



# B.O.B. GUIDE

*Revised and Updated Frequently*

**November 9, 2017**

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<sup>1</sup> <http://www.magnusomnicorps.com/home.html>

# WHAT IS A “B.O.B.?”

It stands for **B**ug **O**ut **B**ag. Some people call it by other names such as a “jump bag” or “bail out bag” or “go bag.”

## WHY DO YOU NEED A B.O.B.?

We live in very unpredictable times – we see events such as those below reported on the news every night, whether here in the U.S. or other locations around the world.

- Natural disasters (weather-related, earthquakes, volcanic eruptions)
- Biological disease outbreaks (viruses, bacteriological, insect-borne, airborne, food/water-borne, etc., pandemics, epidemics)
- Extended power outages (weather or man-caused)
- Civil unrest
- Industrial/environmental incidents - poisoned/uninhabitable environments/water/food/air
- Terrorism
- War

Consider this example: On September 20, 2017, hurricane Maria struck the island of Puerto Rico. As of November 1, 2017, over 85% of the island’s residents were still without power and estimates are another 2 months before power is restored to the most populous areas and up to 8 months or more for the entire island to have full power. Here’s a [great article](#)<sup>2</sup> detailing the devastation. Some may say that this is an extreme example and the likelihood of a natural disaster of similar magnitude minute, but also consider the devastation inflicted on Texas and Florida by hurricanes around the same time that year. And have you ever heard of the Yellowstone caldera? Look it up. My point here is that we live in a very geographically large country of about 335 million people and as powerful as our government is, it is not omnipotent and its response to disasters can be delayed for a number of reasons, thus leaving the public to fend for themselves in times of dire need. In almost all aspects of our lives, we need to come to the realization that we cannot depend upon government for anything anymore and therefore need to make necessary contingency plans for times of need. You must be your own first responder!!

Simply put, we need to be prepared to deal with an emergency and it isn’t that difficult. In the event of some kind of natural or man-made disaster where you have to leave your home for a temporary or an extended period of time and take shelter elsewhere, it is imperative that you have certain items ready to go on a moment’s notice and having a bag or bags with these items already assembled will make surviving and thriving such an incident much easier and comfortable.

For this particular list, I’m only going to focus on the items that you might need for a short stay away from home and assume you will be able to find shelter relatively quickly and not necessarily have to survive out in the wilderness for weeks at a time, although most of these items would be also included in a more comprehensive survival pack needed for long-term survival.

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<sup>2</sup> <https://www.vox.com/science-and-health/2017/9/26/16365994/hurricane-maria-2017-puerto-rico-san-juan-humanitarian-disaster-electricity-fuel-flights-facts>

## THE B.O.B. ITSELF

Backpacks work the best so your arms can remain free, you can maintain your balance over rough terrain, and not put your body in an unnatural and stressful position (carrying on one arm or the other), allowing you to walk longer distances comfortably. There are many, many options out there, so you will have to do some homework to find the right one that is size and gender appropriate for you and your budget. However, this, along with any of the items in your B.O.B., you don't want to cheap out. You don't want a bag with its seams separating or broken zippers that jam or pull apart. Once you decide on a manufacturer, I would search for their products on Amazon.com and read the reviews before making a final purchase. Also, keep in mind that some packs are better suited anatomically for men and some for women. Here is a great article on this: [Ultimate Guide to Bugout Backpacks](#)<sup>3</sup>

Here are some popular suppliers:

[5.11 Tactical 72-Rush pack](#)<sup>4</sup>

[3V Gear \(Paratus backpacks\)](#)<sup>5</sup>

[G4Free](#)<sup>6</sup>

[Maxpedition](#)<sup>7</sup>

[Direct Action](#)<sup>8</sup>

[SOG Knives](#)<sup>9</sup>

[Condor](#)<sup>10</sup>

[Blackhawk](#)<sup>11</sup>

[Oakley](#)<sup>12</sup>

[Jansport](#)<sup>13</sup>

[Raven](#)<sup>14</sup>

Mardingtop (search Amazon.com)

[Best Bug Out Gear](#)<sup>15</sup>

[Here's a great article from Bug Out Bag Academy on this topic](#)<sup>16</sup>.

[Urban Survival – 50 Items you Forgot to Put in Your BOB](#)<sup>17</sup>

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<sup>3</sup> <http://knowpreparesurvive.com/bug-out-bag/best-bug-out-bag-backpack-guide/>

<sup>4</sup> <http://www.511tactical.com/rush-72-backpack.html>

<sup>5</sup> <http://3vgear.com/>

<sup>6</sup> <http://www.g4free.com/>

<sup>7</sup> <https://www.maxpedition.com/>

<sup>8</sup> <https://us.directactiongear.com/packs-and-bags>

<sup>9</sup> <http://www.sogknives.com/tactical/packs/show/all.html>

<sup>10</sup> [http://www.condoroutdoor.com/bags\\_and\\_packs.aspx](http://www.condoroutdoor.com/bags_and_packs.aspx)

<sup>11</sup> <http://www.blackhawk.com/Products/Bags-Packs-Tactical-Nylon/>

<sup>12</sup> [http://www.oakley.com/en/mens/bags-accessories/bags-backpacks/category/m0601?cm\\_mmc=msn-semsearch\\_-\\_B-BRD-Low-Bags-BMM\\_-\\_U-Backpacks\\_-\\_oakley++backpacks&gclid=CLHn4I39rM4CFUPjfgodSz0G0w&gclsrc=ds](http://www.oakley.com/en/mens/bags-accessories/bags-backpacks/category/m0601?cm_mmc=msn-semsearch_-_B-BRD-Low-Bags-BMM_-_U-Backpacks_-_oakley++backpacks&gclid=CLHn4I39rM4CFUPjfgodSz0G0w&gclsrc=ds)

<sup>13</sup> <http://www.jansport.com/>

<sup>14</sup> <https://raven-survival-prep.myshopify.com/>

<sup>15</sup> <http://www.bestbugoutgear.com/category/packs-storage/specialty-packs/sling-shoulder-packs/>

<sup>16</sup> <http://bugoutbagacademy.com/how-to-choose-the-best-bug-out-bag-for-you/>

<sup>17</sup> <http://urbansurvivalsite.com/50-items-you-forgot-to-put-in-your-bug-out-bag/>

## WHAT'S IN A B.O.B.?

There are a lot of bug-out bag lists you can find on the Internet and here's yet another one. The only difference is that I'm going to tell you why you need the items so maybe it will get you to thinking some more about other things you might need. Also, the purpose of this guide is not to prepare you for a complete societal collapse as you would need a lot more things than I have listed here, but these are pretty much the basics you would need in any situation where you would have to either shelter in place without power for a while or evacuate your immediate area for a short time, approximately 1 – 7 days. Depending upon where you are, mainly I'm talking about population – big city versus rural and the respective emergency services available to you, will determine whether or not you need some of the items listed below. I'll leave it up to you to decide exactly what you need. Be sure to see the **Additional Resources on the Web** section below if you need more specific information for special needs situations.

First and foremost, we all know that there are 7 essential physiological needs for human survival – keep these in the forefront of your mind when assembling your B.O.B.:

- Air, clean
- Clothing
- Food
- Shelter (Security)
- Sleep
- Warmth (Dryness)
- Water

### **Other General Considerations:**

As you start to assemble your B.O.B., there are a few other general considerations that will influence some of the items and quantities thereof that you include or exclude from your B.O.B. Specifically:

#### **Climate:**

- What season is it in your area? (Temperature variations, clothing appropriate)
- Are you in a seasonal transition period?
- What is the forecast for the next few days?
- Weather extremes and swings based on terrain considerations

#### **Terrain:**

- Flatlands
- Desert
- Rural
- Urban
- Suburban
- Mountains

#### **Health conditions:**

- Special meds and other supplies and equipment you may need for your condition.

**Note:** *I know this sounds strange, but trust me on this – I spend a lot of time in long term care facilities with my clients and have seen it quite frequently: If someone you know, especially an elderly person, who is usually of sound mind, goes completely bananas seemingly overnight or has a seizure (with no previous record of them), it is highly probable that the person has a UTI (urinary tract infection). Unfortunately, most ER and other medical personnel don't think to check for this unless they've had direct and extensive experience with elderly patients, so always bring this to the attention of attending medical personnel and don't let them brush off your assertions.*

### **Population/services:**

- Generally, the larger the population, the more and closer emergency services and shelter will be and vice versa. However, lines may be long and it may take a while to get access to a shelter.

### **Age specific (special supplies, considerations for their unique needs):**

- Infants (diapers, wipes, formula, child-appropriate over-the-counter meds)
- Children (items to keep them occupied – books, non-electronic games, etc.)
- Special needs
- Elderly
- Elderly with memory/dementia (incontinency supplies, wipes, catheters)
- Anyone with physical limitations (canes, walkers, wheelchairs, oxygen)

### **WHAT TO PUT INSIDE YOUR B.O.B.:**

You can get most of these items at Walmart, your local sporting goods, military surplus, or police/security supply store or online, but keep this in mind: When purchasing items for your B.O.B., you may be tempted to scrimp on certain items, but remember, you will be using these things to help you and your family or other loved ones survive!

### **Clothing:**

Some of these items you should probably be wearing if you have to shelter in place or leave your primary location for an emergency shelter:

- Sturdy belt
- Money belt ([Jason Hanson's Escape & Evasion Gun Belt](http://www.concealedcarryacademy.com/gun-belt/?ps=1))<sup>18</sup> or [Spy Escape& Evasion](http://spyescapeandevasion.com/)<sup>19</sup>
- Good walking shoes/boots (boots better – if debris on ground, risk of nails going through tennis shoes)
- Socks (Dry feet are very important, especially for diabetics, Thorlo makes excellent socks like their [TKX Trekking Socks](https://www.thorlo.com/socks/tkx/656)<sup>20</sup> – just make sure socks aren't so thick that you can't put on your shoes or boots)
- Pants, long, heavy/durable, tactical/cargo with lots of pockets
- T-shirts
- Coats

<sup>18</sup> <http://www.concealedcarryacademy.com/gun-belt/?ps=1>

<sup>19</sup> <http://spyescapeandevasion.com/>

<sup>20</sup> <https://www.thorlo.com/socks/tkx/656>

- Hats, wide-brim (reduce sun exposure, dehydration)
- Stocking caps
- Gloves, leather (leather is safer and more durable than cloth for moving debris)
- Gloves, insulated
- Pair of flip-flops to use as shower shoes in public bathing/showering environments

### Survival/General:

- Bic lighters – be careful – fire hazard
- Blue nylon tarps (2 – one to put on ground and one to cover yourself with)
- Cash and coins (For last-minute shopping, vending machines, gas, skilled labor, getting rides, bribes, sheeple. A few 1 oz. American silver eagle coins also good to have.)
- Emergency blankets (silver space blankets are light and compact)
- Esbit or Triox solid fuel tablets for starting a fire
- Eyeglasses and cases (copies of your Rx)
- [Face masks](#)<sup>21</sup> and or respirators (In case of dusty, smoky or otherwise polluted air.)
- Fire starter striker/magnesium block combo
- Firearms & Ammunition [Appropriate for environment (concealable in city settings, long firearms for woodlands to acquire food, too), also required personal credentials – conceal carry permits (where required) and valid driver's license. And know your laws – after Katrina, many states passed laws prohibiting authorities from confiscating your weapons even during natural disaster emergencies. Get the [LEGAL HEAT app](#)<sup>22</sup> for your smart device. Note that weapons may not be allowed in some public/emergency shelters.)
- First aid kit [with Dermabond (medical grade superglue for sealing cuts) (Also sign up for a First Aid/CPR class with the American Heart Assn or Red Cross!)]
- Flashlight (see list of high-quality vendors below)
- Frabill nets (use for fishing, hammocks, bear bags)
- Glow sticks (aka cyalume snaplights)
- Hatchet ([Browning Black Label Shock N' Awe Tomahawk](#))<sup>23</sup>
- Headlamp (200-300 lumens with a red light option for night-vision)
- Keys, extra, especially to car
- Knife (legal sizes and configurations only – check your local and state laws)
- Matches, but only ones stored inside a waterproof match container, like [Coghlan's](#)<sup>24</sup>.
- Mosquito netting
- Multi-tool (aka Leatherman)
- Pen and paper (to take notes/directions from authorities)
- Pepper spray
- Plastic Bag, Large (40-gallon +), Contractor-Grade (3-mil thick) to put B.O.B. in to keep dry
- Ponchos (or rain suit) (Frogg Toggs Ultra Lite [poncho](#)<sup>25</sup> or [suit](#)<sup>26</sup>)

<sup>21</sup> <https://www.amazon.com/3M-8511-Particulate-Respirator-10-Pack/dp/B0002YKBV2?tag=knowprep-20>

<sup>22</sup> <https://mylegalheat.com/>

<sup>23</sup> <http://www.browning.com/products/knives/black-label/shock-n-awe-tomahawk.html>

<sup>24</sup> <http://www.franksgreatoutdoors.com/coghlan-s-wind-waterproof-storm-matches.html?fee=5&fep=23751&gclid=CLv4jqrP49ACFd26wAodGUKLSg>

<sup>25</sup> <http://www.fieldandstreamshop.com/p/frogg-toggs-adult-ultra-lite-poncho/16ftoactnnpnchgrnxapo?camp=CSE:GooglePLA:16FTOACTNPNCHGRNXAPO:16965590-FNS:Rainwear>

<sup>26</sup>

<https://www.walmart.com/ip/35151317?wmlspartner=wlp&adid=2222222227023550560&wl0=&wl1=g&wl2=c&wl3=42978096152&wl4=pla->

- Rope (550 para-cord or clothesline for drying clothing, towels, etc.)
- Safety glasses/goggles (Protect your eyes from blowing sand, dust, debris – don't want to have to use precious drinking water to flush out your eyes!)
- Saline solution, 2 bottles to flush out eyes, if necessary
- Shovel, survival (aka E-tool)
- Signal Mirror ([Ultimate Survival Technologies Starflash Signal Mirror](#)<sup>27</sup>)
- Sleeping bag ([SOL Emergency Bivvy](#)<sup>28</sup>)
- Sleeping mat
- Stealth handcuff key ([TIHK products](#))<sup>29</sup>
- Sunblock
- Sunglasses
- Tape, [Rescue-brand](#)<sup>30</sup> (best) or duct tape
- [Coghlan's Backpackers Trowel](#)<sup>31</sup>
- [Coghlan's Emergency Tube Tent](#)<sup>32</sup>
- Trioxane Fuel Tabs
- Whistle (if buried under debris, can help find you better than yelling)
- ZipLock bags to keep electronics, medications, batteries and other perishable items dry

### Food:

- Bottle opener (may be on multi-tool listed above)
- Can opener (may be on multi-tool listed above)
- Clorox (Small bottle, plain, unscented variety. Add 2 drops per quart of water, shake well and let sit for 30 minutes or more to disinfect water. Should have a slight bleach smell – if not, add 1 more drop. This kills germs, but does not remove harmful pesticides, chemicals, heavy metals. Be careful where you get your water.)
- Dehydrated and/or freeze-dried food pouches – many resources available online
- Energy bars or [Datrex Blue Ration Bars](#)<sup>33</sup>
- Mess kit (pan, several sets of plastic utensils – don't want to have to use your precious drinking water to clean and disinfect and don't want a tiny speck of spoiled food to cause food-borne illness in an otherwise very stressful time when you can least afford to be sick.)
- [Chef 5-Minute Meals](#)<sup>34</sup>

81470416592&w15=9067609&w16=&w17=&w18=&w19=pla&w110=8175035&w11=online&w12=35151317&w13=&veh=sem

<sup>27</sup> [http://www.leisurepro.com/p-ultsm2/ultimate-survival-star-flash-signaling-mirror-2-x-3?gclid=CMj-\\_63b49ACFZ26wAoduDQFsw&kwid=productads-adid^88200967873-device^c-plaid^157354255273-sku^ULTSM2@ADL4LP-adType^PLA](http://www.leisurepro.com/p-ultsm2/ultimate-survival-star-flash-signaling-mirror-2-x-3?gclid=CMj-_63b49ACFZ26wAoduDQFsw&kwid=productads-adid^88200967873-device^c-plaid^157354255273-sku^ULTSM2@ADL4LP-adType^PLA)

<sup>28</sup> [https://www.rei.com/product/813511/sol-emergency-bivvy?s\\_kwid=PS\\_Google|401\\_1187177|sol%20emergency%20bivvy|NB|\\_kenshoo\\_clickid\\_|aud-69134208624:kwd-27579271387](https://www.rei.com/product/813511/sol-emergency-bivvy?s_kwid=PS_Google|401_1187177|sol%20emergency%20bivvy|NB|_kenshoo_clickid_|aud-69134208624:kwd-27579271387)

<sup>29</sup> <http://tihk.co/>

<sup>30</sup> <http://www.rescuetape.com/>

<sup>31</sup> <https://www.walmart.com/ip/Coghlan's-8408-Back-Packers-Trowel/23233743>

<sup>32</sup> <https://www.walmart.com/ip/Coghlan's-159078-Emergency-Tube-Tent-Two-Person/24888515?wmlspartner=wlp&selectedSellerId=473&adid=2222222227017621407&w10=&w11=g&w12=c&w13=53953334591&w14=pla-88699652951&w15=9067609&w16=&w17=&w18=&w19=pla&w110=113139824&w11=online&w12=24888515&w13=&veh=sem>

<sup>33</sup> [http://www.datrex.com/index/catalogdetail/pdt\\_id/68](http://www.datrex.com/index/catalogdetail/pdt_id/68)

<sup>34</sup> <http://www.emergencykits.com/emergency-food/self-heating-meals/chef-5-minute-meals-self-heating-assorted-case-of-12/>



- Small cook pot with lid and bale (for hanging pot over fire on tripod. Also consider a Kelly Kettle. Put other supplies inside – wrap with plastic wrap and seal lid with duct tape.)
- Water, at least 2 liters, [Datrex Emergency Water pouches](#)<sup>35</sup>
- [Sawyer PointONE All-In-One Water Filtration System](#)<sup>36</sup> (best)
- [Lifestraw](#)<sup>37</sup> (filters out most contaminants in water)
- [Chlor-Floc water purification powder](#)<sup>38</sup>
- [Katadyn Pocket Water Filter](#)<sup>39</sup> system or [here](#)<sup>40</sup>. [Read review here](#)<sup>41</sup>. Other options [here](#)<sup>42</sup>.

**Note:** Be careful about storing your food – intense heat or cold environments can significantly decrease the shelf life of even the specially-packaged “survival” food – be sure to read the manufacturer’s instructions or consider [Datrex Blue Ration Bars](#)<sup>43</sup>. They also have pouches of water.

### Medical:

- Medications, Rx, Critical: If space allows, keep prescription medications in their original bottles w/YOUR name and original Rx info label on them – it is illegal to carry/transport them in any other manner – trust me, this is can be **very serious** issue!
- Citrucel or Metamucil fiber tablets (get generic versions at Walmart, much cheaper)
- Get a tetanus shot if you haven’t had one and if your doctor says it’s okay for you.
- Ditto for the shingles vaccine if you’re over 60 – ask your doctor.
- Other vaccinations as recommended by your doctor and or health department authorities
- Medical alert jewelry (Get custom dog tags at <http://www.mydogtag.com> or <https://www.roadid.com/c/RoadID>)
- Allergy medications (Zyrtec, Allegra, etc.)
- Aspirin
- Advil (ibuprofen)
- Aleve (naproxen sodium)
- Cold medications
- Tylenol (acetaminophen)
- Any of the above with “PM” designations so it will have a sleep aid such as that used in Unisom (diphenhydramine HCl) or other sleep aids like doxylamine succinate
- Other Medications, Over the Counter (OTC) you may use regularly
- Some kind of good cranberry supplement to prevent UTI’s, especially if elderly with you. I like American Health’s Ester-C with Cranberry tablets – it has 1,000 mg of Cranberry per tablet.

<sup>35</sup>

<https://www.walmart.com/ip/48735085?wmlspartner=wlp&adid=2222222227036596462&wl0=&wl1=g&wl2=c&wl3=80715783512&wl4=pla-158887026752&wl5=9067609&wl6=&wl7=&wl8=&wl9=pla&wl10=8175035&wl11=online&wl12=48735085&wl13=&vh=sem>

<sup>36</sup> <https://sawyer.com/products/sawyer-pointone-one-filter/>

<sup>37</sup> <http://lifestraw.com/>

<sup>38</sup> <https://www.campingsurvival.com/milwatpurtab.html>

<sup>39</sup> <https://www.rei.com/product/653573/katadyn-pocket-water-filter>

<sup>40</sup> [https://www.katadyn.com/us/us/470-8013618-katadyn-pocket\\_usa](https://www.katadyn.com/us/us/470-8013618-katadyn-pocket_usa)

<sup>41</sup> <http://offgridsurvival.com/katadynpocketmicrofilterreview/>

<sup>42</sup> <http://www.outdoorgearlab.com/Backpacking-Water-Filter-Reviews>

<sup>43</sup> [http://www.datrex.com/index/catalogdetail/pdt\\_id/68](http://www.datrex.com/index/catalogdetail/pdt_id/68)

- Stomach medications (Tums, Pepto Bismol tablets, Zantac 150 (ranitidine), Prilosec (omeprazole), anti-diarrheal (Imodium, Kaopectate)

**Note:** *Most of these you can get in generic form and small quantities (15-20 tablets for under \$1) at Walmart (cheapest) or Walgreens, CVS, etc. For cold medications, I really like Dollar General's "DG" brand – you get twice the medication for half the price of the name brands and they have all the popular cold and allergy formulations.*

### **Personal Hygiene:**

- Body cleansing wipes
- Contact lenses, extra sets
- Contact lens case
- Contact lens solution
- Deodorant
- Feminine Napkins (Can also be used as bandages or tinder for fires.)
- Floss, dental
- Hand sanitizer (small, pocket-sized containers)
- Liquid shampoos in small containers
- Liquid soap in small containers
- Microfiber towels to dry off with (quick drying, light and compact)
- Polident Dentu-Cream or Fixodent
- Shaving cream in tube, not aerosol bottle
- Shaving razors
- Toilet paper
- Toothbrush
- Toothpaste
- Waterless shampoo
- Wet/disinfectant wipes

### **Communications:**

- 2-way radios (Walmart 2 for \$24. Essential for keeping in touch with family members if cell phones are down.) or a more powerful (up to 5 full watts) handheld, programmable radio like the police use – get them at [Uniforms & Accessories Warehouse](http://www.uniformswarehouse.com/radios-communication/radios.html)<sup>44</sup> The good thing about these are that the frequencies that you can transmit on are sometimes used or at least monitored by emergency services, whereas most of your simple, inexpensive 2-way radios are not. The programmable radios are usually less than \$200.
- Cell phone
- Cell phone chargers/cords (rechargeable power banks, [Mophie Juice Pack](http://www.mophie.com/shop/battery-cases)<sup>45</sup>)
- Extension cord, long, standard gauge
- AM/FM transistor radio [preferably the old analog (dial) type, not the kind with an LED display as they consume too much power – [Sony ICF-P26 for \\$20](http://www.pcrichard.com/catalog/catalog-product.jsp?prodId=ICF-P26)<sup>46</sup>. Leave batteries out and in their original packaging so their terminals won't touch each other and possibly discharge or cause a fire and check periodically for leaking/corrosion.], or a
- Hand crank radio/flashlight (The hand crank/rechargeable is a nice idea, but I've found that the internal, rechargeable batteries that come with them don't have a very long shelf

<sup>44</sup> <http://www.uniformswarehouse.com/radios-communication/radios.html>

<sup>45</sup> <http://www.mophie.com/shop/battery-cases>

<sup>46</sup> <http://www.pcrichard.com/catalog/catalog-product.jsp?prodId=ICF-P26>

life, so if you get one, make sure it can also use regular batteries. On the internal batteries, be sure that you can disconnect them and that they aren't hardwired in. Reconnect them periodically and crank-charge them to keep them fresh.)

- [SPOT Satellite GPS Messenger](http://www.findmespot.com/en/?cid=102)<sup>47</sup> Will work even if cell towers are out.

### **Vital Records (copies for each person):**

- Advanced health care directives (living wills) – use your state-specific form, if available
- Any critical files you think you might need
- Bank account documents
- Bank/Credit Union name, contact info and account numbers
- Birth certificates
- Credit cards (last 4 digits) and contact information
- Divorce Decree
- DNR's (Do Not Resuscitate Orders)
- Drivers' licenses and or State ID (everyone should have this, too), front and back
- Government benefits, proof of (SSI, SS, Rent/Food Assistance)
- Handgun carry permit
- Health insurance card
- Insurance policies (vehicle, home/renters)
- Latest utility bills (proof of where you live)
- Life Insurance policies
- List of emergency contacts
- Marriage certificate
- Medical equipment you use, list of models, serial numbers, and suppliers for
- Medical insurance cards
- Medical records/history including allergy info & medications
- Medicare/Medicaid Card
- Medications you take on a regular basis, list of
- Mortgage or Real Estate Deed of Trust
- Passport/Passport card (Everyone should have!)
- Pay stubs from all sources of recent income
- Pet Immunization Records
- Pet Prescriptions, current
- Prescriptions, copies of current
- Pharmacy ID Card
- Physician Name and Contact Info
- Powers of attorney for financial matters
- Powers of attorney for medical matters
- Proof of Housing/Rental/Lease Agreement or Home Ownership
- Retirement accounts, numbers and contact information
- Social Security Card
- Vaccination records
- Vaccination records for pets (shelters may not let them in without proof)
- Vehicle loan payments
- Vehicle Registration and Ownership papers
- Veterinarian Name and Contact Information

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<sup>47</sup> <http://www.findmespot.com/en/?cid=102>

Obviously, this is a lot of critical and sensitive information to carry around – if you have most of this in a safety deposit box, you may not need to carry all of this around, however, that assumes you will be able to get into your safety deposit box in an emergency situation – the banks may not be open or there may not be any power. With identity theft rampant, if possible, scan these documents into PDF files and store them on a flash drive or take pictures of them on your smartphone with an app like Turboscan. However, do not make copies or scan these items on a public copier or scanner – they have internal hard drives that can store copies of each scanned item forever. Use your home printer scanner or a friend's. Store these documents on a durable, waterproof flashdrive. Most flash drives come with free encryption software and I advise encrypting all documents except your emergency contact list which emergency responders may need if you become sick or otherwise unable to speak for yourself.

I wear my flash drive around my neck all the time and wrote "ICE" on it (In Case of Emergency) [Here's a good list of dependable, waterproof flash drives](#)<sup>48</sup>. Beware of cheapies; they don't often work.

#### **For pets:**

- Container for water
- Carriers
- Documents noted above
- Leashes, extra
- Tupperware container with a few days' food (If you have to leave your dog in car or hotel, you can leave water and food)
- Vaccination records
- Medications
- Snow/heat shoes
- Clothing, blankets, etc., to keep them warm

This is just a short list for pets – [see this page from the AVMA](#)<sup>49</sup> for a more comprehensive list:

## **ANNUAL B.O.B. REVIEW**

Congratulations! Now that you've assembled your B.O.B., once a year, or as seasonally appropriate, take out your B.O.B., unpack it, go through it, replace expired items, change out appropriate clothing, and add or subtract items, etc., as necessary.

Be sure to keep a list of items in your B.O.B. that have expiration dates and not such dates on your form and change them out accordingly.

## **BUGGING OUT**

If you have to bug out, keep in mind that a lot of other people probably will also. If you're reading this, hopefully you've assembled your BOB and are ready. However, few people will have your foresight meaning they will need supplies.....and they may want yours! This could be

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<sup>48</sup> <https://www.toughgadget.com/best-rugged-waterproof-usb-flash-drives/>

<sup>49</sup> <https://www.avma.org/public/EmergencyCare/Pages/Pets-and-Disasters.aspx>

a problem especially if you wind up in a public shelter with a lot of people and the government emergency services run short of supplies or supplies aren't available in a timely fashion and a riot ensues. With that in mind, you want to be as unobtrusive as possible. Don't wear brightly-colored clothing or clothing with any kind of writing on it that may offend someone else – political statements, gun companies, sports teams, etc. Try to stay away from the crowd, if possible. Don't speak loudly or use profanity. If you have young children, make sure they understand what a serious situation this is and that they are on their best behavior – no running around and yelling and screaming. Never leave them alone or out of your direct sight and make sure each one has a communications radio! Don't unpack your gear and "set up camp" until you can assess the overall situation and deem it safe. Eat and drink as clandestinely as possible, mostly on energy bars and emergency pouch water until it is safe to cook any meals you might have.

With regards to your car: As a general rule, don't ever let the gas tank fall below 50%. Keep a good electric air pump in the trunk, a 4-way lug wrench and also a high-quality tire repair (plug) kit. Regarding the air pump – be sure to test it out thoroughly. I've purchased several and the fuse circuit was not heavy enough to withstand the amperage going through the wires and it repeatedly blew the fuse and I couldn't air up the tire. If this happens, you will have to go to the auto parts store and buy a heavy duty DC adapter pigtail, cut the original one off, and splice in the new one. This isn't that hard – just explain to the sales person what the problem is and they can get you the right parts and don't forget to buy extra fuses. Those parts should only cost you a few dollars and it takes about 10 minutes to swap out the pigtails. I recently purchased a Stanley FatMax PoweriT Power Station ([similar to this one](#)<sup>50</sup>) combination battery jump pack/air compressor/light/4-USB charger unit at Sam's for \$70 – this is a great device to keep your items charged up and with an optional power inverter, you can run/charge small A/C powered devices.

## HOME STORM SHELTER CONSIDERATIONS:

- Register your storm shelter! Some communities are making plans to GPS storm shelters. In most larger cities, dial 211 or 311 to ask the city service desk about this.
- "Come-along"/"mini-mule" (to help pull open jammed flat-safe tornado shelter doors)
- Car jack (to help unblock heavy debris from exit door of storm shelter)
- Paint your address on the outside of your shelter – in some cases, this may be the only way emergency services can locate you because street signs, buildings and other landmarks may be obliterated. Painting your address on the curb is fine, but they may also be covered up by debris.

## OTHER TIPS/INSTRUCTIONS

As you go about your daily life, never let your car's gas tank drop below ½ tank before refilling.

[Murphy's Law of TEOTWAWKI](#)<sup>51</sup>

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<sup>50</sup> <http://www.stanleytools.com/products/automotive-tools/other-tools/power-station/500-instant--1000-peak-battery-amp-professional-power-station/pprh5>

<sup>51</sup> <http://survivalcache.com/murphys-laws-of-teotwawki/>

# ESSENTIAL SMARTPHONE/SMART DEVICE APPS

There are tons of apps out there. Below are some that I have found to be very comprehensive, helpful and free or very low cost.

These apps will help you:

- Administer first aid
- General survival instructions
- Identify medications
- Know the laws and your rights
- Locate emergency medical services
- Receive emergency disaster information and instructions from the authorities

## APPS TO GET:

- ACLU's Your Rights app
- American Red Cross First Aid app
- Drugs.com app (medication information and pill identification)
- Emergency First Aid & Treatment app by Phoneflips
- Emergency Medical Center Locator (EMCL)
- iHeart radio app (tune in your local radio stations)
- iTriage app (medication info and other emergency service info)
- Legal Heat app (firearms laws guide for all U.S. states and territories)
- The Weather Channel app
- Your health insurance company's app
- Red Guide to Recovery app by Sean M. Scott (may not be available)
- Relief Central app from Unbound Medicine
- Stitcher radio app (tune in your local radio stations)
- Survival Guide FM 21-76 by Max Soderstrom app
- TuneIn radio app (tune in your local radio stations)
- Your local AM radio news and information station app(s)
- Your local TV station's app and weather app, if they have a separate one.

# ADDITIONAL RESOURCES ON THE WEB

## Disaster Preparedness:

[101 Ways to Survive<sup>52</sup>](http://www.101waystosurvive.com/)

[AARP Oklahoma Online Disaster Preparation Kit<sup>53</sup>](http://states.aarp.org/wp-content/uploads/2015/04/AARP-Gameday-Guidebook-2014_UPDATE_MAY14_FINAL_nocrops.pdf)

[Bug Out Bag Builder<sup>54</sup>](http://www.bugoutbagbuilder.com/)

[CDC: Natural Disasters and Severe Weather<sup>55</sup>](https://www.cdc.gov/disasters/extremeheat/index.html)

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<sup>52</sup> <http://www.101waystosurvive.com/>

<sup>53</sup> [http://states.aarp.org/wp-content/uploads/2015/04/AARP-Gameday-Guidebook-2014\\_UPDATE\\_MAY14\\_FINAL\\_nocrops.pdf](http://states.aarp.org/wp-content/uploads/2015/04/AARP-Gameday-Guidebook-2014_UPDATE_MAY14_FINAL_nocrops.pdf)

<sup>54</sup> <http://www.bugoutbagbuilder.com/>

<sup>55</sup> <https://www.cdc.gov/disasters/extremeheat/index.html>

[Disaster Preparedness and Self-Storage: What You Need to Know<sup>56</sup>](#)  
[Disaster Safety \(Get the smart phone app\)<sup>57</sup>](#)  
[Disaster Safety & Assistive Technology: Protection for Seniors & the Disabled<sup>58</sup>](#)  
[Disaster Safety for Renters: What You Need to Know to Keep Your Family and Your Belongings Safe<sup>59</sup>](#)  
[Earthquake Tracker \(pick a desired location, worldwide\)<sup>60</sup>](#)  
[Emergency Preparedness Lesson Plans and Resources – Forever Curious<sup>61</sup>](#)  
[My Family Survival Plan<sup>62</sup>](#)  
[Oklahoma Department of Emergency Management<sup>63</sup>](#)  
[Oklahoma Disaster Center<sup>64</sup>](#)  
[Oklahoma Earthquake Tracker<sup>65</sup>](#)  
[Ready.gov - Disaster planning and readiness<sup>66</sup>](#)  
[Red Cross - Central & Western Oklahoma Region<sup>67</sup>](#)  
[Red Dirt Ready – Oklahoma Office of Homeland Security<sup>68</sup>](#)  
[RoadID \(medical alert jewelry\)<sup>69</sup>](#)  
[MyDogTag \(medical alert jewelry\)<sup>70</sup>](#)  
[SHTF Plan<sup>71</sup>](#)  
[Slingbow Industries \(high-performance slingshots\)<sup>72</sup>](#)  
[Survival Life<sup>73</sup>](#)  
[Survivopedia<sup>74</sup>](#)  
[U.S. Disaster Center<sup>75</sup>](#)

## **Pets & Disaster Preparedness:**

[AVMA - Pets & Disasters<sup>76</sup>](#)  
[HomeCity Real Estate - Pets, People & Lightning Safety<sup>77</sup>](#)  
[ASPCA - Don't Forget About Our Pets<sup>78</sup>](#)  
[American Red Cross - Pets & Disaster Preparedness<sup>79</sup>](#)

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<sup>56</sup> <https://www.yourstoragefinder.com/self-storage-disaster-prep>

<sup>57</sup> <http://www.disastersafety.org/>

<sup>58</sup> <https://www.thezebra.com/insurance-news/4674/emergency-preparedness-seniors-disabled/>

<sup>59</sup> <https://www.homecity.com/disaster-safety-for-renters>

<sup>60</sup> <http://earthquaketrack.com/>

<sup>61</sup> <http://forevercurious.org/emergency-preparedness-lessons-plans-and-resources/>

<sup>62</sup> <http://www.myfamilysurvivalplan.com/>

<sup>63</sup> <http://www.ok.gov/oem/>

<sup>64</sup> <http://disastercenter.com/oklahoma/oklahoma.htm>

<sup>65</sup> <http://earthquaketrack.com/p/united-states/oklahoma/recent>

<sup>66</sup> <http://www.ready.gov/>

<sup>67</sup> <http://www.redcross.org/ok/oklahoma-city>

<sup>68</sup> <http://www.ok.gov/reddirtready/>

<sup>69</sup> <https://www.roadid.com/c/RoadID>

<sup>70</sup> <https://www.mydogtag.com/>

<sup>71</sup> <http://www.shtfplan.com/>

<sup>72</sup> <http://slingbow.com/>

<sup>73</sup> <http://slingbow.com/>

<sup>74</sup> <http://www.survivopedia.com/>

<sup>75</sup> <http://www.survivopedia.com/>

<sup>76</sup> <https://www.avma.org/public/EmergencyCare/Pages/Pets-and-Disasters.aspx>

<sup>77</sup> <http://www.homecity.com/homeowners-lightning-safety-guide#Pets>

<sup>78</sup> <http://www.asPCA.org/pet-care/disaster-preparedness/>

<sup>79</sup> <http://www.redcross.org/prepare/location/home-family/pets>



[Humane Society - Make a Disaster Plan for Your Pets \(includes several links to pet-friendly hotels\)<sup>80</sup>](#)

[Red Rover - Pet Disaster Preparedness<sup>81</sup>](#)

[20 Foods Pets Should Never Eat<sup>82</sup>](#)

[U.S. CDC \(Centers for Disease Control\) - Disaster Preparedness for Your Pet \(EXCELLENT!\)<sup>83</sup>](#)

## FLASHLIGHT BUYING GUIDE

When looking for flashlights at these websites, you sometimes have to go to "duty or tactical gear" and then search for flashlights.

There are a lot of similar lights out there, so be sure to compare these features:

- able to use standard batteries or rechargeable
- adjustable focus beam
- anti-roll
- available accessories
- beam throw distance
- button
- clip
- holster availability - fit duty belt
- light spectrum (or add-on filter) availability (white, red, blue, green, UV)
- lumen output (adjustable brightness)
- price
- rechargeable [battery mAh size (larger the better, replacement availability & cost)
- run time on high, low
- size (fit current holster)
- strobe (instant button), SOS, high, low settings, etc.
- USB-rechargeable
- vibration resistant
- warranty
- waterproof

### MANUFACTURERS OF SOME OF THE BEST HIGH-TECH FLASHLIGHTS:

5.11	<a href="http://www.511tactical.com/">http://www.511tactical.com/</a>
Streamlight	<a href="http://www.streamlight.com/en-us">http://www.streamlight.com/en-us</a>
TerraLux	<a href="http://www.terralux.com/">http://www.terralux.com/</a>
Pelican	<a href="http://www.pelican.com/">http://www.pelican.com/</a>
Brite Strike	<a href="http://www.brite-strike.com/">http://www.brite-strike.com/</a>
SureFire	<a href="http://www.surefire.com/">http://www.surefire.com/</a>
Blackhawk	<a href="http://www.blackhawk.com">http://www.blackhawk.com</a>
Browning	<a href="http://www.browning.com">http://www.browning.com</a>
Coast	<a href="http://www.coastportland.com/">http://www.coastportland.com/</a>

<sup>80</sup> [http://www.humanesociety.org/issues/animal\\_rescue/tips/pets-disaster.html](http://www.humanesociety.org/issues/animal_rescue/tips/pets-disaster.html)

<sup>81</sup> <http://www.redrover.org/pet-disaster-preparedness>

<sup>82</sup> <http://www.koco.com/health/33381668>

<sup>83</sup> <http://www.cdc.gov/features/petsanddisasters/>



Nitecore <http://www.nitecore.com/>

**OTHER, LESS EXPENSIVE (THAN MANUFACTURER) SOURCES FOR FLASHLIGHTS:**

<http://www.chiefsupply.com>  
<http://www.outdoorpros.com>  
<http://www.opticsplanet.com>  
<http://www.code3tactical.com>  
<http://www.tactical-store.com>

(Be sure to sign up for the e-mail list for the above two websites as they are always sending out e-coupons that can add up to significant savings.)

<https://www.niteize.com/> (This place has some real neat stuff including the rotating holster that I have. Most of their stuff you can get from Amazon.com or sometimes at Lowe's or Home Depot.)  
<http://www.niteize.com/product/INOVA-Lite-Holster-Stretch.asp>

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