



B.O.B. GUIDE

Revised and Updated Frequently

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

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B.O.B. (Bug Out Bag) Guide

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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. And then more seismic activity exacerbated the island’s problems. Here’s a [great article](https://www.vox.com/science-and-health/2017/9/26/16365994/hurricane-maria-2017-puerto-rico-san-juan-humanitarian-disaster-electricity-fuel-flights-facts)³ detailing the devastation.

Investigations are still ongoing to this date, but what is certain is that there was a lot of gross mismanagement, incompetence and outright shenanigans involving several state and federal officials that prevented the aid and supplies from expeditiously getting to those who needed it most. Some may say that Puerto Rico 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. And most recently the “Big Freeze” of 2020 and the Covid-19 (Coronavirus) global pandemic. 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 limited or 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!! And these days, that goes for all aspects of your life!**

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, essential items ready to go on a moment’s notice and having a bag or bags with

³ <https://www.vox.com/science-and-health/2017/9/26/16365994/hurricane-maria-2017-puerto-rico-san-juan-humanitarian-disaster-electricity-fuel-flights-facts>

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.

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 you 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](#)⁴

Here are some popular suppliers:

[5.11 Tactical 72-Rush pack](#)⁵

[3V Gear \(Paratus backpacks\)](#)⁶

[G4Free](#)⁷

[Maxpedition](#)⁸

[Direct Action](#)⁹

[SOG Knives](#)¹⁰

[Condor](#)¹¹

[Blackhawk](#)¹²

[Oakley](#)¹³

[Jansport](#)¹⁴

[Raven](#)¹⁵

[Survival Gear Bags](#)¹⁶

⁴ <http://knowpreparesurvive.com/bug-out-bag/best-bug-out-bag-backpack-guide/>

⁵ <http://www.511tactical.com/rush-72-backpack.html>

⁶ <http://3vgear.com/>

⁷ <http://www.g4free.com/>

⁸ <https://www.maxpedition.com/>

⁹ <https://us.directactiongear.com/packs-and-bags>

¹⁰ <http://www.sogknives.com/tactical/packs/show/all.html>

¹¹ http://www.condoroutdoor.com/bags_and_packs.aspx

¹² <http://www.blackhawk.com/Products/Bags-Packs-Tactical-Nylon/>

¹³ 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

¹⁴ <http://www.jansport.com/>

¹⁵ <https://raven-survival-prep.myshopify.com/>

¹⁶ <http://www.survivalgearbags.com/>

Mardingtop (search Amazon.com)

[Best Bug Out Gear](#)¹⁷

[Here's a great article from Bug Out Bag Academy on this topic](#)¹⁸.

[Urban Survival – 50 Items you Forgot to Put in Your BOB](#)¹⁹

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, appropriate for weather
- Food
- Shelter (housing/security)
- Sleep
- Warmth (Dryness)
- Water, clean
- Security

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:

¹⁷ <http://www.bestbugoutgear.com/category/packs-storage/specialty-packs/sling-shoulder-packs/>

¹⁸ <http://bugoutbagacademy.com/how-to-choose-the-best-bug-out-bag-for-you/>

¹⁹ <http://urbansurvivalsite.com/50-items-you-forgot-to-put-in-your-bug-out-bag/>

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 or other family member under your care.

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, Academy, Cabella's, Bass Pro, your local sporting goods, military surplus, police/security supply store or online (resources throughout this report), 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 (gun belts from [Nexbelt](#)²⁰ or [KORE belts](#)²¹)
- Money belt ([Jason Hanson's Escape & Evasion Gun Belt](#)²² or [Spy Escape& Evasion](#)²³)
- 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](#)²⁴ – 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 like [5.11](#)²⁵ or [Propper](#)²⁶
- T-shirts
- Coats
- 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, pay phones, 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](#)²⁷ and or respirators (In case of dusty, smoky or otherwise polluted air.)
- Fire starter striker/magnesium block combo

²⁰ <https://www.nexbelt.com>

²¹ <https://www.koreessentials.com/>

²² <http://www.concealedcarryacademy.com/gun-belt/?ps=1>

²³ <http://spyescapeandevasion.com/>

²⁴ <https://www.thorlo.com/socks/tkx/656>

²⁵ <https://www.511tactical.com/>

²⁶ <https://www.propper.com/>

²⁷ <https://www.amazon.com/3M-8511-Particulate-Respirator-10-Pack/dp/B0002YKBV2?tag=knowprep-20>

- 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 (that means **not** expired) 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](https://mylegalheat.com/)²⁸ or [CCW](https://apps.apple.com/us/app/ccw-concealed-carry-50-state/id443321291?platform=iphone)²⁹ apps for your smart device and there are others. 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](http://www.browning.com/products/knives/black-label/shock-n-awe-tomahawk.html))³⁰
- 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](http://www.franksgreatoutdoors.com/coghlans-wind-waterproof-storm-matches.html?fee=5&fep=23751&gclid=CLv4jqrP49ACFd26wAodGUKLSg)³¹.
- Mosquito netting
- Mosquito repelling patches ([AgraCo Mosquito Patch](http://www.mosquitopatchus.com/), [The Mosquito Patch](http://www.mosquitopatchus.com/))³²
- 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](http://www.fieldandstreamshop.com/p/frogg-toggs-adult-ultra-lite-poncho/16ftoactnnpnchgrnxapo?camp=CSE:GooglePLA:16FTOACTNPNCHGRNXAPO:16965590-FNS:Rainwear)³³ or [suit](https://www.walmart.com/ip/35151317?wmlspartner=wlp&adid=2222222227023550560&wl0=&wl1=g&wl2=c&wl3=42978096152&wl4=pla-81470416592&wl5=9067609&wl6=&wl7=&wl8=&wl9=pla&wl10=8175035&wl11=online&wl12=35151317&wl13=&veh=sem)³⁴)
- 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](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))³⁵
- Sleeping bag ([SOL Emergency Bivvy](https://www.rei.com/product/813511/sol-emergency-bivy?s_kwid=PS_Google|401_1187177|sol%20emergency%20bivy|NB|_kenshoo_clickid_|aud-69134208624:kwid-27579271387))³⁶

²⁸ <https://mylegalheat.com/>

²⁹ <https://apps.apple.com/us/app/ccw-concealed-carry-50-state/id443321291?platform=iphone>

³⁰ <http://www.browning.com/products/knives/black-label/shock-n-awe-tomahawk.html>

³¹ <http://www.franksgreatoutdoors.com/coghlans-wind-waterproof-storm-matches.html?fee=5&fep=23751&gclid=CLv4jqrP49ACFd26wAodGUKLSg>

³² <http://www.mosquitopatchus.com/>

³³ <http://www.fieldandstreamshop.com/p/frogg-toggs-adult-ultra-lite-poncho/16ftoactnnpnchgrnxapo?camp=CSE:GooglePLA:16FTOACTNPNCHGRNXAPO:16965590-FNS:Rainwear>

³⁴ <https://www.walmart.com/ip/35151317?wmlspartner=wlp&adid=2222222227023550560&wl0=&wl1=g&wl2=c&wl3=42978096152&wl4=pla-81470416592&wl5=9067609&wl6=&wl7=&wl8=&wl9=pla&wl10=8175035&wl11=online&wl12=35151317&wl13=&veh=sem>

³⁵ 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

³⁶ https://www.rei.com/product/813511/sol-emergency-bivy?s_kwid=PS_Google|401_1187177|sol%20emergency%20bivy|NB|_kenshoo_clickid_|aud-69134208624:kwid-27579271387

- Sleeping mat
- Stealth handcuff key ([TIHK products](http://tihk.co/))³⁷
- Sunblock
- Sunglasses
- Tape, [Rescue-brand](http://www.rescuetape.com/)³⁸ (best) or duct tape
- [Coghlan's Backpackers Trowel](https://www.walmart.com/ip/Coghlan's-Backpackers-Trowel/23233743)³⁹
- [Coghlan's Emergency Tube Tent](https://www.walmart.com/ip/Coghlan's-Emergency-Tube-Tent-Two-Person/24888515?wmlspartner=wlp&selectedSellerId=473&adid=2222222227017621407&w0=&w1=g&w2=c&w3=53953334591&w4=pla-88699652951&w5=9067609&w6=&w7=&w8=&w9=pla&w10=113139824&w11=online&w12=24888515&w13=&v eh=sem)⁴⁰
- 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. See **Note** below.
- Energy bars or [Datrex Blue Ration Bars](http://www.datrex.com/)⁴¹
- 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](http://www.emergencykits.com/emergency-food/self-heating-meals/chef-5-minute-meals-self-heating-assorted-case-of-12/)⁴²
- 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](https://www.walmart.com/ip/48735085?wmlspartner=wlp&adid=2222222227036596462&w0=&w1=g&w2=c&w3=80715783512&w4=pla-158887026752&w5=9067609&w6=&w7=&w8=&w9=pla&w10=8175035&w11=online&w12=48735085&w13=&v eh=sem)⁴³
- [Sawyer PointONE All-In-One Water Filtration System](https://sawyer.com/products/sawyer-pointone-one-filter/)⁴⁴ (best)
- [Lifestraw](http://lifestraw.com/)⁴⁵ (filters out most contaminants in water)

³⁷ <http://tihk.co/>

³⁸ <http://www.rescuetape.com/>

³⁹ <https://www.walmart.com/ip/Coghlan's-Back-Packers-Trowel/23233743>

⁴⁰ <https://www.walmart.com/ip/Coghlan's-159078-Emergency-Tube-Tent-Two-Person/24888515?wmlspartner=wlp&selectedSellerId=473&adid=2222222227017621407&w0=&w1=g&w2=c&w3=53953334591&w4=pla-88699652951&w5=9067609&w6=&w7=&w8=&w9=pla&w10=113139824&w11=online&w12=24888515&w13=&v eh=sem>

⁴¹ http://www.datrex.com/index/catalogdetail/pdt_id/68

⁴² <http://www.emergencykits.com/emergency-food/self-heating-meals/chef-5-minute-meals-self-heating-assorted-case-of-12/>

⁴³

<https://www.walmart.com/ip/48735085?wmlspartner=wlp&adid=2222222227036596462&w0=&w1=g&w2=c&w3=80715783512&w4=pla-158887026752&w5=9067609&w6=&w7=&w8=&w9=pla&w10=8175035&w11=online&w12=48735085&w13=&v eh=sem>

⁴⁴ <https://sawyer.com/products/sawyer-pointone-one-filter/>

⁴⁵ <http://lifestraw.com/>

- [Chlor-Floc water purification powder](#)⁴⁶
- [Katadyn Pocket Water Filter](#)⁴⁷ system or [here](#)⁴⁸. [Read review here](#)⁴⁹. Other options [here](#)⁵⁰.

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](#)⁵¹. They also have pouches of water. When selecting/buying “survival” food, be sure you compare apples to apples – check YouTube for comparison videos:

- Preservation method
- Shelf life
- Serving sizes
- Taste ratings
- Ingredients (any “TVP” – textured vegetable protein, aka, soy, is a filler. It can significantly lower the cost of the product, but can also affect the taste, but hey, consider you’re in a crisis situation – does that really matter to you?)
- Calorie content
- Variety
- Cost
- Vegetarian or Vegan options
- Gluten free options
- Any allergens in ingredients
- Bucket containers air tight
- Need water to reconstitute
- Need to be heated
- Weight
- Storage space required
- Some popular freeze dried brands: [Mountain House](#)⁵², [Wise Food Storage](#)⁵³, [My Patriot Supply](#)⁵⁴

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) = especially need this if you are taking any kind of opioid-based pain killers like Norco (aka Lortab, hydrocodone, etc.) as they can cause constipation.

⁴⁶ <https://www.campingsurvival.com/milwatpurtab.html>

⁴⁷ <https://www.rei.com/product/653573/katadyn-pocket-water-filter>

⁴⁸ https://www.katadyn.com/us/us/470-8013618-katadyn-pocket_usa

⁴⁹ <http://offgridsurvival.com/katadynpocketmicrofilterreview/>

⁵⁰ <http://www.outdoorgearlab.com/Backpacking-Water-Filter-Reviews>

⁵¹ http://www.datrex.com/index/catalogdetail/pdt_id/68

⁵² <https://www.mountainhouse.com/>

⁵³ <https://www.wisefoodstorage.com/>

⁵⁴ <https://mypatriotsupply.com/>

- Get a tetanus shot if you haven't had one and if your doctor says it's okay for you. In most cases, a prescription is not required and most pharmacies can administer it or you can get it at your local city/county health department.
- Ditto for the new shingles vaccine (Shingrix) if you're over 60 – ask your doctor. Usually requires a prescription. Call your pharmacy because as of this writing, supplies are low and you have to get on a call list.
- Other vaccinations as recommended by your doctor and or health department authorities
- Medical alert jewelry (Get custom dog tags at <http://www.mydogtag.com> [Canadian Forces ID disk (under NATO Military Dog Tags section) is best – laser engraved on both sides and holds lots of info] 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](#)⁵⁵ – it has 2,000 mg of Cranberry per tablet.
- 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 \$2) 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 and denture bath
- Shaving cream in tube, not aerosol bottle
- Shaving razors

⁵⁵ <https://www.americanhealthus.com/products/ester-c-1000-mg-with-cranberry-cranberry-immune-health-complex/>

- Toilet paper
- Toothbrush
- Toothpaste
- Waterless shampoo
- Wet/disinfectant wipes

Communications:

- 2-way FRS (Family Radio Service, no license required) 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 GRMS (General Radio Mobile Service, license required, \$35 online from the [FCC](https://www.fcc.gov)⁵⁶), programmable radio like the police use – get them at [Uniforms & Accessories Warehouse](http://www.uniformswarehouse.com/radios-communication/radios.html)⁵⁷, [Rugged Radios](https://www.ruggedradios.com/blogs/news/gmrs-radios-communication-for-everyone)⁵⁸, [BuyTwoWayRadios](https://www.buytwowayradios.com/)⁵⁹, etc. The good thing about GRMS radios 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 FRS 2-way radios are not. The programmable radios are usually less than \$200. Beware radios that say “30+ mile range.” These radios are mainly “line of sight,” so tall buildings, hills, etc., can significantly cut down your range.
- Cell phone
- Cell phone chargers/cords (rechargeable power banks, [Mophie Juice Pack](http://www.mophie.com/shop/battery-cases)⁶⁰)
- 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)⁶¹. 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 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.)
- See the [Radio-Locator website](https://radio-locator.com/)⁶² for a list of stations in your area
- [SPOT Satellite GPS Messenger](http://www.findmespot.com/en/?cid=102)⁶³ 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

⁵⁶ <https://www.fcc.gov/wireless/bureau-divisions/mobility-division/general-mobile-radio-service-gmrs>

⁵⁷ <http://www.uniformswarehouse.com/radios-communication/radios.html>

⁵⁸ <https://www.ruggedradios.com/blogs/news/gmrs-radios-communication-for-everyone>

⁵⁹ <https://www.buytwowayradios.com/>

⁶⁰ <http://www.mophie.com/shop/battery-cases>

⁶¹ <http://www.pcrichard.com/catalog/catalog-product.jsp?prodId=ICF-P26>

⁶² <https://radio-locator.com/>

⁶³ <http://www.findmespot.com/en/?cid=102>

- 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
- Medical vaccination records
- 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
- 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
- Vehicle loan payments
- Vehicle Registration and Ownership papers

Regarding powers of attorney, advanced health care directives, DNR's (do not resuscitate orders), etc., Oklahoma laws changed on November 1, 2021. Legal documents executed before that date are grandfathered in, but my point here is that no matter where you live, be sure your documents are up-to-date to accurately reflect your wishes AND comply with the latest laws of your state. Don't leave this to chance by using some online, generic forms – contact a knowledgeable attorney and be sure your documents are all on file with your respective health care providers, local hospitals, etc. In many cases, you can take them into the hospital's records section and they can scan them in to your file – no need to wait to see your doctor to have this done.

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 apps like [Turboscan](https://apps.apple.com/us/app/turboscan-document-scanner/id1017559099)⁶⁴ or [Clear Scanner](https://apps.apple.com/us/app/clearscanner-fast-scanning/id684155862)⁶⁵. 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](https://www.toughgadget.com/best-rugged-waterproof-usb-flash-drives/)⁶⁶. Beware of cheapies; they don't often work.

Also, if you need dogtags to alert first responders to medical conditions, check out [MyDogtag – I especially like their Canadian Army dogtag](https://www.mydogtag.com/military/nato/canadian-army-dog-tags)⁶⁷ – it can be laser engraved on both sides, so it can hold lots of information.

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 (shelters may not let them in without proof)
- Medications, current
- Snow/heat shoes
- Clothing, blankets, etc., to keep them warm
- Veterinarian Name and Contact Information

This is just a short list for pets – [see this page from the AVMA](https://www.avma.org/public/EmergencyCare/Pages/Pets-and-Disasters.aspx)⁶⁸ 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.

⁶⁴ <https://apps.apple.com/us/app/turboscan-document-scanner/id1017559099>

⁶⁵ <https://apps.apple.com/us/app/clearscanner-fast-scanning/id684155862>

⁶⁶ <https://www.toughgadget.com/best-rugged-waterproof-usb-flash-drives/>

⁶⁷ <https://www.mydogtag.com/military/nato/canadian-army-dog-tags>

⁶⁸ <https://www.avma.org/public/EmergencyCare/Pages/Pets-and-Disasters.aspx>

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 B.O.B. and are ready. However, few people will have your foresight meaning they will need supplies.....and they may want yours! This could be 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, EVER** leave them alone or out of your direct sight and make sure each one has a personal ID and responsible adults' contact info and a communications radio on their person(s) just in case you get separated! 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 clearly safe to cook any meals you might have. If you are religious, pray and or read scriptures discreetly.

With regards to your car: As a general every day rule, don't ever let the gas tank fall below 50%. Keep a good electric air pump (or better yet, a battery booster pack with 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](http://www.stanleytools.com/products/automotive-tools/other-tools/power-station/500-instant--1000-peak-battery-amp-professional-power-station/pprh5)⁶⁹) 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)

⁶⁹ <http://www.stanleytools.com/products/automotive-tools/other-tools/power-station/500-instant--1000-peak-battery-amp-professional-power-station/pprh5>

- 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](http://survivalcache.com/murphys-laws-of-teotwawki/)⁷⁰

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 or AccuWeather app, MyRadar 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)
- TuneIn radio app (tune in your local radio stations)
- Survival Guide FM 21-76 by Max Soderstrom app
- 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.

⁷⁰ <http://survivalcache.com/murphys-laws-of-teotwawki/>

ADDITIONAL RESOURCES ON THE WEB

Disaster Preparedness:

[101 Ways to Survive⁷¹](#)

[AARP Oklahoma Online Disaster Preparation Kit⁷²](#)

[Bug Out Bag Builder⁷³](#)

[Camping and Survival⁷⁴](#)

[CDC: Natural Disasters and Severe Weather⁷⁵](#)

[Disaster Preparedness and Self-Storage: What You Need to Know⁷⁶](#)

[Disaster Safety \(Get the smart phone app\)⁷⁷](#)

[Disaster Safety & Assistive Technology: Protection for Seniors & the Disabled⁷⁸](#)

[Disaster Safety for Renters: What You Need to Know to Keep Your Family and Your Belongings Safe⁷⁹](#)

[Earthquake Tracker \(pick a desired location, worldwide\)⁸⁰](#)

[Emergency Preparedness Lesson Plans and Resources – Forever Curious⁸¹](#)

[MyDogTag \(medical alert jewelry\)⁸²](#)

[My Family Survival Plan⁸³](#)

[Oklahoma Department of Emergency Management⁸⁴](#)

[Oklahoma Disaster Center⁸⁵](#)

[Oklahoma Earthquake Tracker⁸⁶](#)

[Ready.gov - Disaster planning and readiness⁸⁷](#)

[Red Cross - Central & Western Oklahoma Region⁸⁸](#)

[Red Dirt Ready – Oklahoma Office of Homeland Security⁸⁹](#)

[RoadID \(medical alert jewelry\)⁹⁰](#)

[Safe Castle⁹¹](#)

[SHTF Plan⁹²](#)

⁷¹ <http://www.101waystosurvive.com/>

⁷² http://states.aarp.org/wp-content/uploads/2015/04/AARP-Gameday-Guidebook-2014_UPDATE_MAY14_FINAL_nocrops.pdf

⁷³ <http://www.bugoutbagbuilder.com/>

⁷⁴ <https://www.campingsurvival.com/>

⁷⁵ <https://www.cdc.gov/disasters/extremeheat/index.html>

⁷⁶ <https://www.yourstoragefinder.com/self-storage-disaster-prep>

⁷⁷ <http://www.disastersafety.org/>

⁷⁸ <https://www.thezebra.com/insurance-news/4674/emergency-preparedness-seniors-disabled/>

⁷⁹ <https://www.homecity.com/disaster-safety-for-renters>

⁸⁰ <http://earthquaketrack.com/>

⁸¹ <http://forevercurious.org/emergency-preparedness-lessons-plans-and-resources/>

⁸² <https://www.mydogtag.com/>

⁸³ <http://www.myfamilysurvivalplan.com/>

⁸⁴ <http://www.ok.gov/oem/>

⁸⁵ <http://disastercenter.com/oklahoma/oklahoma.htm>

⁸⁶ <http://earthquaketrack.com/p/united-states/oklahoma/recent>

⁸⁷ <http://www.ready.gov/>

⁸⁸ <http://www.redcross.org/ok/oklahoma-city>

⁸⁹ <http://www.ok.gov/reddirtready/>

⁹⁰ <https://www.roadid.com/c/RoadID>

⁹¹ <https://www.safecastle.com>

⁹² <http://www.shtfplan.com/>

[Slingbow Industries \(high-performance slingshots\)](#)⁹³

[SOL \(Survive Outdoors Longer\) – shelters, blankets, first aid/trauma kits, tools, etc.](#)⁹⁴

[Survival](#)⁹⁵

[Survival Life](#)⁹⁶

[Survivopedia](#)⁹⁷

[True Utility \(incl. these brands: NEBO, iPROTEC, Quarrow, & WeatherRight survival gear of all kinds\)](#)⁹⁸

[U.S. Disaster Center](#)⁹⁹

[Wilderness Tactical Products](#)¹⁰⁰

[Wazoo Survival Gear](#)¹⁰¹

Gear, Additional Resources:

[Galls Public Safety Supply](#)¹⁰²

[CopsPlus](#)¹⁰³

[MidwestUSA](#)¹⁰⁴

[Uniform & Accessories Warehouse](#)¹⁰⁵

Locally in OKC:

[C.O.P.S. Products](#)¹⁰⁶

416 Hudiburg Circle, Ste. B

Oklahoma City, OK 73108

405-232-7300

E-mail: info@copsproducts.com

[Google Map](#)¹⁰⁷

Note: C.O.P.S. Gun Shop is in the back of the store. Open to the general public and security, law enforcement, EMS - uniforms, accessories, holsters, gear. If you need it, the great folks there will help you get it!)

⁹³ <http://slingbow.com/>

⁹⁴ <https://www.surviveoutdoorslonger.com/>

⁹⁵ <http://www.survival.com/>

⁹⁶ <http://slingbow.com/>

⁹⁷ <http://www.survivopedia.com/>

⁹⁸ <https://www.trueutility.com/>

⁹⁹ <http://www.survivopedia.com/>

¹⁰⁰ <https://www.thewilderness.com/>

¹⁰¹ <https://www.wazoosurvivalgear.com/>

¹⁰² <https://www.galls.com/>

¹⁰³ <https://www.copsplus.com/>

¹⁰⁴ <https://www.midwayusa.com/>

¹⁰⁵ <https://www.uniformswarehouse.com/>

¹⁰⁶ <http://www.copsproducts.com/>

¹⁰⁷ <https://goo.gl/maps/i3enHmu24siFm5gz7>

Special Ops Uniforms ([Facebook page](#))¹⁰⁸

505 N Portland Ave

Oklahoma City, OK 73107

405-946-3504

[Google Map](#)¹⁰⁹

Note: Open to the general public. Security, law enforcement, EMS uniforms and supplies.

For dozens more resources, see the **Gear (Guns, Shooting, Holsters, Clothing, & Equipment for Security, Police, Survival, etc.)** section on the [Firearms page of this report's main website](#)¹¹⁰.

Pets & Disaster Preparedness:

[AVMA - Pets & Disasters](#)¹¹¹

[HomeCity Real Estate - Pets, People & Lightning Safety](#)¹¹²

[ASPCA - Don't Forget About Our Pets](#)¹¹³

[American Red Cross - Pets & Disaster Preparedness](#)¹¹⁴

[Humane Society - Make a Disaster Plan for Your Pets \(includes several links to pet-friendly hotels\)](#)¹¹⁵

[Red Rover - Pet Disaster Preparedness](#)¹¹⁶

[20 Foods Pets Should Never Eat](#)¹¹⁷

[U.S. CDC \(Centers for Disease Control\) - Disaster Preparedness for Your Pet \(EXCELLENT!\)](#)¹¹⁸

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

¹⁰⁸ <https://www.facebook.com/specialopsuniforms/>

¹⁰⁹ <https://g.page/specialopsuniforms?share>

¹¹⁰ <http://www.magnusomnicorps.com/firearms.html>

¹¹¹ <https://www.avma.org/public/EmergencyCare/Pages/Pets-and-Disasters.aspx>

¹¹² <http://www.homecity.com/homeowners-lightning-safety-guide#Pets>

¹¹³ <http://www.asPCA.org/pet-care/disaster-preparedness/>

¹¹⁴ <http://www.redcross.org/prepare/location/home-family/pets>

¹¹⁵ http://www.humanesociety.org/issues/animal_rescue/tips/pets-disaster.html

¹¹⁶ <http://www.redrover.org/pet-disaster-preparedness>

¹¹⁷ <http://www.koco.com/health/33381668>

¹¹⁸ <http://www.cdc.gov/features/petsanddisasters/>

- anti-roll
- available accessories
- beam throw distance
- button, on/off and location preference
- clip
- holster availability - fits 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
- water/dustproof rating
- drop rating

MANUFACTURERS OF SOME OF THE BEST HIGH-TECH FLASHLIGHTS:

5.11	http://www.511tactical.com/
Streamlight	http://www.streamlight.com/en-us
TerraLux	http://www.terralux.com/
Pelican	http://www.pelican.com/
Brite Strike	http://www.brite-strike.com/
SureFire	http://www.surefire.com/
Blackhawk	http://www.blackhawk.com
Browning	http://www.browning.com
Coast	http://www.coastportland.com/
Nitecore	http://www.nitecore.com/

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

<http://www.outdoorpros.com>
<http://www.opticsplanet.com>
<http://www.code3tactical.com>
<http://www.tactical-store.com>
<https://www.copsplus.com>
<https://www.midwayusa.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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