

40 ESSENTIAL TOOLS FOR

EVERY SURVIVAL KIT

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Introduction

Like it or not, disasters happen, and they do not discriminate between gender, race, age or religion. It does not matter where you live, what you look like, what you drive or how much money you have- no one is exempt from the threat of natural disaster. Disasters strike suddenly and give little or no warning. In those critical moments, nothing else matters except life itself. You have to leave your home immediately or you and your family will die!

Today, highly visible media coverage of numerous natural and man-made disasters has heightened the senses of the inner survivalist in all of us. History repeatedly shows that city, state, and federal emergency structures, however

well intended, are not able to effectively cope with large-scale disasters. Normal operating procedures and public safety crumble under the overwhelming chaos that follows a disaster. To stay alive in a disaster, the best decision may be to leave. The buzz term for this decision is bugging out with BOB.

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Chapter 1: Meet BOB – The Bug Out Bag

Bugging out: Defined



BOB and Necessary Kits

The term bugging out means the decision to abandon your home or apartment due to an unexpected emergency situation—whether caused by man or a natural disaster. We cannot control or manage when, where, or how disasters strike. But we can control and manage how prepared we are to deal with a disaster. A 72-hour Emergency Kit packed with survival tools is a priceless resource in any Bug Out situation. This Bug Out Bag, is a crucial resource in your overall Bug Out Plan and may very well be your key to your survival.



Compartmentalized BOB

Key attributes of a bug out bag

- A 72-Hour Kit: Your BOB should be

designed to sustain you and your family members for 72 hours. In the right hands, a BOB will provide the necessary resources to survive longer than just 72 hours.

- **Manageable and Comfortable:** When disaster strikes, you don't know if you will have access to vehicles. For this reason, Your BOB needs to be manageable and comfortable.
- Your backpack should be designed to distribute weight evenly and allow your hands to be free for other tasks.
- **Durable Construction:** Your bag needs to be built and designed to take abuse.

- **Compartmentalized:** Choose a BOB that has defined compartments. It will help you to easily organize gear and facilitate quick access to important items.
- **Water Resistant:** Wet clothing, gear, and bedding can be fatal in certain conditions and downright miserable in all conditions. Choose a pack made from water-resistant material. Lining your bag with a construction-grade trash bag act as an added layer of water-proof security.

Stocking your pack

There are basically twelve supply

categories that need to be considered when stocking your Bug Out Bag. They are:

- Water and hydration
- Food and cooking
- Clothing
- Safe shelter and bedding
- Fire
- First aid kit
- Hygiene
- Tools
- Lighting
- Communications
- Protecting gear and self-defense
- Miscellaneous items

Chapter 2: Water & Hydration

When you are trying to survive in the wild, remember three rules

Rule 1: In extreme conditions, you can live for three hours without shelter

Rule 2: You can live three days without water

Rule 3: You can live three weeks without any food

The average adult needs at least 1 liter of water daily for proper hydration. A Bug Out Bag or BOB is a 72-hour kit;

you should pack a minimum of 3 liters of fresh drinking water per person.

Containers

Carry 3 liters of water in different containers because if you have one container and you break or lose it, you no longer have a viable way to carry and store water.

Divide your water into the following three different containers

- 32-oz. Wide-Mouth Nalgene Hard Bottle: These water bottles are easier to fill, durable and crush

resistant.

- **Metal Water Bottle:** Metal water bottle gives you the added advantages of boil and purifies water collected “in the field”.
- **Collapsible Soft Bottle:** Collapsible soft bottle container allows you to reduce weight as you go. Use this container first and when empty, they take up virtually no space and weight only a few ounces.

Water purification on the go



Katadyn MyBottle Purifier

Three liters of water won't last for long. Following are some ways you can purify water on the go.

- **Boiling water:** You don't need any fancy equipment for boiling water and it's 100% effective in killing harmful, viruses, bacteria and cysts. The disadvantages are: boiling water requires fuel source, weather can interfere and takes time.
- **Hand Pump Filter System:** A hand pump water filter is one of the popular water filter system. It can filter up to one liter of water per

minute. The disadvantage is it pricy and most do not remove viruses.



Integrated Bottle Filters

- **Integrated Bottle Filters:** You can use an integrated bottle and filtering system. This combo unit allows you to collect unpurified water and then drink out purified water through a built in chemical and filter treatment system inside the bottle itself.



- **Chemical Treatment Tablets:**
Chemical treatment tablets are cheap, take up almost zero space in a BOB and readily available. One tablet is usually enough to treat one liter of water. The purification

process can take anywhere from 30 minutes to 4 hours.

Chapter 3: Food & Food Preparation

Bug out survival food

Your bug out survival food should have the following characteristics:

- **Open and Eat:** The best types of BOB foods are packaged meals that can be opened and consumed with little or no preparation.

- Long Shelf Life: Choose foods with long shelf life, up to six months.
- Lightweight: Your BOB food need to be light-weight and packable.
- Carbs+ Calories: Choose foods that are high in carbohydrates and calories. Dried grains, cereals, pasta and rice are all very rich in carbohydrates. Dried meat and nuts are two great high-calorie BOB food.

Specific Suggested Bob Foods



- MRE or Meals Ready to Eat:
Soldiers are issued MREs while they

are in the field. MREs are completely self-contained meal kits. They usually contain an entrée, condiment pack, a large cracker, a dessert and a water-actuated chemical heat source. These meal kits are very reliable and nutritious BOB food source, typically 1000+ calories per meal. MREs are Government Issue and commercially not available. You can still find them at gun shows and Army/ Navy surplus stores, but they are usually overpriced. A better option is to buy “civilian” MREs, which are made by the same manufactures that produce military MREs.

List of reputable companies who sell

MREs:

- MRESTAR
- MREdepot.com
- AmeriQual (US Military MRE Contractor)



- Dehydrated Camping Meals/ Noodle

Meals: Most outdoor retailers sell dehydrated camping meals specifically designed for backpacking enthusiasts. These meals are readily available on-line. Unlike MREs, they typically just contain one main entrée. These meals are dehydrated, and need to be cooked before consuming. You will need a stable heat source to prepare these meals.



- Bars: Granola bars, candy bars and

energy bars are the most practical eat-on-the-go mini-meals available. Bars are packed with carbohydrates and sugars and perfect for a short-term Bug Out.

- Other food items: There are five other food items that make good BOB food ration addition:
 - Instant oatmeal
 - Whole-grain rice
 - Beef jerky
 - Soft tuna packets
 - Nuts

Food Preparation

You may or may not have access to a

stove-top or an oven where you are going, so try to stick with something simple. Good preparation should involve a safe campfire, some kind of simple dehydration or a flameless heating element.

Cooking kits



Choose a cooking kit that you can fit in your BOB bag. This will give you more cooking options, increase the safety of your food and act as a heat source. You

only need a single small pot and a single small pan to cook. A good cooking kit includes all of these elements, along with basic utensils and should come with a small multipurpose cup.

Infant supplies

If you have a toddler, don't forget to pack enough formula and diapers to last for three days. Plan accordingly and make sure that you pack enough extra water to make formula mixture. Since a toddler can't be expected to carry their own BOB bag, you'll be responsible for carrying the supplies.

Chapter 4: Clothing for Stay Warm and Dry

Climate Considerations



Hiking Hat



Bandana



Underwear



Rain/Wind
Jacket



Short Sleeve
Shirt



Smartwool
Socks



Sports Bra



Sunglasses



Trail Runners
or Boots



Shorts



Pants

There is no right clothing list for a BOB,

and climate determines your clothing. However, there are good suggestions for every climate area. Tropical areas require good quality t-shirts, pants and shoes. A jacket or windbreaker can help you to avoid sunburn and keep you warm at night. Colder areas will require a heavy jacket, gloves and multiple layers. Wear multiple shirts in cold areas; this will cut down your need to have more cloth in your bag. No matter where you are, water proofing is always a good idea.

Clothing Essentials

Your underwear and socks are two most important clothing items. These items will help keep away some of the more

problematic conditions that you might experience while travelling. Pack one pair of underwear for two days and one pair of underwear for an equal amount of time. Beyond this, you should consider good quality pants and shirts, made from lightweight poly-cotton fabric coated with Teflon.

Make sure your clothes have lots of pockets for all your personal items including a knife pocket. The belt hoops should be tough enough for a thick belt to carry a sidearm. Pack at least two long-sleeve shirts and a few undershirts/ t-shirt.

Footwear and Gloves

You only need a good pair of hiking boots to walk for days and protect your feet at the same time. You should bring a boot repair kit to repair the soles and bring extra pairs of laces. Sturdy work gloves are also essential for hand protection. For colder climates, pack a pair of winter-rated gloves.

Belts, Hats, and Accessories

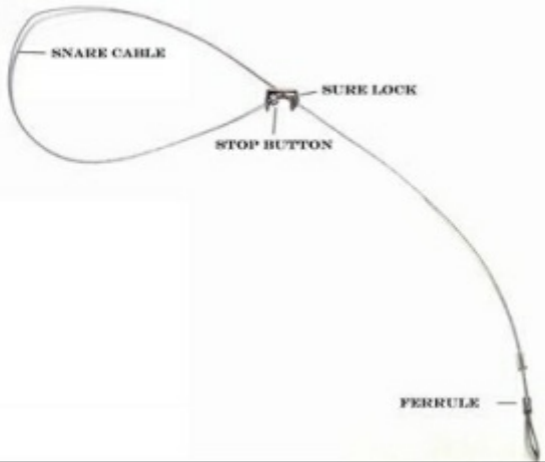
A quality belt is essential. It keeps your pants up, and also functions as a great tourniquet in a pinch. A good ball or hiking cap combined with a good pair of sunglasses will protect you from the sun. Also, pack a second winter cap that will cover your ears.

Chapter 5: Shelter & Bedding Options

Tents and Traps



Tents are a complicated topic, because only a few are actually suitable for bugging out. A tent tends to take up room, so a small tent can be your best shelter. A one person model is going to be a key, but be aware that all the parts of the tent weigh about eight pounds – so even a lightweight tent can be difficult when added to everything else you carry.



If you are only planning to be on the go for a few days on your own, then carrying a trap might be a good idea. Simple traps are useful to trap and caught small animals.

Sleeping Bags



Sleeping bags provide warmth and protection on the road and a basic

necessity for bugging out. Find a good bag that is suitable for outdoor survival. Most sleeping bags have some kind of weather rating. Make sure to buy a sleeping bag that keeps you warm in cold temperatures.

Groundsheets



A good groundsheet weighs roughly two pounds and makes your life easier by preventing discomfort and illness. This simple sheet will prevent insects or water getting into your gear or your sleeping bag. Your groundsheet should be large enough to fit under your tent.

The sheet should be waterproof, this enables you to use it in a secondary capacity. You can use the sheet as a wrap for medicine or food in your bag to save space.

Chapter 6: Sanitation & Hygiene

People often underestimate the importance of personal hygiene and sanitation when preparing for bugging out. Hygiene-related issues are some of the most complicated and critical concerns for outdoor survival.

Personal hygiene pack items for BOB



- All-purpose bar of soap: You can use soap to bathe and wash other items such as clothes and cooking utensils. Also, you can use it as a cleaning agent for open wounds.



- **Tampons and Sanitary Napkins:** You can use tampons and sanitary napkins for a variety of survival use, such as gauze-like first aid bandages and secured with medical or duct tape and pre-filter dirty water.



- Disinfecting wet napkins: Antibacterial wet napkins can be used for spit-bath to clean your body of grime, bacteria and body oils. You can use wet napkins to clean

and maintain survival gear such as cooking pot and utensils.



- Travel-size Hand Sanitizer: Hand Sanitizers has a high alcohol content, which makes it perfect for disinfecting your hands and any other body parts.
- Diapers: If you are going to travel

with a young child or toddler, then you'll need an ample supply of diapers for 72 hours. This is also critical for group hygiene.



- **Small Pack Towel:** You don't need a normal cotton bath or beach towel.

You need lightweight towels made from a super-absorbent material, easy to ring out and quick to dry.



- Mini Travel Toothbrush/Pack: You can survive 72 hours without a

toothbrush, but is basically a morale-boosting item. Regularly brushing your teeth on the go is more a mental than physical exercise that reminds you normal, routine behavior is still possible.

- Toilet Paper: Pack a few yards of toilet paper unless you want to use scavenged paper or leaves.

Chapter 7: First Aid & Medications



First aid kit is a compartmentalized item within your BOB. You can build your own kit from scratch or start with a prepackaged kit and then supplement it

with additional items. Prepackaged first aid kits are available in every general merchandise store, pharmacy and grocery store. You need a more substantial base kit designed specifically for outdoor enthusiasts, so don't buy a generic first aid kit.

First aid kit container

Your first aid kit container should be waterproof. If the container is not watertight, then use several watertight resealable bags. Moisture and water will completely compromise the efficacy of many items in the kit including pills, gauze and bandages.

Miscellaneous medical items

You need a few additional medical items such as:

- Rubber Gloves: You can use them as water containers and keep items dry, such as firewood.
- Tweezers: For splinters and ticks
- Insect Repellent: 100% DEET is most effective, so buy them. Insect repellents are flammable and can be used as a fire-starting aid in windy or damp conditions.
- Safety pins: Safety pins are useful for gear repairs and emergency sutures.
- Mirror: A mirror is a very useful hygiene and first aid tool. It's useful when self-treating any type of minor

injury to your head, face, eyes or back. Mirror can also use as a signaling tool.

Medications

Each individual has his or her own very specific medical needs and medications. You should include the following items in your first aid kit:

- Daily prescriptions
- Asthma inhalers
- Allergy medicines
- Medical instruments, such as blood sugar testers, syringes
- Special baby medicines.

Glasses and contacts

If you wear prescription glasses, keep a backup pair in your bug out bag.

Otherwise, losing or breaking your primary pair will leave you vulnerable and dependent. Don't rely on contacts as your only vision source, especially if you are bugging out. Pack a backup pair of glasses with a backup pair of contacts.

Chapter 8: Communications

You need Communications for various reasons, such as sending, receiving and recording information and navigation. Whether you are in the process of evacuating or just trying to survive, you have to know what others are doing. It could be keeping tabs on others or learning about the weather. As a general rule, you want to make sure that any communication device you carry can

access emergency communications bands. Even if the 911 service is out of service, the emergency broadcast signals are capable of broadcast in the most difficult situations.

Cell Phone

Cell phones might not work properly during a disaster scenario. However, you need to bring your cell phone with you just in case. Cell phones can be very useful for sending and receiving text messages. Pack a second fully charge battery and/or a manual hand-crank charger.



Emergency Radio

An emergency radio is a great communications device to your BOB. This could be your only source of information while you are on your bug

out journey. Knowing disaster updates will help you coordinate and plan your travel. Radio broadcasts can also provide useful information about safe or dangerous areas as well as supply schedules, rescue points and imminent threats. Buy a hand-crank power option radio for better safety.

Also choose a model that is equipped with NOAA (National Oceanic and Atmospheric Administration) Weather Radio. NOAA broadcasts warnings, weather alert and disaster information 24-hours a day through more than a thousand transmitters and cover most of the United States. Even if local TV and radio stations are not broadcasting, NOAA will provide you up to date

disaster information.

Area Map

When disaster strikes, don't solely depend on your GPS or Smartphone to provide you with accurate escape routes. Buy a local area map and keep it in your BOB.



Compass

A reliable compass is a necessity for any survivalist; add on to your BOB.

Two-way radios

If you plan on bugging out with your

family or friends, two-way radios are important. Pack a set only if they make sense.

Note pad and pencil

Being able to record information and leave notes is an important facet of the communication category. Keep a pencil and a waterproof note pad in your BOB.

Chapter 9: Fire

Fire has been the core of human survival

since the beginning of time and the ability to create fire is the most important survival skill on earth. Fire allows a survivalist to accomplish a wide variety of life-sustaining tasks. Following are several ways you can use fire to help stay alive:

- **Heat:** In certain situations, fire may be your only way to control your body's core temperature and stave off severe cold. You can use heat from the fire to stay warm and dry gear, clothes and shoes. Hypothermia is the number one outdoor killer and fire is the best way to battle hypothermic conditions.
- **Cooking/Boiling:** You can use fire to

cook and boil drinking water.

- Signaling: Creating smoke signals during the day and signal fires at night are two effective and proven techniques of survival. Both techniques have saved the lives of countless lost survivors.
- Morale: In a disaster, 90% of survival is dependent on a person's mentality and fire can go a long way in boosting one's morale in a disaster scenario. The light and warmth a fire provides is uplifting, calming and empowering.

FIRE KIT EXAMPLE

COMPRESSED TRIOXANE



WATERPROOF MATCHES
IN WATERPROOF CASE



WATER PROOF CASE



FAT WOOD

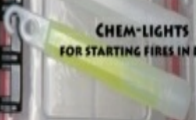
HOME-MADE
FIRE STARTERS



HOME-MADE
FIRE STARTERS



CHEM-LIGHTS
FOR STARTING FIRES IN DARK



9 HOUR
CANDLE



FARRO ROD



KEY CHAIN
FOR FARRO ROD



Your own fire kit

Fire kit simply means a small compartmentalized container within your BOB. You can use a number of

containers for your fire kit. Several examples are:

- Watertight, boxes, tubes and bags
- Sealed aluminum containers with o-ring
- Non-watertight containers packed in resealable bags

Fire-starting tinder

The ignition source is the half of the fire-starting equation. Often weather conditions can make finding dry, flammable fire tinder very difficult. So you need fire-starting tinder to guarantee fire. Below are several fire tinder options:



- **WetFire Fire-Starting Tinder:** WetFire is a brand name and very popular among outdoor travelers. WetFire will light and burn while floating in water.
- **Steel Wool:** Common steel wool is one of the best fire-starting materials available in the market. The steel

wool can use to ignite combustible tinder, such as leaves, paper, dried grass, etc.

- **Pet Balls:** You can use homemade pet balls as a fire starter. Simply saturate a few cotton balls with petroleum jelly and store them in a watertight container. The petroleum jelly will act as a fire extender and ignite with just a spark.

Chapter 10: Tools

Independent off-grid survival requires you to perform unfamiliar tasks with

efficiency. Without the proper tools, even the simplest of survival tasks are extremely difficult, labor-intensive and time consuming. Following are some must have specialized tools for your BOB:



1. Survival Knife: After an ignition

device and a metal container, your survival knife is the third most important item in your BOB. Don't be fooled by what you see in the movies, an actual survival knife is simple and not flashy. Below a list to show you how a knife can assist you with a wide variety of tasks:

- Hunting
- Cutting
- Dressing game
- Digging
- Hammering shelter anchors
- Carving
- Making fire
- Building shelter

- Food preparation
- Signal mirror



2. Multi-Tool: A quality multi-tool is like having a lightweight, compact toolbox in your BOB. Many multi-

tools have up to ten different functions/ tools built into one unit. Just like your survival knife, these tools can be used for numerous tasks in a survival environment.



3. Machete: A machete can be an

incredibly useful tool if you have to go through any kind of wilderness area. Machetes make fast work of chopping trees and gathering wood. They are also very useful when clearing thick brush and blazing trails through dense undergrowth and it makes a very efficient digging tool as well.

Chapter 11: Lighting

In a disaster scenario, the electricity will almost certainly be off-grid.

Besides natural sources like the sun and

the moon, your only light source is what's inside your Bug Out Bag. There are countless reasons why you should include a few light sources:

- **Nighttime or low-light time travel:** Traveling outdoors in nighttime or low-light conditions without a flashlight can be very dangerous for you.
- **Setting up camp in low light:** A flashlight come in handy when setting up and breaking up camp in low light.
- **Signaling:** You can use a high intensity flashlight as a signaling device for rescue.

Lighting options

Pack one main flashlight, one very small backup light and one alternative light source.



1. Main Flashlight- LED Headlamp:
Buy a hands-free LED headlamp. They are extremely lightweight, last a very long time and keep your hands free for other works. Headlamps provide sufficient light for normal tasks such as traveling, preparing meals and setting up camp.



2. Backup- Mini Maglite LED: The mini Maglite LED is an ideal backup for BOB flashlight.
3. Alternate light sources: Candle and glow sticks are two very good alternate light sources.

Chapter 12: Protection & Self-Defense

This book is a complete and thorough guide how to build a Bug Out Bag and survive in a disaster scenario for a long time. Protection and self-defense is an integral part of survival. Disaster sometimes brings out the absolute best in people and they help people in the form of donations or hands-on labor.

Unfortunately, there are people in this world who want to take advantage of chaos and disorder that surround disasters to further victimize people

through robbing, looting, violence and rape. You must be prepared to defend yourself and family members from looters and gangs should the need arise.

Self-Offense

Often the best self-defense is self-offense. Self-offense means taking every precaution possible to avoid any kind of confrontation. This includes evading from and removing yourself from confrontational, questionable or dangerous situations. Below are self-offense tips and guidelines that can help you avoid risky situations:

- Embrace humility and check your ego and pride at the door. They have

no place in a survival scenario.

- Don't flash your tools and supplies. Keep your behavior low-key, be observant.
- There is safety in numbers, so never travel alone unless you have no choice.
- Make decisions based upon facts. Never assume anything
- Question everyone, trust no one.
- Don't just acknowledge your gut feeling- act on it.

Self-defense options

- Your body: If trained properly, your body can be an effective defense

weapon against looters. Take a local self-defense course or join a regular self-defense training class. Hand-to-hand combat is risky and dangerous and it should be your absolute last option of self-defense or self-offense.



- **Pepper Spray:** Pepper spray is really useful in a hazardous situation and this is why military, police and security professionals carry pepper spray. Carry a canister of Cold Steel Inferno pepper spray as a part of your BOB.
- **Survival Knife:** We have discussed about the survival knife in the previous chapter. Using a survival knife is certainly considered as close quarters, hand-to-hand combat. Even with training, using knife for self-defense is dangerous. Regardless, it is still a viable self-defense option.
- **Machete:** Machete is not only an effective deterrent, but it can be an

incredibly effective weapon to keep an attacker or looter at bay.



- Bug Out Gun: In the wrong hands, guns can cause more harm than good, so they aren't for everyone. Don't carry a gun unless you know how to use it. If you don't have a good idea

about guns then get some training from a firing range that offers gun ownership classes. When buying a gun, you can choose between a rifle, shotgun or handgun. In a disaster scenario, you can't take all of them or even two of them because it isn't practical. As I previously mentioned that you don't want your stuff to make you a target. So your gun should be hidden and concealed from the view of others. The best type of Bug Out gun is a revolver. They are very easy to conceal, and fairly lightweight. Depending on the model, a typical revolver holds between five to nine rounds of ammunition and they are fairly

simple to maintain.

Chapter 13: Miscellaneous Items

Some of the items in this chapter might be considered luxury items by some, others would consider them necessities. Let's discuss them:

- **Resealable Bags:** Resealable bags are an excellent disaster survival item. In a pinch, they can be used as carrying containers or water storage. They provide an added layer of protection and very useful when moisture-proofing various items.



- Contractor-Grade Trash Bags:
Contractor-grade 55-gallon trash bags can be used for a variety of survival related tasks, including:
 - BOB water-proof pack liner
 - Ground cover

- Poncho
- Waste storage and disposal
- Shelter canopy
- Flotation device
- Water container/collection
- Rescue signal



- **N95 Dust Mask:** The centers for Disease Control (CDC) recommend the use of an N95 mask to prevent the spread of various airborne viruses, including H1N1. The mask traps bacteria, viruses and particles

that would otherwise be inhaled.



- 550 Parachute Cord: The strength of 550 parachute cord makes it a very popular cordage choice in a disaster scenario. Carrying 10 feet is enough. Following are some usage of this

cord:

- Repairs
- Fishing line
- Shelter building
- Snares
- Belt
- Emergency climbing rope



- Binoculars: Some may think it is a

luxury item, but can be very useful if you can carry it in your BOB. Some of the advantages of a binocular:

- Inspect Bug Out location before approaching
- Avoid threats
- Look for best travel routes
- Look for rescue or help
- Observe other people from afar
- Keep track of team members
- Read signage



- **Small Fishing Kit:** If you have enough food in your BOB, then it is not necessary. However, a small fishing kit weights very little and comes handy in a disaster scenario.



- **Small Sewing/Repair Kit:** Small sewing kit is virtually weightless and very useful to make necessary

clothing or gear repairs while in route.



- Rubber Tubing: If you are not packing a water filter system that contains rubber tubing, pack rubber latex surgical tubing. It can be used for many survival requests. Some include:
 - Drinking straw for hard to reach water supply

- Siphon
 - Tourniquet
 - Makeshift fishing spear gun
 - Makeshift slingshot
-
- Duct Tape: You can use duct tape as:
 - Cordage
 - Makeshift emergency water container
 - Emergency first aid bandage
 - Gear/clothing/shoe repairs



- Two Bandanas: A simple item like bandana can have so many usages for a disaster survivalist. Below are some practical uses of bandanas:
 - Pot holder
 - Face mask

- Crude water filter
- Trail markers to leave signs for travel
- First aid bandage
- Cordage
- Surface cover for food prep

Important documents

In a Bug Out scenario, carrying important documents is extremely important. In a disaster your house might be looted or destroyed. So you must prepare in advance. Carry your important documents in a waterproof map case, including:

- Identification documents:

- Birth certificate
- Driver's license
- Social Security card
- Passport
- Marriage license
- Insurance Documents: insurance documents include:
 - Auto insurance
 - Property insurance
 - Rental insurance
 - Life insurance
- Medical Documents:
 - Health insurance cards
 - List of prescription medications
 - Record of immunizations

- Allergy information
- Documentation related to disabilities
- Will
- Financial Documents:
 - Bank accounts
 - Loan accounts
 - Mortgage
 - Credit cards
- Cash Money: Don't rely on ATM and pack minimum five hundred dollars. This cash should be in smaller notes –ones, fives, tens and a few twenties. A handful of quarters may come handy when accessing pay phones or vending machine.

Conclusion

Only collecting tools is not enough, you should practice them. Gear works best for you when you are familiar and comfortable with them. Your kit should be comfortable, easy to use, and fit within your budget. Remember, you can buy good quality gear and survival books like this one. But you can't buy mental and physical readiness. You also can't buy the survival skills that only come from experience, practice and repetition.

Survival tools are very important. But

relying only on tools can be a false sense of security. Packing BOB with right tools are the beginning of your preparedness journey. You must also be mentally and physically fit and ready to follow through with your Bug Out Plan if and when you find yourself in a difficult situation. With mental preparedness you will be better equipped to handle any bad situation with requisite gear.