

The Survival 'Bugging Out' Plan When The 'SHTF'



Presented By The FRED67 Community

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The Definition of Bugging Out Can Vary:

When you hear the term “bugging out,” most people immediately picture getting out of the area in their vehicle so that they can get to their pre-arranged meet up site.

But bugging out isn't something that can encapsulate every single situation in a crisis moment. If a 'SHTF' moment happens, you might have no choice but to get out - but you'll have to do it on foot.

These are times that can occur that might allow you to stay local and you'll be able to get back home once the crisis is over. Bugging out doesn't automatically mean that you're going to have to spend months out in the woods in a survival situation.

There can be disasters when it's a short term time frame. But the key to success for short term survival that's temporary and local in the outdoors is to plan ahead. Since you won't know the difference until it actually happens, you plan for the worst so that you're prepared in the short term.

You'll have the gear and supplies that you need to survive temporarily in any location because you will have already planned for a long term stay. A temporary bug out could mean something like you have to go for a few days and stay in a tent at a location you've already scouted ahead of time.

In this plan, you need to plan to have enough supplies for at least 72 hours for everyone in your group. When it's going to be a temporary situation, then you can travel lighter, but only do that if you know for sure that you'll be able to come back home soon.

To survive in a short term situation, a temporary bug out means you have to be prepared by having your bag, good hiking boots, knowledge of the way out and the ability to get yourself to an area out of the chaos so that you can survive.

A long term plan can easily be adapted into a short term one. You'll still need the same stuff to start with - and you'll still follow the same protocol - but just for a bit longer.

By being prepared, you're in control rather than conceding control to whoever is in charge of the situation - if there is anyone to take charge at all. If a truly

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awful SHTF situation has happened and you have to bug out and you know it's going to be long term, you follow your plan.

Get your bag and get out of there. Take your vehicle if possible - but if that's not an option, then rely on your immediate bug out plan and your maps to get you to the location that you've scouted in advance and head out on foot.

In a long term 'SHTF' situation, you know that you may not be able to ever come back. So you head to the location that you've prepared for homesteading. For some people, this is a site to camp in.

For others, it's a bug out cabin or other structure such as a container home that's well hidden and able to protect you during the event. Wherever it is, this is the place where you begin to set up your life again.....

['Survive Anything' - Guide & Bonuses](#)

The Pros and Cons of Bugging Out Versus Bugging In:

In a 'SHTF' situation, there are two mindsets about what to do. Some people believe that you should automatically bug out, while others believe that you should bug in.

There are pros and cons to both decisions. One pro for bugging in (which means staying home) is that you can have more supplies at home. But a con could be that your neighbourhood is no longer stable enough for you or your family's safety.

If that's the case, then you'd have to make the choice to go. Another pro for bugging in could be if you live in an out of the way area, and you have all the supplies that you need.

But the con is that people who live in the suburbs who need to get out could be heading your way.

A good pro for staying in place is if you have an unlimited supply of all of life's necessities that can sustain you for months or years.

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But if you don't have things like unlimited water, then that's a con and you need to go ahead and bug out.

If you have sick people in your family or you have babies, then staying in so that their health or safety wouldn't be impacted would be a pro.

But if you've heard on the emergency broadcast that your neighbourhood or area is about to encounter the fallout from a SHTF situation, then staying would be a con.

For people who aren't completely prepared to bug out, then bugging in is the pro.

Not knowing where to go and not having any idea how you're going to take care of the rest of the supplies you need is a con.

Until you can put together what you need, you have to take a chance and stay where you are. If your safety isn't being compromised then stay put. If you're someone who isn't good at the basic survival skills, then the pro for you would be better off staying where you are.

But the con of that is if it comes down to the wire and you're forced to leave, then you'll struggle to survive.

A pro for bugging out would be if you have a shelter that you can get to that's away from the chaos and isn't that far away from you.

But if you know the journey to get there is going to cause you to risk your life because society has fallen, then it would be a con for you to leave your current shelter.

A pro for staying is that you're familiar with your local area and if supplies run low, or if someone gets sick, then you have a greater chance of getting somewhere for help.

But on the other hand, a con is that you could be competing with hundreds or thousands of other who are going through the same thing. Plus, if your city is under attack, it would be a con to stay regardless of how well - or not - you prepared.

One pro for bugging in would be that things might get back to the way it used to be - but a con would be that the short term you're hoping for may turn into a long term situation and then it might be harder for you to escape.....

[Family Bunker Plans](#)

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Bugging Out with the Right People:

There have been times of chaos in the world in the past that have suddenly uprooted people from their normal way of life. When the 'SHTF' you have to bug out if you want to survive. But the people you choose to bug out with matter. Your survival could depend on who you're with. It's a smart idea to build a bug out team. These are people who can contribute to the well being of the entire group.

That may not be family members. Sometimes people feel a sense of responsibility that if someone is family - even distantly related - they "owe" it to them to take them along when it's time to bug out - or they feel obligated to watch out for their work colleagues.

If you have a family member who you love, but you know that person is prone to panic and will cause chaos, trouble in the team, and likely get you killed, you have to keep in mind that your first responsibility is to yourself and any young children - not adults who are old enough and physically capable enough to care for themselves.

In a chaotic situation, not everyone you like is a good choice to bug out with. These might be people who didn't bother to prepare so now they're going to be a drain on your resources.

They don't add anything to the team effort. You don't owe your neighbour, your work buddy or your acquaintances anything when survival is on the line. You want to avoid taking people who will add to the chaos, who won't help out and who feel like it's everyone else's job to take care of them.

You want your bug out group to consist of like-minded people who are prepared. This is why you need to network with other prepper's. By being prepared and connected, you can not only bug out safely and efficiently, but you'll be able to establish a solid way of life when you reach your bug out destination.

Look to connect with other preppers who have something to bring to the group. You want to make sure that the other person's personality will fit - as well as their skills. You don't need any troublemakers - the kind of person who wants to always argue or tries to cause rifts in the group.

You want people who are mature enough to work together without stirring up drama, complaining, whining, or who seem to stay in a state of constant offense against someone else.

Build a group of people who have carpentry skills. Network with preppers who know the basics of starting life in a new place such as builders, plumbers, farmers, and electricians.

Make sure that your group has people who know how to hunt and survive in the wild – and people who understand plant life.
Create your group with people who know security and self-defence.

Medical personnel, teachers, and mechanics are all people who can contribute their skills to the group. By choosing the right people to bug out with, life on the go as well as once you reach your bug out destination will be a whole lot easier.

[Nine Meals Away From 'Anarchy'](#)

Practice Your Bug Out Scenarios for a Seamless Escape:

Having a bug out plan is one thing but having to put it into action is another. Everything looks different when emotions are heightened and the possibility that your life could be at stake enters the picture. It can be stressful and when you add in the fear that young children experience during chaos, your bug out plan could end up in disaster.

That's why you need to practice various bug out scenarios so that your escape plan runs smoothly. You want everyone to know what to do, when to do it and how to react. You want everyone to know ahead of time that everything is going to be okay. By having clear cut instructions that your family knows like the back of their hand, what can happen during chaos is that repetition can take over the fear. Everyone can act on autopilot because they've had what to do drilled into them.

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It's not enough to have everyone act out the escape plan a couple of times. You need to hold ongoing escape drills and various scenarios that impact that escape every single month. This way, your younger children won't be afraid when something happens. They'll know that everything is going to be okay.

You need to have a meeting point in place and each family member should know where it is and the route to take to get there. But everyone needs to also know a plan B in case the road leading to the meeting point is blocked or has been compromised.

You'll want to practice getting to this meeting point when you're at home as well as when the family is separated. Obviously, you'll keep younger kids with you but older teenagers need to know how they're going to get to the meeting point.

You need to know ahead of time what to do if everyone is at their job. This includes knowing who gets which family member if necessary. You want to know how to act when it's needed. Trying to decide how to react in the heat of the moment always compounds the problem.

You need to practice for the different scenarios. This includes ones like natural disasters. Prepare flood evacuation, fire evacuation and if you live in a tornado prone area, plan how you're going to escape the area. You need to have an escape plan in place in the event of an EMT, an enemy air strike or biological warfare.

Go over your escape plan during the morning hours, in the afternoon and in the evening because things look different at night. Practice as if you didn't have any power at all. Practice escaping both on foot and in a vehicle.

Make sure that every member of the family has an alternative way to communicate if cell phones go down. Have a spot chosen ahead of time where you can leave communication such as notes if you have to.

Run through your complete drill from beginning to end. It might be an inconvenience now, but in the long run, it could save your life and those you care most about.

['First Strike' - Designed By A Swat Team Leader](#)

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When Bugging Out, Awareness Is Key:

The day or night that you've planned for has finally happened. Now the time has come for you to bug out. You've bought all your gear and the supplies you'll need to exist wherever you're headed.

What's left now is something that you can't buy. It's awareness. You have to stay aware when you're bugging out. It's the key to your survival. You can't afford to let your guard down - not even for a second - because if you do, you could end up getting hurt or even losing your life.

One of the threats that you'll have to face when you're bugging out is the potential danger from predators. You could run into animals that would love to make a meal out of you.

Animals like bears, coyotes and bobcats have been known to attack people in opportunistic moments as well as for no reason at all. Some people believe that animals only attack when they're hungry or to protect their young, but that's not true.

Animals of all sizes will attack if they're startled or scared. They'll attack if they've been hurt or they're ill. They'll also attack because animals are territorial. You have to be on the lookout for them as well as the two legged kind of predators - humans.

In a world that's governed by law and consequences, people still hurt others. They steal, they attack, they kill. Now imagine what those kinds of people will do when society has collapsed.

They're only going to get worse. That's why awareness is the key to you making it out alive against both kinds of predators. You need to make sure that not only do you have a secure area once you arrive at your bug out destination, but that you're secure as you're travelling.

You do that by scouting the area. Do perimeter checks of your arrival location and do perimeter checks as you're travelling. Make sure no one is following you on foot or in a vehicle.

Pay attention to people who are acting weird or those who are acting secretive. Be aware of what's going on with the weather.

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By knowing whether or not bad weather is coming, you'll be able to get to shelter before you get caught in it and have to deal with things like hypothermia.

You also want to be aware of the weather so that if you're travelling near a creek or river, you don't get caught up in any flood waters. Be aware of what's going on with your supplies, too.

Pay attention to the amount of water you have or the purification means that you have on hand. Keep alert with your food supply. If you're travelling with friends or family, stay alert to their physical and emotional well being.

Someone who's ill or is suffering from shock can give your position away or draw attention to you and make you a target. Some preppers like to have a 5-hour energy on hand in their bug out bags so that if they happen to be in a moment where being alert is extremely important, they won't be prone to drowsiness.

[Learn How To Survive A 'Water Crisis'](#)

The Importance of Speed in a Bug Out Situation:

When you have a 'SHTF' situation on your hands and you have to bug out, time isn't on your side. Some people think they'll have either days or hours to bug out - when the truth can be closer to five minutes or less.

In the chaos, you're going to have hundreds (maybe even thousands) of people from your area trying to escape quickly just like you. Sometimes an unpredictable weather event causes abrupt and unexpected bug out situations.

In the event of a fire or a flood, you have to be able to go right then. There's no time for decision making. If there's a local or federal collapse of authority, there's no time for you to waste. You have to get going.

Whenever there's a SHTF situation, everything gets worse from the moment it begins. The first step in the process is that humanity undergoes a change.

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People who feel like their way of life is going to be disrupted can panic and they'll take it out on those who are prepared.

Stealing, assaults and violent crimes like murder are commonplace when society begins to fall apart severely. You can't wait around for that step to develop. When there's a bug out situation starting, some people debate whether or not they're staying or leaving.

Then within 24 hours, these people who stayed behind realize they've made a mistake. They start to feel desperate once they realize the seriousness of the situation and the anger and the complete breakdown of normal society picks up speed.

After a bug out situation is upon you, if it's 24 hours later and you're still not ready to go, then you're right there stuck in the thick of things that are only going to keep on spiralling downward.

You might think the nice guy from the down the street wouldn't turn on you - but if he's in a panic or he's desperate to take care of the needs of his family, you can bet that he's not going to be that nice guy any more.

You can also bet that disaster breeds disaster. As they compound, everything unravels – your safety on the roadways, your ability to use communication devices, and your ability to find fuel for your vehicles will all become increasingly hard.

You can't afford for this to be going on while you're trying to pack enough survival gear to make it out. If you're not prepared, you could find yourself giving in to the panic and making rash decisions. You could end up forgetting something important like medication or enough water. Plan ahead and have all the bug out bags that you need to take care of your family ready to go so that when it's time to leave, all you have to concentrate on is grabbing the bag and heading out the door.

[**Ammo Independence: The Firearms Survival Guide**](#)

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Strategies You Need to Learn for a Bug Out Situation:

If you have to suddenly leave your normal world for one created by a 'SHTF' situation, you have to know the skills that you need in order to survive. These skills are ones that you'll want to master in advance so that when the time comes to put them into practice, you're ready.

One of the strategies that you need to learn is foraging. This can help you find food in times of chaos that's freely available in nature. It's not as simple as going out into the woods and picking stuff up.

You do have to know what you're doing because there are poisonous plants that look identical to non-poisonous ones. For example, poke-berries look like grapes to people who aren't trained in foraging.

You can buy books ahead of a bug out event that will help you learn to identify what you can and cannot eat. Self defense is another strategy that you should know for a bug out situation.

You have to know how to protect yourself against people who mean to harm you. When everything falls to chaos, law and order go out the window. You need to learn basic hand to hand combat skills as well as how to protect yourself using pepper spray and weapons like a knife or a gun.

In a bug out situation, you need to know how to build a shelter. While the best case scenario is to have a place for shelter that's already established, you could face a time when you have to build one.

You need this skill to protect yourself from the environment. A shelter is quick and easy to build with a tarp' and some rope. You can also build a dugout type shelter or one using the debris that you find in nature such as logs and leaves.

Knowing the strategy of camouflage is a necessity for a bug out situation. You'll need to know how to blend into the environment. Concealment can protect you from the enemy as well as keep you from view when you're hunting game.

You can use environment colour and shaped gear, and things like natural debris to camouflage yourself. The same goes for your supply cache as well as your shelter. The object is to be invisible to anyone looking for others.

Knowing how to build a fire is a must have skill when it comes to a bug out event. You need to know how to build a fire - not just for warmth, safety and preparing food.

A fire can also ward off insects and predators as well as act as a signal. You need to know how to build a fire for things like drying your clothes and to use for sterilizing things.

Regardless of how well you plan your bug out, if you don't know how to purify water, you're not going to survive long. Having safe water to drink is one of the keys to your survival.

You can purify it using the boiling method, using a filter or filter straws, chloride and other means that are used to kill off potentially harmful bacteria. You need to know ahead of time how you're going to prepare to have clean water because, while you can last a little while without food, you can't survive long without water.

[Family Bunker Plans](#) (Simply a 'MUST READ' for everyone)

Don't Draw Attention to Yourself and Your Supplies When Bugging Out:

When you're bugging out, you're not going to be by yourself or your family. There are going to be scores of people out and about as you're trying to make it to your bug out location.

As time passes, though, these masses start to thin out and your path won't be as jam packed as it was before. However, there will still be people around. This is when you want to make yourself as invisible as possible.

It's not the time to show off what you can do or what you have. When you stick out in a crowd of people who are shocked, worried and growing increasingly panicked, it will only put a target on you.

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By fitting into the crowd or by being invisible if you're not in a crowd, you're less likely to be singled out as a target. People are going to be looking for someone who has what they need.

Sometimes in a 'SHTF' situation where you have to bug out, people are going to be looking for stuff they can steal to use or to barter with so they can get whatever they need for themselves.

If others know you have survival gear, you could be a target for anyone who wants what you have so that they can sell it to get their needs met. In a bug out situation, harmful people always grow bolder.

You can hide in plain sight by not looking like you're prepared. Don't dress in a way that makes you stand out. This means that you don't want to be walking down the street with your weapons strapped to your hip.

Keep your knives and guns out of view. Wear clothes that blend in and that make it difficult for you to be picked out of the crowd. Nothing colourful and nothing expensive should be on your body in full view of others.

Be casual about the way you move through crowds or around people. Cover up any distinctive feature that you have. "Guy with the mohawk and the dangling feather earring in his ear" is a lot easier to remember and locate than "guy in jeans and a dark shirt." One stands out, the other fits in.

The same kind of discretion is key to protecting your supplies, too. The haves will take from the haves, but it's far less tempting if they don't know you have it. Don't carry a bug out bag that's brightly coloured or has any kind of memorable logo splashed across the back of it.

Don't talk about your supplies for any reason - because people will remember that later when they want something, or they'll be tempted to just go ahead and take it. You don't want to open up your gear in front of anyone.

Only do that when you're alone.

You have to remember that none of society's laws will be heeded by anyone who's desperate enough.

They'll take what's yours - even if they have to use force to do it.....

['Survive Anything' - Guide & Bonuses](#)

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Physical Fitness Prepping for a Bug Out Scenario:

A bug out scenario isn't the time to be huffing and puffing and lagging behind because you're not physically prepared for the demand on your body. The time to get ready for the strength that you're going to need is before you're called on to need it.

You have to get physically fit - and that doesn't mean you need to get your body to the point where it's in fitness magazine cover readiness. It means that you have to have the stamina to be able to do whatever is physically necessary for your survival.

If you get everything together that you need - like all your supplies - you have your bug out bag ready to go, all your vehicles fueled up and you have your location maps on hand - but you can barely walk to the top of a hill, then you might not survive the chaos.

In the midst of all your preparation, don't forget to prepare your body. You can do that by doing cardio right now - like running, walking, biking, swimming, or working out using cardio machines at home or at the gym.

The goal is to get your heart used to the raised level and the demand that the physical exercise puts on your whole body. You don't have to have tons of muscles in order to bug out.

But if your muscles have the strength of wet spaghetti noodles, you won't be able to handle what's coming your way. It would be a sad thing to get prepared and then fail because you couldn't hack the physical demands.

Work your body out using weights. Build those core muscles, your leg muscles and your arm muscles. You're going to be moving fast, be more active and you'll carry heavy items for longer than you ever did before a bug out event.

You need to be able to go the distance. You should start now running up hills. This step in your bug out plan could keep you from getting swallowed up in a panicked crowd. If you start where you are, but gradually increase your stamina, then when the time comes, you'll be able to make it.

Your body will be conditioned to stand up to the demands placed on it.

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Think about all the things that you're going to face when you bug out - possible long treks, hiking up hills or mountains, wading through water, and setting up shelter.

Look for exercise that will build those muscles. Walk now to increase your stamina. Push yourself to walk a longer distance than you did the week before. When you get used to walking before a bug out situation, it won't be as hard on you when it happens.

Don't just walk on smooth terrain, either. Pick hard routes to walk. Keep in mind that if you choose to walk or run before a bug out, it will be different during a bug out because you'll have the additional weight of your supplies. It can be helpful to increase your strength now by working out with the weights that are equivalent to the weight of your bug out bag and supplies.

[Survival 'Health & Fitness' for Preppers](#)

What Does It Mean to Be a Grey Man During a Bug Out Event?

You might have heard the advice that you should make a good first impression. That's great advice - except when it comes to a bug out event. During the time when you're bugging out, making an impression could cost you your life.

If you look at a crowd of people, you'll notice that some of them stand out from others. It could be because of their actions or how they're dressed, their facial features, body marks or jewellery, what their voice sounds like, the colour of their hair or their mannerisms.

They stand out because they're noticeably different from the others around them.

It's not a good idea to be noticed during a 'SHTF' event. You want to be a grey man. That means you don't stand out in the mind of anyone else.

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You aren't enough to make an impression. You can still move through a crowd and even speak to others, but no one will recall you once you're gone. It's as if you disappear from the thoughts of others.

To be a grey man, you don't dress in a way that attracts any attention. The clothes that a grey man wears are bland without a colour that even registers with someone else. The clothes a grey man wears don't carry the scent of any laundry detergent - no soap smells or clothes softener scents.

A grey man has nothing about his clothing or his looks that can be recalled to mind.

His hair doesn't carry a shampoo scent.

His clothes fade into the crowd.

He's not noticeable for his actions, either.

You won't see him obviously checking the people around him or the area. A grey man isn't recognized because nothing he wears, does or says is worth noticing. That's how other people miss observing a grey man.

A grey man doesn't wear cologne. He doesn't have jewellery. He doesn't wear any logos, or designs. Nothing can identify him. Nothing is memorable. A grey man keeps his expression bland.

He doesn't look like he's focusing on any one person, thing or place. None of his actions will be anything that anyone will pay attention to. It doesn't mean that you're not on alert. You just don't stick out.

To be a grey man, you have to pay attention, stay calm and journey slowly toward your end goal. You don't push other people out of your way. You move at a regular pace - not hurried - like you have nowhere to go and nothing to do.

A grey man makes sure that his face doesn't stand out. If there's something definable about his hair, he wears a plain ball cap. If he has arresting eyes, he wears sunglasses.

He makes sure that any distinguishing marks like scars or tattoos are hidden from view. He *keeps* his voice calm. His mannerisms are bland. He doesn't interject emotion into his words when he speaks.

The person who is a grey man is one people don't notice because to them, he's not doing anything and he doesn't look like anything worth noticing.

He triggers no reaction within them, which, is what allows him to be safe during a bug out event.

But when all else fails **Check Out** [Family Bunker Plans](#)

Understanding the Terms Bug Out Bag, Inch Bag and Go Bag:

During a bug out situation, you might need to use different bags. The reason for this is because a situation could be different. Some are temporary and some are long term. Some are so awful and chaotic, you'll never be able to come back to your house.

That's why you need to have different bags prepared for different events. A 'bug out bag' is also commonly referred to by its initials of 'BOB'. This is a bag that can safely sustain your survival for at least 72 hours.

It's not really intended for more than that.

This is the bag that you grab when you're exiting to get out of the chaos to somewhere safe. It contains the basic essentials. In this bag, you'll have water, food, clothes for three days, shelter or a way to make it in nature, a way to start a fire, a flash-light, tools, a way to communicate, personal hygiene items, and whatever else you'll need to make it for three days.

A bug out bag's purpose is to get you out of where you are to safety. The 'INCH' bag stands for 'I'm Never Coming Home' and it's intended to help you survive a 'SHTF' event for a longer amount of time than a bug out bag is.

Where a bug out bag should last 3 days, an 'INCH' bag can last as long as a week or more – until you find more supplies. It's intended to carry the essentials you need as well as other important items you must have when coming back to your house just isn't going to happen.

Your 'INCH' bag should be packed with food, water, a way to purify water, clothes, a fire starter method, cash, guns and ammo. It should also have a radio and a first aid kit. You'll need to have a compass in this bag as well as fishing items, a wilderness or survival knife, a good flash-light and an axe.

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Para-cord goes into this bag along with a multi-tool, a solar charger for recharging things like the radio and rechargeable batteries. You'll need seeds, hygiene items, medications, gloves, rain items, and maps.

You'll also want your important documents with you like your ID, passports and anything that pertains to re-establishing your life. Pack a folding shovel, duct tape, and a machete. A go bag is also known as an evacuation kit.

This is a bag that has some of items that you will have packed in your bug out bag. This is a bag that you would use if you had to leave your home quickly in the event of an emergency.

This bag is not meant to be long term or indefinite like an 'INCH' bag. In a go bag, you would pack all of your important information like your health information, and your financial documents.

You would have some hygiene items, clothes and any prescription med's. The idea behind this bag is that you can get to another location and be okay for a few days until you can come home. It's not suitable for a 'SHTF' situation because it doesn't contain the necessary survival items.

[Nine Meals Away From 'Anarchy'](#)

Check Your Bug Out Bag for Sounds:

If you've ever noticed, most stories about thieves tell a tale of people who are sneaking around, trying to be quiet and unnoticed while they get what they want and make a clean getaway.

That's because the thief knows that making sounds attract attention. While you're not a thief, you do want to keep in mind how one operates. You want to be able to bug out quickly with an emphasis on doing it quietly.

Not only is bugging out not the time to be singing out loud, clapping your hands to get attention or talking loudly on a communication device, it's also not the time to have any item on your body or in your bug out bag that's making noise.

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This is one area that so many people fail to check ahead of time. Then disaster strikes, they grab their bug out bag and take off. But they're leaving behind a sound trail that can alert others to their location.

Sounds attract the attention of anyone nearby and they can also echo. Depending on what's making the noise, the sound can reverberate and lead a predator or an unsavoury human right to your location.

Before the bug out situation ever happens, once your bag is packed, you need to check it to see if you're able to move it without it making any noise. Don't just pick it up and put it down.

You need to check it the way that you plan on wearing it. Strap it on and walk around with it. Take a short hike with it while listening for any sounds. If something is making noise, stop and find out what it is.

Rearrange your bag if you have to so that it's silent. What some preppers do is pack their bug out bag, making sure it's quiet, then set it aside somewhere, not thinking about it again until the day of crisis happens.

Then they grab it and go. The problem with that is that things can shift due to heat expansion, cold weather and the someone or something bumping the bag - especially if the bag isn't tightly packed.

So then something is now making a noise. During the moment when you have to bug out, that's not when you want to be trying to fix a sound that could draw attention to yourself.

Make sure that nothing is rattling, shifting, crinkling or clanging together. You also want to make sure your bag doesn't give any creaking or scratching sounds when you're on the move.

['First Strike' - Designed By A Swat Team Leader](#)

How Heavy Should Your Bug Out Bag Be, Realistically?

One important thing to know before you bug out is how much your bug out bag should weigh. Most people lean toward the “more is better” type of thinking when it comes to supplies, but in this case it could mean you get slowed down and put in danger.

A bug out bag that’s loaded to the hilt with everything but the kitchen sink will get you killed. The heavier it is, the more strain it puts on your body and it will slow you down as you’re walking or running to safety.

Not only that, but if a bag is too heavy, it will act as a gravitational pull that could cause you to fall backward. There are different mindsets when it comes to the right weight. Some people say a ballpark estimate is less than 50 pounds - while others think along a much lighter amount of about 15.

The truth is that your bag should be packed with survival necessities and should weigh around ten percent of your body weight. While that might seem like an impossible goal, you have to remember that a bug out bag isn’t a catch all solution.

It’s intended purpose is to help you survive for 72 hours - not weeks or months - but some people pack it intending it to last for weeks or months. If you fill it up like that, you’re going to end up with a bag that’s too heavy for you to safely bug out with.

If your bag is too heavy, not only is it going to prevent you from bugging out with speed, but it can wear you out and even end up causing shoulder or bag strain, which could impact your safety in an ambush or animal attack.

Your bag should only be loaded with 3 litres of water and purification methods for obtaining water after that, if needed. You’ll need 3 days’ worth of food. Though it can be tempting to pack more, that would be a mistake and weigh your pack down.

You need to follow the same 3 day rule when it comes to clothing. Carry a means of shelter with you if you don’t have the survival skills to build

something in the woods. Take a first aid kit, flash-lights, fire starter method, and a camping pot.

Carry any knives you brought along in the bag, but keep your gun on you so that you can get to it quicker. Some preppers think of packing a bug out bag the same way that they pack groceries.

They put whatever is bulkiest and heavier on the bottom of the bag then load the lighter stuff on top. This is backward for a bug out bag. You want the bulk of the weight at your shoulders to avoid strain on your lower back.

You'll want any shelter items like a tent or a tarp' on the bottom - because these items fill out the bottom of the bag and help support other items that you pack on top of them.

When packing a bag with outside pockets or Molle straps, make sure that you have items of equal or close weight on either side so that you don't end up with an off balance weight.

[Systematic Survival](#)

See Which Items You Can Combine to Save Space:

The supplies in your bug out bag are what you'll need to stay alive in a situation where you have to get out of dodge. But most people make the mistake of packing two or more items, when one of them can serve multiple purposes.

If you cut down on all the items you pack, you save weight in your bag and you save your strength because you'll be carrying a lighter bag when you go. Instead of packing a heavy tent for a shelter, pack a tarp'.

Not only can it be used in place of a tent, but it can also be used as a hammock, a wind-breaker, and a water collector. Instead of packing eating utensils, pack sporks. You can use them as both a spoon and a fork.

Tools are usually where a lot of preppers waste valuable space in their bug out bag. People will pack dozens of different items like screwdrivers, saws, or

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pliers when you can find a multi-tool that can do the job of several different items.

You can get a multi-tool that can be used as a screwdriver, as a wood saw, as a knife, a wrench, pliers, hard-wire cutters, a crimper and even as a hammer. Gadgets are another way that people fill up their bug out bag.

Most of these gadgets really are necessary - such as a radio, a communication device, flash-lights and more. But instead of packing items that serve only one purpose, make as many items as you can do two jobs at least.

Instead of carrying a separate flash-light and radio in your bug out bag, get one instead that's both a flash-light as well as a radio and charging device for your smart phone. One item that can do the job of several other things is dental floss.

This can be used to secure shelter to a tree instead of rope. It can be used to fix tears in clothing or to create a warning system against possible intruders. Floss can be used to sew up wounds or as fishing line.

In a pinch, it can be used as tinder or to slice through something if you don't have a knife. You might think of salt as a flavouring for food and nothing more - but this can be used as an antibacterial treatment and it can be used to disinfect items.

You can pack small salt packets in your bag instead of bulky containers of antibacterial treatment that only serve once purpose. Body-wash can take the place of soap as well as shampoo and can even be used to wash clothing.

Vaseline can be used as an antibiotic treatment and as a fire starter. Trash bags can be used as rain gear, water proofing or as a water reservoir. Look through your bug out bag and see what items can be combined to save space and allow you to pack something you may have had to leave behind instead.

[Expert Preppers - Ultimate Survival Guide](#)

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Use Unscented Toiletries When Bugging Out in Dangerous Situations:

Making sure that you have a bug out bag is the first step in making sure you survive any situation that's a threat to life as you know it. Most preppers understand the need to keep quiet about their supplies and not tell anyone what they have when they're bugging out.

They know that spreading the word that they have supplies can make them a target. However, you might be making yourself a target and not even realize it. When you're bugging out in a dangerous situation, you need to make sure that you're using unscented toiletries.

Using a product that has a scent is like having a sign pointing the way to you. People can follow a scent trail even if they're not trained in survival tactics. Wild animals can also pick up a scented toiletry trail and follow it right to you.

When you bathe or wash your hands, you need to be sure that the soap you use is a plain bar or liquid that leaves no trace on your skin. If you have a scent on your hands, all it takes is for you to touch something and you leave behind the ability for someone to track you.

If you're someone who uses the liquid hand sanitizers while the different sweet scents might smell good to you, they can be potent and easy to follow. When you're bugging out, give up using anything scented on your hands.

That means lotions, too. If you put lotion on your hands to help with dry skin or to prevent chapped skin and it has a scent to it, someone can find you. Always choose the unscented brands and do a sniff test of anything you use on your hands to make sure there really is no scent.

It's a good idea to use sunscreen for bugging out, but you need to make sure that the product that you've chosen doesn't leave behind a scent trail. Some brands that are unscented still have an identifiable scent, so check that as well.

For people who use scented deodorants, you'll want to give that up when you're bugging out. Deodorant scents have a tendency to waft around in the air as someone moves his or her arms.

Any kind of shampoo that you use should not have a scent. These are easily

tracked as well. Plus, you want to avoid fruity smelling shampoos because those can also attract insects. Make sure if you use conditioner, that it doesn't have a scent, either.

If you use any kind of coating on your lips to prevent them from getting chapped, forego the scented or berry ones and use unscented only. Check your bug repellent for scent as well. Some of these can have a lemony scent. If you're travelling with kids or babies, make sure the wipes that you use for them are unscented.

[Learn How To Survive A 'Water Crisis'](#)

Place Extra Supplies Along Your Bug Out Routes and Secondary Paths:

A bug out situation is an event that you hope never happens, but you do want to be prepared for. That means that you should plan for every contingency. That includes making sure that you have extra supplies hidden along your bug out route as well as along secondary paths.

Having a cache means hiding supplies or anything else that you think you might need in case something happens to the supplies you already have. In the blink of an eye, you can lose important supplies or even everything if you're ambushed or you have to flee from an animal attack.

Without supplies, your odds of surviving diminish. Most preppers understand that a cache is a plan B in case plan A gets derailed. It's also something handy to have in case you run into a situation where you use up your supplies faster than you estimated that you would.

You need to make sure that your cache is well hidden and protected by the elements. That means you have to use the right container to keep your cache safe. You can use plastic piping for this purpose.

You use wide plastic piping, fill it with some extra supplies, then cap it off. You can also use any storage box that's waterproof and rust proof. Put whatever you think might come in handy in the container, then seal it up.

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To save on costs, some preppers will take those large water containers and load those with items like extra first aid materials or survival supplies like water sanitation methods and extra ammo.

You can also use small or large storage bins, but you need to make sure that you find a hiding place above ground since storage bins can break down when stored underground.

Whatever material you choose to use for your cache, you want to make sure that it offers as much protection for your supplies as you can get. You want whatever you choose to be able to withstand temperature changes as well as rain.

Some preppers store basic things in a cache like extra clothes, shoes, weapons, tools, a way to create a shelter, and other items needed to survive for a few days. Others hide canned food and water alone - or these items in addition to extra supplies like maps, knives, or para-cord.

You'll want to keep in mind when hiding a cache that the area where you place the storage container can change over time. What looks one way will look different three months down the road.

That's why you need to create a document where you list where you've hidden your cache or caches. By hiding a cache or two, you're taking extra steps to make sure you're protected.

Systematic Survival

Don't Multi-Task When You're Bugging Out:

The 'SHTF' and it's time for you to get out and get to safety. In a bug out situation, most preppers concentrate on just getting out and away from anything dangerous. Survival is foremost on their mind.

They're alert to everything that's going on around them and are paying

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attention and avoiding people who look like they could be a problem. It's good to have that awareness as you're bugging out.

But what some people do is when they reach a spot to rest or their bug out location, they have a tendency to lower their guard. It's understandable. Being in a high stress situation where chaos is everywhere, you just feel like you're tired, hungry and you want to get set up for the night.

Given a few days, what happens is their awareness dulls. The fight or flight adrenaline starts draining and they start to overlook something important - that the situation is precarious.

Safety can be a big illusion during a dangerous situation. The biggest mistake that you can make is getting too comfortable and starting to multi-task. It really is a natural reaction.

People tend to want to get comfortable when they're on the go. They also drop right back into all their habits like doing more than one thing at once. It's human nature to try to take care of things all at the same time.

But that multi-tasking mindset can spell trouble for you quickly. When you're bugging out, you need to have a sharp focus. Keep your mind on what you're doing and don't make it easy to get caught unprepared.

You might have to take off again in a split second. You can't do that if you've got your supplies scattered all around your resting spot or your bug out destination. When you're bugging out, do one thing at a time - one chore or one thing that you have to do that aids your survival.

Don't attempt to cook food at the same time that you're trying to wash your dishes or your clothes or yourself. Keep your sole focus on what you're doing and only take the supplies out of your bag that you need for that single task.

Keep your supplies stashed in your bug out bag, because if you do end up having to grab it and flee, you can pick up a pot and leave quickly with that easier than you can try to pick up clothes, food, or dishes all at once.

If you end up having to run and you've unpacked a lot of your supplies, you could end up being forced to leave necessary supplies behind just to run from a dangerous situation.

That mistake could end up costing you more than you realize.

Regional Threats to Be Aware of When Bugging Out:

You hope it never happens, but if it does and you have to bug out, you need to be aware of the regional threats that could get you injured or killed. Even if you plan everything correctly and you execute your plan flawlessly during a bug out, you can't foresee every single situation that you're going to encounter.

It's true that you should make sure that you have all your basic bases covered. You should have food, water, shelter and clothing. You should be prepared to survive for at least 72 hours with your bug out bag.

But you can't afford to be satisfied with just preparing. You have to be aware of your surroundings. In your area, a threat could come out of nowhere. It could be one that's huge and easily spotted or it could be one that's tiny but can wreak a lot of havoc.

Some regions are packed with bears. While you might think that you know what to do if a bear attacks, the real key to survival is not getting attacked in the first place. You can do this by being aware of where you are and what's going on as you bug out.

This is why you need gear like binoculars. If you know that a bear is sniffing around in the woods just up ahead, then you can take a wide berth around the animal so that you stay off his radar.

A bear doesn't always attack just because a cub is near. He'll attack if he sees you because he wants to protect what's his and that's his area. Plus, if you stumble upon him, the bear will lash out in startled defense.

You also need to be aware of where you're putting your feet. Your region could have things like poisonous snakes. Just like a bear, if you startle one, he's going to strike. Pay attention to things in your region like ticks or mice that can carry disease.

Watch out for spiders that are common in your area that could be lurking along your bug out path. You also have to be aware of the weather. When

your adrenaline is high and you're booking it out of your house to get to safety, it can be easy to overlook the humidity and the heat index along with the high temperature.

Loaded down with your gear, you can easily overheat. Heat exhaustion can be a problem as well as sunstroke if you're trying to get from point A to B in a hurry in certain regions.

Just as you have to watch out for the heat, you also have to watch out for the cold.

Cooler weather brings with it the potential for hypothermia - especially in the elderly, ill or young children.

If you're constantly aware of your surroundings, you can prevent disaster from the threats that could cost you your life. Learn all you can about your region as well as any other region you might travel to.

['First Strike' - Designed By A Swat Team Leader](#)

Picking the Best Location for You to Bug Out:

When you have to bug out, you need to make sure that you're heading to the right destination. It's always best to have a plan well before the 'SHTF' situation actually happens.

You don't want to leave anything to chance. If you haven't chosen a site yet, you'll want to avoid the mass mentality. Camping and getting to the woods like touristy forest areas will be on everyone's mind - so don't go there.

Remember that during a time of chaos, being in a crowd of people isn't what's best. That old rule that there's safety in numbers doesn't apply when a 'SHTF' situation occurs.

It's every man for himself. You want to make sure that your location - if you have to head out on foot - is somewhere that's not as populated. Get away

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from the people. Head out deep into the woods in a pre-scouted location if possible.

Get to abandoned land spots that can offer you a place to gather your thoughts and rest. The location that you pick should be off the beaten track enough to keep you safe from people, but it should offer things like a water supply, a good area to set up a shelter and the ability to hunt or fish - preferably both.

You'll want a location where you can see others coming so that you're not easily ambushed. For homestead scouting, there are a few things you'll want to keep in mind for when everything around you turns into chaos.

Having a good place to homestead can ensure your safety as well as your long term survival. Ahead of time, know the population count of the area. Figure out whether or not the area will become overrun from an influx of people trying to escape the chaos.

Look for any possible obstacles that might stand in your way that would keep you from reaching the location during a SHTF time. The key to homestead scouting is to make sure that the area you pick will not be touched by the upheaval that you left behind.

The area needs to have a way that you can create a sustainable, renewable source of food. So that means you need to know the growing potential of the land. Not all soil is good for growing things.

You'll want to know what the weather is going to be like - because if you're going to be using a rain barrel system, you'll need to figure what the potential supply could be. You'll need to make sure that the homestead area isn't easily accessed by any major roads.

You don't want those fleeing the chaotic situation you left behind showing up. Your homestead area should have shelter structures on it that you either planned for in advance or you can turn into long term shelter if necessary.

The area should also be one that isn't in a flood zone. You'll need room to house animals like cows and chickens to help sustain life. Prepare all of this before you need it if you can. If not, scout the location that you believe you can set up a new normal again.

['Survive Anything' Guide & Bonuses](#)

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Study Human Psychology to Help You Navigate Treacherous Situations:

All bets are off when you're in a bug out situation. You have to be street smart about people - especially if you've always been the type of person who easily trusts others. When the world has turned chaotic, you can forget trust.

No one is going to be on their best behaviour - especially unsavoury individuals. In fact, these people are going to be the first to loot, the first to steal from others, and the first to make a bad situation worse.

It's in your best interest to know human psychology so that you'll be able to deal with these kinds of people. You need to know body language. The type of body language a person is using can tell you up front who you're dealing with.

People who are out to steal from you or hurt you always have a way of projecting that intent. Look at how they're dressed. Believe it or not, what someone is wearing can give you a clue into their nature and intents.

Someone who isn't dressed for survival can be a desperate person. If you come across someone who's wearing clothes that aren't warm enough for the situation or they're wearing clothes that stand out, that means they didn't prepare ahead of time.

If they didn't prepare their clothes, they probably didn't prepare their supplies, either. Pay attention to their posture. People whose body is tensed or aggressive can be a clue that they have adrenaline running on high.

They could be about to make a move. See if those whose mannerisms are jittery. That could be a sign of nervousness - but it could also be a sign of some type of addiction - and people who are addicted to substances can be unpredictable.

Pay attention to the way people pose their arms. Arm position can signal that someone is belligerent or angry. Look out for people who approach who keep their hands hidden. They could be holding a weapon.

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You'll also want to take the expression on someone's face into consideration. An expression can give you a lot of insight into human psychology. There can be noticeable expression like anger or there can be absolutely no emotion.

Both can be equally dangerous. One could present as someone who flies off the handle and the other as someone who may have sociopathic tendencies. Trust your gut instinct when it comes to treacherous situations.

Your intuition can usually read a person quickly. If your gut tells you that you're in danger, then you probably are - and you should be prepared to defend yourself. Studying human psychology can help you understand what others are prepared to do in desperate situations - and how you can negotiate with them if and when the time comes.

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