



E.L.G for Bug Out Bags

Emergency Loadout Guide: Bug Out Bags Bag Selection - Checklist - Packing Tips - How To Use

✓ BOB	☐ INCH	☐ VEK	☐ GHB	☐ EDC	☐ K9
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This Emergency Loadout Guide provides a checklist of must have items for any Bug Out Bag (BOB). Also known as Go-Bags or 72 Hour Bag; A BOB should have enough supplies to allow for a 3 day trip from danger to home or a predefined rally point. This guide will clearly explain exactly what items to pack. It is non-idealistic in the fact that it does not require a tent or 3 gallons of water. You should expect that bugging out is not going to be easy. You may need to filter water along your route, you may come upon a disturbance and have to end a life so you can survive, it may rain and you may get wet so you'll need to know how to make a fire quick. The BOB will provide the means to make potable water, defend yourself, and start a fire. It's a bag used when the unexpected happens and you are not home or when you are home and you don't have the time or ability to bug out with more substantial supplies like those provided in an INCH loadout. The BOB should be stored in your vehicle or locker at work. Once retrieved it can be worn during egress or loaded into your vehicle in the event you vehicle is disabled or multiple nights of traveling are needed.

Bottom Line Up Up Front (BLUF):

1. Use the guide to select the right bag.
2. Follow the checklist as you buy or find each item
3. Layout the Loadout and plan how you will package the items in your bag following our tips for quick-access.
4. As you insert or attach items to the pack, mark it off the list. Memorize the layout and know what you have in the bag.
5. Train, practice, and know how to use each item in your BOB.
6. Customize your BOB with the optional Supplemental Items.
7. Follow guidelines for altering the bag to fit your local, seasonal weather conditions, and current threats.

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RESOURCES & SUMMARY - BUGGING OUT, PRODUCTS, ICERS, ETC.

BOB: Bag Selection

1. The bag should have shoulder straps and be worn on the back.
2. It should have at least 3 compartments such as outer pockets or pouches.
3. There should be attachment anchors such as Molle/PALs webbing, grab handles, zipper pulls, or other methods for adding custom accessories and tools.
4. The bag should not be brightly colored nor military patterned. It should not bring attention to yourself. The object is to practice the “grayman” mindset and blend in with others.
5. The bag should be at least 27 liters in capacity and no greater than 50 liters.



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EMERGENCY LOADOUT: Terminology

BOB: A “Bug Out Bag” is a backpack style bag worn when expediently traveling from an undesirable location to a desirable location. This is typically when you must egress from home to a bugout location (BOL). It’s a worst case scenario loadout with items needed to survive a 72 hour trip. You’ll be able to travel quickly with these bare essentials. A BOB is the ideal loadout for unexpected civil unrest/rioting/looting, localized EMP, fuel/food shortage during grid down, etc.

INCH: “I’m Never Coming Home” is a loadout for when you must egress from home to a BOL with no intentions or expectation of returning home. It can be an INCH bag overloaded with supplies for a 10 day trip or a trunk or trailer pre-loaded in a Bug Out Vehicle (BOV) with supplies for a vehicle egress. The items in an INCH should aid in long-term settlements and retention of memoirs. For example a bag would have family photos and your child’s stuffed animal. The trunk/trailer would include solar panels, hand tools, fuel stabilizer, siphoning pump, etc. This loadout is better fit for responses to nuclear fallouts, land invasions, widespread EMP, pandemic, etc.

VEK: A “Vehicle Emergency Kit” has equipment and tools that stay inside your trunk until needed. It should have tools for common problems like a dead battery, frosted windshield, and low fuel. It should be there for a crisis such as longterm stranded motorist scenarios, snow storms, and crashes. The VEK will also be a supplement during SHTF cases.

GHB: The Get Home Bag is retrieved when traveling from an undesirable location to the homestead. Ideal for the vehicle, workplace, or out of town meeting. It has the bare essentials needed for a 1-2 day trip. The intent is to have minimalistic and subdued supplies that are quickly accessed and easily carried on a daily basis. A GHB will come in handy if the SHTF happens while you are at work or less than 100mi from home.

EDC: Your Every Day Carry is composed of useful tools and supplies to accomplish daily tasks. While some items can aid in a survival scenario the purpose of the kit varies. These items are carried on one’s person or kept nearby such as in a small pouch. EDC is also what you wear; this is EDW or Every Day Wear. A Personal Survival Kit (PSK) should be in your EDC.

EDC is in arm’s reach and gets used daily for common tasks.↴
↻VEK stays in your vehicle and can be used for minor roadside emergencies or as a supplement your other survival egress options. ↴
↻GHB should be in with you on public transportation or when out and away from areas where you could store your BOB, it’s used to get home during an unexpected widespread emergency. ↴
↻BOB is kept at secure locations like your car, work, or home and is used during rushed transition from danger to a rallypoint or home and only last for about 3 days. ↴
↻INCH is for planned bugouts from home to a secure location.↴
↻Your K9 is with you at home, on walks, and should be apart of your survival plan to bridge the gap when other loadouts are not available.



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BUG OUT BAG: Checklist

Water and water filtration

- ☐ ****3x 20oz water bottles**
- ☐ One water filled 32 oz. wide mouth hard plastic bottle with compatible pump integral filter OR Straw water filter and additional 3x 20oz water bottles
- ☐ Water purification tablets

Food

- ☐ 3x MRE's (or meals providing 6000+ calories)
- ☐ Energy Food (Beef jerky, Granola bars, energy bars, instant oatmeal and nuts)
- ☐ Coffee, Gatorade Packets, Spices/Sugar
- ☐ Metal camping cup (canteen cup or pot)
- ☐ Hard plastic or metal spork

Shelter

- ☐ Mylar survival blanket
- ☐ Foam sleeping pad OR hammock (summer 65f+ nights)
- ☐ Sleeping Bag (winter, rated for expected temps)
- ☐ 8' x 10' nylon camping tarp
- ☐ Personal Blanket (poncho liner, wool blanket, sheet)

Fire-making

- ☐ 2x Butane lighters
- ☐ Fire striking rod
- ☐ Stormproof matches in waterproof case
- ☐ Fire starting tinder
- ☐ ***2x Bic Lighters**

First Aid, Hygiene, Personal

- ☐ Well stocked first aid kit to treat cuts, blister, rash, fever and burns at a minimum.
- ☐ ***Toilet paper**
- ☐ Eyewear/Contacts and feminine products (if applicable)
- ☐ Hand sanitizer
- ☐ Toothbrush
- ☐ Eyeglasses, sunglasses

Clothing

- ☐ Coat, Jacket, Poncho, or hoody (seasonal selection)
- ☐ 2x Socks
- ☐ 2x Outfits (one packed and one worn); pants, shirt, underwear, socks.
- ☐ Boots
- ☐ Gloves
- ☐ Hat

Tools

- ☐ ***Survival knife (Full tang, single edge, 7"-11")**
- ☐ Multi-tool (gerber or leatherman)
- ☐ ***Machete or Axe**

Security

- ☐ ****Firearm and ammo**
- ☐ ***Pepper spray or large stick**



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Lighting

- ☐ *LED head lamp
- ☐ **LED (500+ lumen) compact waterproof flashlight with backup batteries
- ☐ 3x tea candle or 1x large candle

Navigation & Comms

- ☐ Emergency hand crank NOAA/AM/FM radio/flashlight
- ☐ *Maps and compass
- ☐ HAM Radio or Handheld Transceiver (Walkie Talkie)
- ☐ *Smartphone (Faraday protected, GPS enabled, offline maps, offline survival guides, etc)
- ☐ Small pad and paper
- ☐ Pencil, *Sharpie, Pen
- ☐ Whistle

First Aid

- ☐ Tourniquet
- ☐ Trauma dressing
- ☐ Bandages
- ☐ Antibiotic ointment
- ☐ Alcohol swabs
- ☐ Pain Medication, Antihistamine, Prescriptions

Supplies

- ☐ Duct tape – wrap one of your items with 10'
- ☐ 2x zip lock bags
- ☐ Large contractor grade garbage bag
- ☐ 1x bandana or handkerchief
- ☐ Paracord 100' military spec 550
- ☐ Emergency fishing kit
- ☐ Emergency sewing kit

Money & Barter

- ☐ \$1000 Cash and \$10 Coins
- ☐ Cigarettes, Coffee, Whiskey

Custom

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Bug Out Bag: Packing

1. Items marked with an ***Asterisk** in the checklist, should be packed in an outer pocket, attached to the outside, or worn. These are items that you use frequently or are needed in an emergency.
2. Heavier items should be at the bottom of the bag against the back.
3. Lighter items should be furthest from the body.
4. A layout should be done so that you can visualize what you have and decide how to organize and compact into bag.
5. Waterproof contents in a trash bag before packing, double bag food items to prevent odor detection and protect contents, remove items from original packaging reduce space.
6. Use zipper pulls, molle webbing, and grab handles to tether or equip quick access items like a flashlight or multitool.



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RESOURCES

BUGGING OUT

Determining when to bugout is specific to each scenario. The rule of thumb is to egress from one location to another when resources are near depletion and/or danger is increasing to a point to be no longer avoidable.

Superesse has developed an Emergency Response System to help assess your situation and react in concert with your support group. The ICERS plan (In-Case-of-Emergency Response Plan) is a downloadable and editable template in PDF and Word format.

Download at www.superessestraps.com/products/icers

ELG: EMERGENCY LOADOUT GUIDES

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GEAR

SUPERESSE GEAR

You have access to our customer discount of 25% off all our [survival straps](#), [patch kits](#), [carryall bags](#), [hanks](#), and more. Use promo code “GETANOTHER” at checkout. Choose from a collection of wearable gear and micro tin kits that can be used to outfit your Emergency Loadouts.

SUMMARY

This is a working document. Content such as gear suggestions, tips, packing ideas, and other info will be updated as we deem fit. You'll receive email notifications along with a download link.