

Specific items needed for bugout and emergency survival; Prep now

Many of your basic camping supplies and preparations will serve you well for bugout and emergency prep. Pick-up an old Boy Scout manual for all the details and how to's in one place, and list I like to reference is the Zen Back Packing list which includes suggestions on how to layer clothing and back your pack. Always check the weight and adjust straps and belts on a packs long before an actual emergency. We thought we were all set with animal supplies and carriers until we moved our cats down to our cabin while setting off some bug bombs in the house ... total melt down. We realized in an emergency situation the cats would need their own carriers and mini litter boxes, so again, test it all out before you need it.

You do not have to spend a fortune on fancy equipment as long as it works ... cheapo stuff from the big box stores won't help you either in a real emergency. Start checking out the Army surplus stores and know how to use your supplies before you need one ... a good example is a snake bit kit; they only cost a few dollars so you can effort to put on in everyone's kit, but you want to know how to use it before someone gets bit, you will only have a few minutes to save a life. Bear Spray and Pepper Spray and fire Extinguishers are all the same, practice!

Include the following in each of your first-aid kits:

- first-aid manual
- sterile gauze pads of different sizes
- adhesive tape
- adhesive bandages in several sizes
- elastic bandage
- a splint
- antiseptic wipes

- soap
- antibiotic ointment
- antiseptic solution (like hydrogen peroxide)
- hydrocortisone cream (1%)
- acetaminophen and ibuprofen
- extra prescription medications (if the family is going on vacation)
- tweezers
- sharp scissors
- safety pins
- disposable instant cold packs
- calamine lotion
- alcohol wipes or ethyl alcohol
- thermometer
- [tooth preservation kit](#)
- plastic non-latex gloves (at least 2 pairs)
- flashlight and extra batteries
- a blanket
- mouthpiece for administering CPR (can be obtained from your local Red Cross)
- your list of emergency phone numbers
- blanket (stored nearby)

WATER, WATER, and more WATER!

Map, Maps and more Maps ... your devices are not always accurate and may not serve you in a emergency or wilderness situation.

Army Surplus

multi tool

Pepper spray/bear spray

whistle

compass liquid

poncho

space blanket

Flashlight with batteries

light stick

flares

boda bag/water bag
propane cans
extra packets
Insect repellent
Sunscreen
Bandanas
headlamps
sunglasses
1st aid kits
gloves
mittens
wool socks
water proof matches
Water purifier
snake bit kits

Other store;

Ziplock bags, all sizes
1st aid supplies
Knee brace
granola bars,
jerky
GF snacks
Super C
nut pkts
Protein bars
small journals
Duck tape
Hand sanitizer

towelette
fire extinguisher
mini toiletries; shampoo conditioner, lotion,
tooth brush and paste, lip balm
Mini 1st aid, antibiotic, allergy, rash, stings
Bleach
deck of cards
scissors
Tent
dust mask
aluminum foil, plastic wrap
small pill bottles, pill divider
can openers
tweezers

containers;

water
Shelves
Bins
Back packs, Fanny packs, rolling packs*

*I can no longer carry a backpack, so I keep a portable luggage rack with big sturdy wheel and a few bungee cords handy in case I need to leave home or car on foot. I can strap on my 72hr kit and other luggage if necessary.

For those with disabilities, make sure you have extra canes, walkers, knee braces, and a back-up supply of necessary medications. One elder friend only had 3 minutes to grab her dog and medications before a wildfire took her home ... there was no notice, no sirens, no assistance.

Also keep your gas tank at least ½ full at all times. and keep additional supplies in your car.