

# Let's Build Your BUG OUT BAG



**How To Build An Awesome Emergency  
Bug Out Bag For Disaster Preparedness  
and Wilderness Survival**

*Ronald Williams*

# ***LET'S BUILD YOUR BUG OUT BAG***

***HOW TO BUILD AN AWESOME EMERGENCY BUG OUT  
BAG FOR DISASTER PREPAREDNESS AND WILDERNESS  
SURVIVAL***

**Ronald Williams**

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## **Introduction**

Hi there, first of all thank you for downloading my book “Let’s Build Your Bug Out Bag.” I hope you enjoy it!

Most of us reading this should know what a bug out bag is. It’s simply a pack of survival items that you need to survive on your own after you evacuate, or bug out, from your home during a disaster. It doesn’t matter what kind of a disaster it is, your bug out bag is what you will grab if and when the time comes to evacuate.

Alright, so that sounds simple enough. Just grab a backpack and throw a few survival items into it and you're set, right?

Not exactly. The truth is that while bug out bag building is a straightforward process, there's also a lot more to it than that. Fortunately, that's what we're going to discuss here in this book.

This little book is going to serve as a short yet informative guide where I will share with you my process for building a complete bug out bag for survival and emergency preparedness.

Specifically, I'm going to cover the following:

- Why You Need To Build A Bug Out Bag
- How to Select a Backpack to Serve as Your Bug Out Bag
- How to Select Items to Put Into Your Bug Out Bag

We're going to dive into each of these topics in-depth and by the end of this book, you will have gathered all the information you need to officially put your first bug out bag together.

Let's begin!

## **Why Do You Need A Bug Out Bag?**

For many people, building their own personal bug out bag is the first significant step they take as a prepper. I know it was for me.

Indeed, bug out bags are easily one of the most well-known concepts in the survivalist community. Even people who don't consider themselves preppers are aware of what a bug out bag is, but very few of those people will actually spend the time and money to build one.

So the question naturally arises: why do you need to spend your time, money, and effort on building your own personal bug out bag?

I'll answer this question with another question: why does the term 'bug out bag' have the words 'bug out' in it?

Bugging out is simply defined as any situation in which you make the conscientious decision to flee from your home during an unexpected disaster or emergency situation. This disaster can be a natural or a manmade disaster.

Ask yourself this question: if you suddenly had to bug out of your home in the next thirty minutes, what would you grab and how would you carry it?

Chances are good you would grab some kind of a backpack or satchel lying around in your house and start filling it up with random items you think you need. But since your stress and anxiety are going to be maxed out to the limit, chances are equally as good that you would forget something.

Plus, wouldn't it be more convenient to have everything you need pre-stored in a bag already? That way, you're safe knowing you have everything you need AND you can begin bugging out quicker because all you need to do is pick up that bag and run.

This is why a bug out bag is also called a GOOD (Get Out Of Dodge) Bag, an Evacuation Bag, or a 72 Hour Bag. It's a pre-prepared backpack of survival items intended to sustain yourself as you journey from your home to your bug out location for a minimum of 72 hours.

And here's something else to think about: it's not all unrealistic to think that you will someday have to evacuate from your home. It's arguably more unrealistic to think you won't have to.

We live in a naturally chaotic and threatening world. Natural disaster could strike when you least expect it to: blizzards, hurricanes, floods, earthquakes, volcanic explosions, tornadoes, take your pick.

When any one of these disasters strike, it will result in absolute devastation to your surrounding area. In the blink of an instant, homes will be destroyed, vehicles will be abandoned, stores and medical facilities will be looted, the authorities will be closing off entire sections of your city, and resources such as food, gasoline, and water will become scarce.

Just ask the victims of Hurricane Katrina in 2005; thousands upon thousands of people were forced to evacuate from their homes with precious little warning.

The point I'm trying to make is this: building a bug out bag is a simple safety precaution you take to increase your preparedness and odds of survival should a disaster strike near you.

You, as an individual, DO NOT get to control what type of a disaster will strike and when or where it will strike. But you DO get to control how you react to it, and that means having a strategy and the skills and equipment necessary to see it through.

Having a well stocked bug out bag ready to go well mean the difference between life and death, but it's ultimately up to you and you alone to decide if you want to build it or not.

If you firmly believe that you truly never will experience a disaster that forces you to evacuate your home, and you are perfectly entitled to that believe, then there's no need for you to continue reading this book.

But if you don't want to take the chance of not being prepared for a disaster and want to learn more about how to build the best bug out bag you possibly can, then by all means read on.

In the next chapter, I'll teach you the process I use for choosing a backpack that will serve as my bug out bag.

## **Choosing A Bug Out Bag**

You want to give a lot of thought into how you choose the backpack to serve as your bug out bag. This is not a decision that you want to take lightly, as certain backpacks will wear out faster or otherwise not be as convenient for your bug out bag.

Fortunately, I have a very simple process for I choose backpacks to serve as my bug out bags. Here are the questions that I ask myself in order:

## **What Is The Build Quality of the Backpack?**

First of all, you need to make sure that the quality of your bug out bag cannot be called into question. Your bug out bag needs to be designed to hold up in rough environments and adverse weather conditions, which is why extra attention needs to be given to the materials that you choose.

Specific qualities that I like to look for include:

- Is the backpack waterproof?
- Is the backpack tear resistant?
- Are the straps adjustable?
- Are the straps thick?
- Do the zippers, snaps, and buttons work flawlessly?

If the answer to each of these questions is ‘yes,’ then so far at least, the bag should be good to go.

You can also generally gauge the quality of a backpack by the research you do online. If a backpack is not receiving an overwhelming positive reaction from the people who have already bought it, then you should reject it.

Another effective tactic for you to use is to take a look at the backpack yourself. Actually hold it and feel the materials and work with the zippers and snaps. Take look on the inside at the various compartments it has. You should be able to gauge the overall quality of the pack by this method alone.

I understand if the backpack you are interested in is not available for you to hold in person, so you may not be able to use this process. But if it’s at all possible for you to do so, then you definitely should. Stop by your local sporting goods store and browse the backpacks they have.



## **What Is The Total Capacity Of The Backpack?**

The difference between an ordinary school backpack and a military grade tactical backpack is that the latter option can hold A LOT more gear (not to mention that it will be more durable).

Never buy a bug out bag without knowing what the total capacity of it is. As a golden rule, do not go less than sixty liters. Any less than this, and your backpack is probably not going to be able to carry enough items to last you for the three day threshold.

As another golden rule, do not go beyond ninety liters in weight. If you think you can carry a fully loaded backpack with a capacity of more than ninety liters for extended periods of time in rough terrain, you better be in top notch shape and have excellent endurance.

## **Does The Backpack Have Multiple Compartments?**

Not only must your backpack have between sixty to ninety liters in total capacity, it also needs to have multiple compartments.

Why is this? The answer is because a sixty liter backpack, for example, with multiple compartments is going to be able to carry more gear than a comparable sixty liter backpack with only one huge compartment.

At the very least, having multiple compartments greatly aids in organization, a feature that you undoubtedly want in your bug out bag. It also makes grabbing items quickly much easier, since you know where everything is located and don't need to rummage through everything at once.

Make sure that each of the compartments in your backpack can become sealed off with high quality Velcro, zippers, buttons, or snaps. If they are not, then it will be very easy for things to fall out.

## **Is the Backpack Externally Framed?**

I've used both internally framed and externally framed backpacks in my life, and I can say that externally framed backpacks are more preferable for a bug out bag.

Maybe you will disagree with me here based on your own experiences, but I see multiple advantages to having a backpack with the aluminum frame on the outside of the pack rather than inside of it:

- The backpack can carry more weight and hold more items
- You can attach extra items (such as a rain coat or a sleeping bag) to the outside of the pack)
- There is space between your physical back and the pack to reduce sweating
- You can remove the frame use it for other purposes, such as dragging out any large game that you shoot
- It's more comfortable and easier to pack

## **Is the Backpack In A Neutral Color?**

Last but not least, I cannot enunciate how imperative it is for your bug out bag to be in a neutral color.

I mean two things when I say 'neutral color': 1. The backpack does not draw attention and 2. It allows you to stay hidden in the woods or a natural environment.

The best colors to choose for a bug out bag will be brown, dark green, dark blue, or grey.

Avoid anything that is brightly colored whether it be red, pink, yellow, orange, or light red.

And you may be surprised to hear me say this, but don't go with black or camouflage either. These are tactical colors, and people could mistake you for a threat or otherwise believe that you have items of value with you. That may sound ridiculous, but I wouldn't take the risk.

Great! You now know the qualities you need to look for in your bug out bag! Based on this information, you can easily narrow down which backpacks you have on your list.

Next, let's talk about the gear that your bug out bag will carry.

## **What Goes Into Your Bug Out Bag?**

Before you read on any further, go ahead and give yourself a pat on the back.

You should feel good about yourself. Not only have you firmly decided to undertake the responsibility of building a bug out bag, but you've actually chosen your bug out bag! How cool is that?

Now the fun part begins: deciding which survival supplies and equipment are going to go into your bug out bag. After all, what good will a bug out bag that's empty do you? Hint: very little.

In this chapter I'm going to break down the most important categories of items to have in your bug out bag, my rationale for each, and the specific items that I have chosen to carry in my bag.

Do the items you store in your bug out bag need to be identical to what I store in mine? Definitely not; in fact, I hope not. Each bug out bag is unique and needs to be catered to the needs, circumstances, and preferences of its owner.

So I'm not saying that what you are about to read are set-in-stone rules that you need to follow without question. But I am saying that what you are about to read will be a good guideline for you to follow and will give you some solid ideas on what you may want to include in your own bug out bag.

Here are the categories of items that I keep in my bug out bag and that I hope you will carry in yours too:

## **Water**

Without a shadow of a doubt, the most important category is water. And not just water itself, but a means to carry it, procure more of it, and purify it so that it's perfectly safe to drink.

Even though each bug out bag is unique, this category is non-negotiable. The human body will only survive for a maximum of three days without water, and knowing all of the physical stress and mental exertion that you're going to be undergoing during a disaster scenario, you're going to become severely dehydrated without water in less than one day.

*Water is life.*

In my bug out bag, I store three bottles of water that I rotate out every six months. I also carry a sixteen ounce metal water canteen filled with water as well, which I also rotate out every six months.

In addition, I carry a means to purify and filter more water that I find. This is because I understand that drinking water that is contaminated in any way could present more danger than not drinking any water at all.

You have three primary ways of purifying water in a survival situation: boiling it, filtering it, or using purification tablets. To boil my water, I have a small metal pot, along with fire starters that I can use to get a fire going (more on fire starters in a bit).

I also have two small bottles filled with purification tablets and a LifeStraw water filter that I can keep around my neck for convenient. The LifeStraw in particular is a true miracle worker and is very effective at filtering out bacteria and other hazards from your water.

## **Food**

Next up is food. The best kinds of foods to store in your bug out bag will be canned meats, vegetables, and beans, in addition to protein bars to give you a quick burst of energy.

Why these foods? It's because they are very convenient to carry, are long lasting, and are packed with nutrition. They're not the most delicious, but that comes second to nutrition and longevity in a survival situation.

Canned goods also require hot water in order to cook. For this I use my small metal pot like I mentioned in the last section. I also highly recommend throwing a can opener and a metal spork into your bug out bag as well.

## **Fire**

The ability to create and maintain a fire is perhaps the single most critical survival skill ever.

Think about it, fire gives you the ability to do the following:

- Be Warm
- See At Nighttime
- Ward Off Hungry Predators
- Cook Food
- Boil Water
- Entertain Yourself (fire is essentially nature's version of TV)

Without question, the three easiest and most convenient fire starting devices to have are the lighter, the match, and the magnesium flint striker. I have all three in my backpack and suggest you do the same; the magnesium flint striker in particular is my favorite because it will work in all weather conditions, including when the flint itself is soaking wet.

You'll also want to have tinder or kindling of some kind in your bug out bag as well to get a fire going quickly when it's excessively windy or rainy outside. In my experience, one of the most flammable manmade tinder there is are cotton balls soaked in Vaseline. In my bug out bag, I have ten Vaseline soaked cotton balls that I keep in a double bagged Ziploc, as well as a separate bag with three candles.

## **Shelter**

Fire is great at keeping you warm and enabling you to cook food, but it's not going to do you any good at protecting you from the elements such as rain, snow, and the wind.

There are several essential shelter items to keep in your bug out bag, including the following:

- Military-Grade Poncho
- Paracord (at least one hundred feet)
- Sleeping Bag (lots of lightweight and compact models available)
- Space Blanket (AVOID the cheap one dollar Mylar blankets)
- Tarp or Tent (I prefer the tarp as it's more multipurpose)
- Wool Blanket (avoid cotton like the plague)

To discuss these in more detail, I suggest a sleeping bag with a minimum rating of thirty degrees, and a tarp that measures at least six feet by ten feet. You'll be able to use the tarp for a variety of other purposes as well, such as for signaling (if it's bright) or as a rain catchment system. Tarps also tend to be more lightweight and cheaper than most camping tents.

Even though it may seem redundant, I have both a space blanket and a wool blanket in my bug out bag. Yes, it adds weight, but I believe it is worth it. The space blanket helps reflect heat back to you (tie it behind a fire and it's especially effective), while the wool blanket is very insulating and durable. Finally, it's a good idea to include clothes in your bug out bag as well. At the bare minimum, include the following:

- 1-2 Bandanas
- 1 Change of Underwear
- 1 Fleece Jacket
- 1 Pair of Gloves
- 1 Spare T-Shirt
- 2 Pairs of Socks

## **First Aid**

Accidents can and do happen in a survival situation, and it's extra important to be prepared for them especially when you consider that you're not going to have access to professional medical services.

Actually buy each of your first aid items separately rather than buying a simple first aid kit on its own; this way, you will be fully aware of its contents.

Here are the specific first aid items that you will want to buy separately:

- Adhesive Bandages (assorted sizes)
- Antibiotics
- Aspirin
- Gauze Dressings (assorted sizes)
- Lip Balm
- Medical Gloves
- Medical Tape
- Sling
- Small Mirror

- Splint
- Thread and Needles
- Tourniquet
- Tweezers
- Tylenol and/or Ibuprofen

## **Weapons and Tools**

A disaster situation is going to be characterized by how much chaos there is. The police will not be able to help you. Looters and raiders are going to prowl the streets, looking for innocent victims to prey on to take their valuables.

Your protection is your responsibility, and it's critical that you have the items necessary to defend yourself.

While many people are against the idea of including a firearm in their bug out bag, I personally choose to include one in mine. My pick is a .357 snub nose revolver. I choose this gun because it's versatile (I can shoot .357 Magnum or .38 Specials), is dead reliable, and is small and light enough to conceal on my person.

In addition to my revolver and the five bullets in it, I also carry two spare speed loaders as well.

Additional weapons and tools besides firearms that you should consider including in your bug out bag include the following:

- Fixed Blade Knife
- Folding Knife
- Hatchet
- Machete
- Multi-Tool
- Saw



Each of these tools will come in handy for more uses beyond self-defense. Of them, the two most important are by far the fixed blade and the folding knife.

Yes, I carry two knives in my bug out bag and I recommend that you do as well. I liked the fixed blade knife (I use a KA-BAR) for heavy duty tasks such as splitting wood and building shelter.

Meanwhile, I like having a folding blade knife that I can keep clipped to my pocket at all times for more precise work (such as cleaning game or cutting fishing line).

But even if you don't think that having two knives is necessary, at least consider the two-is-one and one-is-none logic and that having a backup would be wise.

## **Light**

Just like how you should have two knives, you should have two flashlights as well. Also as with your knives, you will want one flashlight to be big (such as a duty MagLite, which can double as a club) and a small LED flashlight for more precise work.

Be sure to carry extra batteries for each flashlight and at least one spare bulb for your Maglite as well.

## **Communication and Navigation**

Communication devices for your bug out bag are necessary to both stay-in-touch with your family and to stay informed on what's happening in the outside world.

Even though cell service may not be working during a disaster, having a dependable cell phone is still necessary because you will still possibly be able to send text messages. A charger for your phone is a must.

That being said, you're also going to need a radio so you can listen in on the news or contact outside home. I've found hand crank emergency radios to be the most reliable as they are not battery powered, and they also sometimes come with a phone charging port, which is convenient.

When it comes to navigation, purchase a GPS device and walkie-talkie combo and at least one spare pack of batteries for it. Nonetheless, you must be prepared for the fact that your GPS could become lost or fail, which is why you are also going to need a reliable compass and physical maps of your surrounding area. Laminate these maps to ensure proper protection.

## **Personal Hygiene and Sanitation**

You have to keep yourself clean in a disaster in order to protect yourself against the spread of diseases. Sanitation standards as a whole are going to be pretty awful (to say the least) during a disaster, which is why you do not want to skip out on personal hygiene items.

Here are examples of personal hygiene/sanitation standards that should be in your bug out bag. I keep these items stored in a waterproof bag for organization and convenience:

- Baking Soda (literally dozens of uses)
- Compact Mirror
- Hair Comb
- Hand Sanitizer
- Lip Balm
- Soap
- Sunscreen
- Toilet Paper
- Toothbrush with Toothpaste

## **Extra Items**

Finally, here are some additional items for you to consider including in your bug out bag:

- Bible
- Binoculars
- Cash (at least \$100)
- Duct Tape (lots of survival uses)
- Fishing Kit (keep in an Altoid tin)
- Garbage Bag (lots of survival uses)
- Knife Sharpener
- Mosquito Repellent
- Notepad
- Sewing Kit
- Sunglasses
- Survival Book
- Whistle
- Writing Utensil (pencil, pen, or both)

## **Conclusion**

Congratulations for reading this little book! I hope you enjoyed and received value from it!

When it comes down to it, there is no such thing as the perfect bug out bag. In fact, there's no such thing as a permanent bug out bag either. My personal bug out bag is constantly evolving based on my personal circumstances or what I'm preparing for, and yours will too.

Your goal is to make your bug out bag as personal as possible, which is why no two bug out bags are alike.

For me though, one of the biggest benefits to building a bug out bag is the peace of mind that comes with it. I know that regardless of which disaster or catastrophe comes my way, I always have the items I need to survive

protected and organized in my backpack that I can grab and evacuate with quickly.

Hopefully my process for building a bug out bag has been helpful towards you, and that at the very least you will now consider building your own.

Good luck!

**THANK YOU FOR READING!**

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## **About The Author**

Ronald Williams is an accomplished outdoorsman, survivalist, and survival writer whose passion is making sure that people are equipped with the knowledge and skills they need to outlast any kind of unexpected survival or disaster situation that comes their way.

Most importantly, Ronald wants to make sure that each person understands that disaster preparedness is a major responsibility to take not only for the safety of themselves, but for their friends and families as well.

Drawing upon both his extensive knowledge and his personal experiences, Ronald's books and articles have helped thousands of men and women across the globe learn how they can properly prepare themselves and their families for whatever unexpected disaster scenario comes their way to boost their chances of survival and ensure that they make it out alive.

Ronald has ghostwritten hundreds of articles on disaster preparedness for various reputable survival publications, including Off The Grid News.com, Survival Sullivan.com, Reloader Addict.com, Urban Survival Site.com, Survival Know How.com, and Legally Concealed.com.

When Ronald's not writing, he's usually camping, hiking, hunting, fishing, teaching others about survival and disaster preparedness, and spending time with his friends and family.

## **Other Books Of Mine**

If you enjoyed this book, I think you'll enjoy these other books of mine as well!

Check them out here:

[Bug Out Vehicle](#)

[DIY Makeshift Weapons For Survival](#)

[Everyday Carry Guide For Survival](#)

[Family Prepping For Survival](#)

[Food Preservation For Survival](#)

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