 Spoon, fork, knife
2 shorts	2 Canteens, covers, cup	1 Small stoves
2 Pair of socks	1 Med/large field pack	Heating tabs
2 Sets of cammies	1 Knife	1 Rifle or shotgun
1 Pr of boots	2 Ammo pouches	500 Rounds of ammo
1 Black beret	1 Buttpack	1 pistol
	1 Sleeping bag	100 rounds of ammo

First Aid

- 6 2"x2" gauze pads
- 6 4"x4" gauze pads
- roll of standard medical gauze tape
- assortment of povidone iodine wipes
- eye patch
- antibiotic/antiseptic cream
- package of steri-strips
- moleskin
- bandage scissors & tweezers
- 1 3" elastic bandage
- 1 3" gauze roller bandage
- Sawyer brand Extractor Kit (snake & insect bites)
- 2 cravats

This should be enough to get one well along the way. The above will be impossible to unlikely to pull together in a short time – start now and be prepared. Simply check off what you wish to purchase and then proceed to find it. When found put it in a bag or bags. Survival of the coming pole shift is a do-it-your-self project. No one will do it for you.