



GO-BAG : 72 hour disaster preparedness kit (complete gear lists for home, work & vehicle)

Organization

- Backpack: tight fit to body with strong hip straps, example: backpacking or hunting packs (your limitations are size & weight)

Food & Water

- 1500-2000 per day Calorie Food, no prep (jerky, trail mix, pemmican, peanut butter, nutrient powder packs, granola bars, canned sardines, MRE)
- Purifying Tablets
- Water Bottle (metal can also boiling water, plastic ones, or collapsible)
- Camel Pack
- Life Straw
- Water Filter
- UV stick w/ batteries (also light Source)
- Iodine, Tablets

Fire

- Lighter
- Waterproof Matches
- Ferro Rod
- Cotton Ball w/ Vaseline
- Candle (use w/ poncho for quick warm shelter, be careful!)
- Fire Sticks or fat wood
- Char Cloth / Flint
- Newspaper

Shelter

- Reflective Blanket
- Tube Tent, LightWeight Tent
- 8'x12' Plastic Drop Sheet (Heavy Duty)
- Heavy Duty 3 Mil Contractor Garbage Bag (water collection, waterproof w/ duct tape, orange color can be used for signalling)
- LightWeight Tarp
- Military Poncho w/ Grommets

Light & Communication

- Head Lamp
- Flashlight (wind-up / solar)
- 8 Hour Light stick
- AM/FM Radio w/batteries
- Solar Charger
- Extra Batteries
- Phone, w/ map apps, charger
- Notebook w/ important information (contacts, photocopy of personal info)
- Pencil & Pen

Clothes

Full set for the harshest weather you could experience.

Layer clothing (base layer, insulative layer, waterproof shell)

You want to be able to regulate body temperature by decreasing or increasing layers. The base layer wicks any moisture away from the body, the insulative layer retains your body heat, and the shell layer protects from wind, rain, or snow. Here are some fabric options and their qualities...

- Wool (warm, water resistant, durable, quiet, heavy, bulky)
- Merino Wool (BEST for base and insulative layer - thin, soft, wicks moisture, regulates body temp, resists odor)
- Synthetic (BEST for shell layers, clothing is lightweight, wicks moisture, quick dry, breathable, melts, rips, noisy)
- Fleece (light, warm. soft)
- Cotton (durable but stays wet and cold)
- Wool Socks, warm leather gloves
- Extra shoes in workplace bag (if your work shoe are not designed for hiking)
- Touque, Balaclava, hat
- Bandana, Shemagh (bandage, filter, make char cloth, tourniquet)
- Pants w/ Cargo pocket
- Eye Protection (night time travel through the bush)
- Rain Gear, Emergency poncho (water collection & storage, shelter w/ candle heat source)

First Aid Kit

- Buy a pre-made kit and add items as necessary
- First aid manual
- Bandages 3/8" x 1.5"
- Bandages 0.75" x 3"
- Sterile Sponge Dressing: 2" x 2"
- Alcohol Pads
- Antiseptic Towelettes
- Butterfly Closures
- Cotton Tip Applicators
- Iodine Pad
- Gauze Pads
- Suture Kit
- N95 Mask
- Gut health and pain medication
- Herbal salves, oils, tinctures
- Antibiotics, medications, gut health meds

Cordage & Fasteners

- Paracord
- Tarred Bank Line
- Duct Tape,
- Electrical tape
- Zip ties
- Shoe goo
- Bike Tire Tube (also a fire starter)
- Carabiner
- Stretch tubing (make fish spear or slingshot)
- Fishing Line (w/ hooks, bobber, power bait)
- Clips, clamps, clothes pegs
- Dental floss

Tools

- Knife
- Knife sharpener
- Multi-tool
- Axe
- Saw
- Fire Arm
- Bear spray
- Lock pick set

Sanitation

- Soap
- toothpaste & brush, floss
- washcloth
- Toilet Paper (flagging, cleaning, fire)
- Feminine Hygiene products
- Sanitizer
- Wet wipes

Other Supplies

- Whistle
- Work Gloves
- Pencil & Pen
- Emergency Preparedness Guide or Survival Book
- Zip Lock Bags (organize & water proof Bag items, water storage, bandage)
- Hiking stick (used as spear, fishing rod)
- Snare Wire (picture wire)
- Insect repellent
- Essential Oils (disinfect, insects, aromatherapy)
- \$500 Cash (or trade items)
- Compass
- GPS and batteries
- Maps (road and backcountry)
- Fishing gear, hand line, hooks, bobber
- Photo copies of personal and important info and ID (example: evacuated from house fire w/ no ID)
- Chlorine bleach has many uses for sanitation, to disinfect water use 2-4 drops of bleach to U.S. quart., let sit for 30 minutes, should smell like Chlorine

Notes & Tips:

- It's meant to be a practical 72 hour bag, not for surviving weeks, months, or years, have other strategies for that.
- Field test your pack and gear.
- You probably already have many of these items.
- Limitations are size and weight.
- "Two is one, one is none" this means redundancy in case you lose or break an item.
- Pack as much water as limitations allow.
- Don't buy a bag until after you know what you want to include in it.
- Don't just rely on Bushcraft skills, they can be time consuming, (pack a shelter, don't plan to build one from scratch).
- Get fit, heal chronic injuries, being overweight or out of shape could be the difference between life or death for yourself or loved ones.
- You probably won't be alone (prepared to help or avoid others).
- Be able to repair your bag (see cordage options).
- Blend in, don't look like Rambo or don't draw attention to yourself if you have valuable supplies.
- Kids and pets have extra needs (from diapers to books to food).

- Quick access to items and categories, everything in clear Ziplock bags.
- Test bag, it should fit tight to your body, hips straps will take the weight off your shoulders, lots of pockets are good.
- Keep the Go Bag in an easy to access location, by door, in the trunk of the vehicle, by bed or office desk.
- Join SAR or Emergency response team, for more training.
- Option: Stash a cache, along your regular travel route, in the woods, by an established bug out location.
- Have family plans to meet up somewhere, and plan B options, keep more supplies there.

Emergency Car Supplies:

- Air compressor for tires, Tire patch kit
- Spot Light
- First Aid kit
- Water bottle
- Lighters, fire starters, newspaper, Fire extinguisher, flares
- Candles in deep can
- 8 hour light stick, head lamp, extra batteries
- Non perishable food (trail mix, bars, jerky, canned, peanut butter, sardines, MRE, electrolyte drink mix)
- Extra Water, for multiple people and a vehicle (hydration, washing, radiator, etc.)
- Warm blankets, towels, rags, reflective survival blanket / space blanket, emergency rain poncho
- Extra sets of warm clothes / footwear / work gloves
- Jumper Cables, Spare tire and tool kit
- Knife, Multi-tool, Saw, Seat Belt cutter / Window breaker, Chainsaw for backcountry travel or fallen trees
- Small shovel, Ice scraper, Snow brush
- Eating utensils,
- 12 volt to USB & Outlet charger
- Tarp and rope, cargo straps, bungee cords, tow rope, carabiners
- Duct tape, electrical tape, crazy glue (glue is good for wounds requiring stitches)
- Road and backcountry maps, pen and paper
- Sanitation items: soap, wash cloth, hand sanitizer, toilet paper

Vehicle Tips:

- Keep the gas tank at least half full at all times, this allows for quick evacuation, in wide spread emergencies gas stations will be busy.
- Vehicles allow for more storage then your at home "Go Bag" so pack as much as you reasonably can.
- Your vehicle could be your shelter, plan and pack accordingly.
- Children and pets have extra needs (diapers, books, clothes, toys, pet food, etc.).
- Pack items in clear zip locks, easy to see, quick to access, bags are useful as well.

Workplace Go Bag

Even with a car kit nearby, you may be several floors away when a black out hits, good thing you have a Go Bag at work with a flashlight. Pack similar to your home bag with extra consideration for your situation. Your work clothes and footwear may not be suitable for the long journey home.

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