

Bug Out Bag “BOB” Essentials

Scenario: Evacuation on Foot with a Grab-and Go Kit Containing a 72 Hour Supply of Food, Water and Necessities

You might only have a few minutes notice to take what you can and make your way to a safe location. Each family member's kit should be in a portable container such as a backpack or duffel bag near an exit in your home.



Here’s a checklist of items to get you started:

- Water and portable purifier.
- Multi purpose tool and signaling mirror.
- Flashlight with extra batteries.
- Extra clothes and sturdy shoes.
- Whistle and compass. Three sources of fire: matches, lighter, and fire starter.

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- Sunscreen, insect repellent, rain gear.
- Non perishable food that needs no cooking.
- First aid kit. (See below for contents)
- Battery powered or crank radio with extra batteries.
- Document bag. (See below for contents)
- Nose and Mouth Protection masks (N-95 rating)
- Plastic sheeting and duct tape.
- Hand sanitizer, wipes, personal hygiene supplies.
- Baby items (formula bottles baby food).



First Aid Kit Contents:

- 2 absorbent compressed dressings (5”x9”).
- 25 adhesive bandages (assorted sizes).
- 1 adhesive cloth tape (10yds x 10yds).
- 5 antibiotic ointment patches (approx 1 gram).
- 2 packets of aspirin.
- 1 instant cold compress.

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- 2 pair of non latex gloves.
- 2 hydrocortisone ointment packets.
- Oral thermometer, scissors, tweezers.
- 1 roller bandage (3”).
- 5 sterile gauze pads (3”x3”).
- 5 sterile gauze pads (4”x4”).
- 2 triangular bandages.
- Cotton balls.

Document Bag Essentials for Your BOB

- At least \$200 cash.
- Current picture ID, important family documents.
- Insurance, medical cards, bank account information.
- Social Security cards and birth records.
- List of medications with dosages and doctors phone numbers.



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Evacuating by Car

In emergencies in which you can evacuate by car, take your grab-and-go kits and essential kits and all additional supplies in your car. These items include:

- Reading and sunglasses.
- Books, games, toys, deck of cards.
- Extra batteries: C, AA, AAA.
- Soaps, personal hygiene supplies, baby items.
- Bleach, toilet paper, paper towels, garbage bags.
- Dental care, hearing and vision products.
- Matches lighter. Fire starter three sources.
- Emergency contact list.

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- Phone chargers.: car adapter wall outlet, extra cell phone battery.
- Road maps.
- Clothes.
- Blankets and pillows.
- Fix-the-flat, tools, engine oil.
- Additional food and water.
- Plastic plates, cups, utensils.
- A tent, stakes and tarp.
- Identify gas stations and restaurants on your route.
- Call your family emergency contact right away.

Before you leave home:

- Fill your gas tank, check your spare tire.
- Take cash, checkbook and credit cards.
- Charge your cell phone.
- Get a map of your route.

IMPORTANT Notes and Other Considerations

- An AM FM weather band radio that can be powered by batteries and plugged into an electrical outlet is your best choice for an emergency. However, any battery powered radio will do.
- Cordless phones won't work during a power outage. A corded phone



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can be used during a power outage since it doesn't plug into an electrical outlet. The long cord means you can take it to the safest part of your house.

- **What does bleach do?** Non scented bleach can be used to purify water for drinking or sanitized water for bathing, cooking and cleaning. To purify water, add 16 drops (1/8 of a teaspoon) per gallon into a large pot or kettle. Stir and let stand for 30 minutes.
- While you might not cage your pet at home, having a pet carrier cage will help you transport your pet safely during an evacuation, and may be required, depending on where you spend the night.
- **Why plastic sheeting?** It can be used with duct tape to seal doors, windows, and air vents at home, and offers some protection from contaminated air, hazardous materials and bad weather if you must evacuate.
- Personalize your bug out bag for the individual who will be using it. For example, child, pet (children and pets can wear backpacks), special needs, food allergies, etc.
- Consider a solar powered charger for batteries, cell phone, and other portable equipment.
- Consider buying equipment that requires the same size batteries (such as AA).
- Consider additional fuel cans and water bottles (refillable).
- Consider purchasing a portable hammock to prevent sleeping on cold, wet ground and the potential for hypothermia.
- Consider alternate communication devices such as walkie talkies, HAMM radio and GPS.
- Download survival apps on your smartphone or other portable device, such as SAS Survival Guide.