

SURVIVAL "GO" BAG PACKING LIST

* Below are the basic things that I recommend putting in a survival pack (Backpack size). When you are not using it for hiking it is good to keep the pack in your car for emergency situations. I think it is important that you don't go crazy with your "go" bag and put so many items in it that

you can no longer carry it. If you have a large family you should prepare multiple bags. Also, you don't want to stuff the bag to its capacity since you might need room for items that you find along the way.

Make sure that you put everything in quality Ziploc baggies OR you can vacuum seal some things in plastic to ensure they stay dry and organized. Plus the baggies will come in handy for collecting things and keeping things dry later.

FIRE

- Multiple Lighters
- Quality strike anywhere matches (practice striking them on various surfaces and each other)
TIP: You can waterproof the matches by dipping the top half in wax, or try dipping them into neat's-foot or similar oil and then letting them dry.
- Magnesium fire starter (with fuel—Vaseline soaked cotton balls recommended. They are cheap, work really well, and are easy to make)
- Some type of quick fire starter fuel—Vaseline soaked cotton balls are great, cheap, and easy to make
- 12 hour candle
- Magnifying glass

SHELTER

- Lightweight emergency poncho (if you use it be really careful not to rip it) get a bright colored one
- Several thick large trash bags (the thicker the better)
- Emergency blanket (I like the thick ones that have woven fibers to reinforce and grommets)
- Small lightweight tarp (Tent floor footprints work GREAT)
- At least 50 feet of paracord (Make sure it is real paracord with lots of smaller strands inside the outside woven sheathing)
- Small folding shovel
- Folding Saw (nothing beats a saw in a survival situation)
- Hatchet

FOOD

- At least 2 military MRE rations (Available at local military surplus stores)
- Emergen-C type beverage packets for electrolyte replacement and to flavor iodine treated water
- Salt Packets (grab a handful or two next time you are out to eat)
- A few packets of tea and some envelopes of instant soup
- Some hard candies
- Add other high calorie foods as you see fit
- Small fishing kit—Hooks, line (15-20lb test), a few lead weights, a few dry flies (used for fly fishing), a couple of fake rubber worms or similar bait
- Some thin metal wire for making small game snares, or even better, a few actual manufactured steel cable small small game snares

WATER

- Water Filter (a manual pump filter not one that requires batteries)
- At least 2 bottles of iodine water purification tablets

- Water Bottle (recommend stainless steel water bottle—Can be used for cooking, boiling) Keep it full
- Compact flexible plastic water

- bladder (2-3 liter minimum)
- Stainless steel or titanium cup

FIRE

- 1- Good Quality non-folding knife
- 2- Good backcountry first aid kit

Add: Benadryl, extra pain meds, laxative, small bottle of iodine, chap stick, antacid tablets, lighter, safety pins, wound sucher kit, and if applicable some of your prescription medication, an extra pair of glasses.

- 3- Quality handheld compass
- 4- Small bright LED flashlight, or two, with extra batteries (Make sure it has an on/off switch—meaning the button doesn't have to be held down)
- 5- Firearm and ammunition (optional)—If you do choose to include a firearm, make sure you know how to use it properly or the firearm can become a liability instead of a help. **Tip:** .22 Caliber is excellent since you can carry a lot of ammunition with little weight.
- 6- Some type of quality particulate mask like they use in hospitals to avoid getting sick when working around patients. Remember, a disaster could just as easily be disease induced and you need a way to protect yourself. Trust me these masks will be the very first thing to disappear from your local store. Get them in advance.
- Small whistle
- Signal mirror
- Duct tape
- Lightweight quality rain jacket and pants
- Multi-tool pliers
- A small container of sunscreen

- Bug spray
- Lightweight small camouflage netting (4' by 2.5' or similar size). This can provide quick concealment. You can find them at military surplus stores or online.

Additional items to have in your car (Some redundancy)

- Handheld GPS
- Written emergency action plan
- Paracord
- Some basic tools (pliers, screwdrivers, duct tape)
- Non-folding knife
- Area maps
- 2 liter steel water bottle (full)
- Flashlight
- A couple of lighters
- Compass
- Center Punch (Can be used to break glass windows quickly)
- Extra MRE rations depending on the size of your family
- 1-2 gallon water jug (full)
- Emergency poncho
- Emergency road flares
- 1 can of fix a flat (this will ruin your tire but it is a great quick fix in an emergency when there is no time to change to a spare.

Remember to pack your sense of humor and your cool head

Winter Months

- Extra pair of (wool or synthetic) winter clothing/ long underwear (one pair per family member)
- Extra pair of wool socks
- 1 or 2 warm blankets

FINAL NOTE:

Creating a “go” bag can be expensive and it can be hard to find the balance between buying really quality gear for and buying garbage that is going to fail you quickly. You certainly don't want to put your survival in the hands of cheap gear, but on the other hand it is not feasible for most people to spend a thousand dollars or more on this bag. Therefore I recommend that you figure out what you can afford and find a happy medium. Many of the items can be sourced from around your house so you don't need to buy everything again. That being said it is important that you don't put things in the bag that you are going to need i.e. you put your only saw in the bag and then take it out every time you need a saw. It is my experience that if you do this you will no doubt forget to put the stuff back right away which kind of negates the point.

—Also, it is so important that you maintain your go bag by going through it at least once a year (recommend every six month) replace batteries, check everything out etc. and repack.