

BUG OUT REMEDIES

[SurvivalXpert](#)

The second part to this series of books is centered on the mindset of the individual. I will be discussing survivalist mindset, taking the offense and planning raid maneuvers, defensive techniques, and ally strategies. We will also be covering the bug out bag in greater scope on some items which may be included in your pack, and the basics of a functional beltline kit.

I like to keep things simple, so I will not waste your time with heavy sentences full of opinion and useless theory. I would like to keep this series as practical and concise as possible, bearing in mind the importance of a well structured plan. This is what preparedness is fundamentally about; planning. In the first book we discussed the plan for preparing a basic bug out bag. I streamlined the approach with 5 categories of essentials for packing, with only 3 simple rules to follow. Below, I will list these five categories again, and reiterate the 3 rules for deciding which tools are important. Our first topic after that will be some additional items to include in your bug out bag and their practical purpose.

Let's take another look at the basic list of the most essential item categories for a bug out situation, in no particular order:

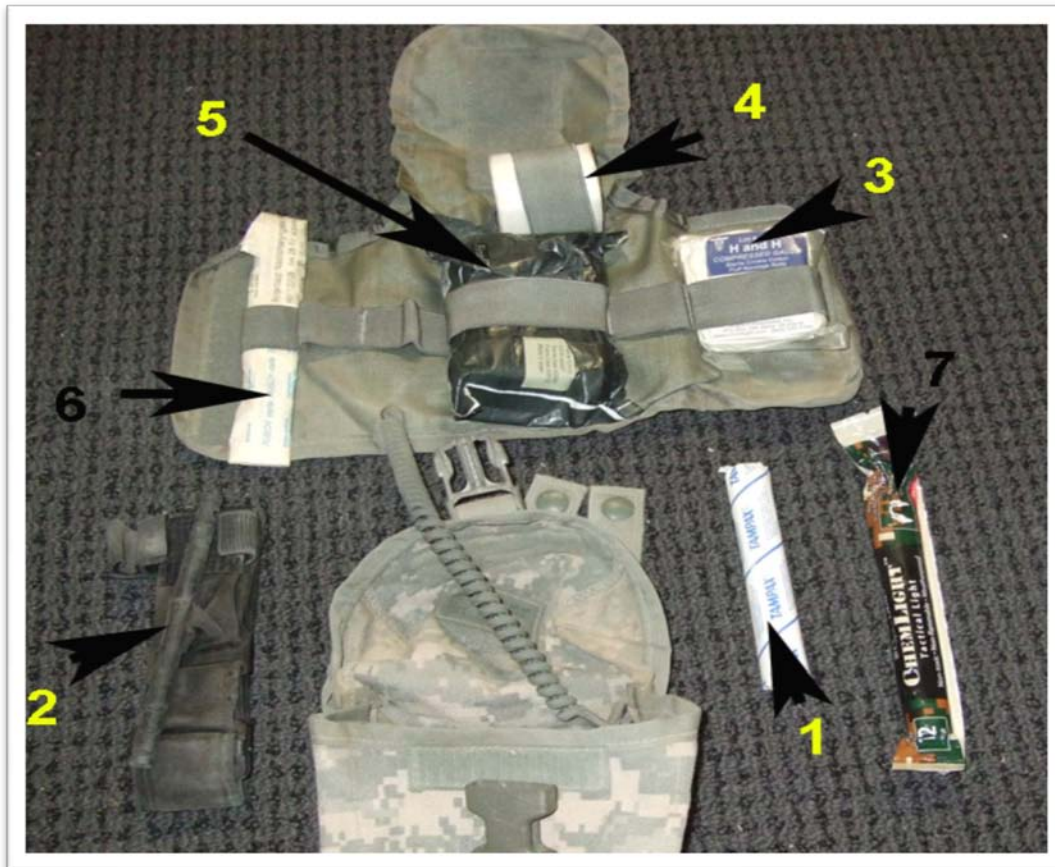
- Communication Equipment
- Water Procurement
- Clothing
- Food
- Tools

Additional Measures

Our basic focus is to cover all of the most essential areas, in order to facilitate an immediate evacuation. Having established these areas and preparations made, we will now try to compliment this assortment of gear with any additional measures which will aid us in our plan. Ideally, you only need **what can save your life (1), can be used to make other tools (2),** and what can be used to **help you reach your destination (3).**

First aid

The reason this does not have its own category is due to the fact that most people really have little to no training in first aid, combat survival, or remote rescue. In fact, I would dare to say that the majority of people can affix a band aid on a cut and very little else. Why do you think that almost every “first aid” kit comes with some aspirin, bandages, sanitation wipe, and band aids...yet only a few have sutures and actual compresses or large wound dressings for trauma? Fortunately for you, I am combat lifesaver qualified, first aid qualified, and my abilities really have been put to the test on more than one occasion (although surprisingly enough not while in the military). I am going to recommend a few items to include in your “first aid” kit, and you will never again need to wonder what you should have for emergency lifesaving equipment. You can leave the homeowner band aid kits with the urbanites and read on.



I numbered each item clearly so that you could follow along. Number 1 is a tampon. That's right, a tampon. If you have a serious wound and you need to stop the bleeding quickly, this is your ticket. It is by no means a permanent solution, but if you have a massive arterial bleed, you are essentially S.O.L. anyway. Number 2 is a tourniquet, and this one is capable of being applied with one hand. A person could replace this with a heavy duty rubber TQ, as there are several types available. Number 3 is compressed gauze. You only want to use sterile gauze, at least 5 ply, and compressed inside a waterproof packet. This particular pack is 4 yards in length by 4 inches wide. The fourth item (#4) is bandage tape, and it is capable of being ripped by hand and should not stick to skin too much, but it does sometimes anyway. Number 5 is a compressed trauma dressing (Israel made) for large wounds. It has tails to tie off and can also be used as a makeshift TQ if you had to. I would also suggest packing some ibuprofen, since it will help keep swelling down. And, more than anything I recommend some kind of first aid class. You can look into local papers or check with your fire department or police department for free classes if available. The last two items

with the numbers darkened out are optional due to the circumstances of applicability. Number 6 is a nasal tube (nasopharyngeal airway) for opening up a blocked airway. Number 7 is a chemlight for signaling distress, and (red) is used for medical evacuations. There are also “Quikclot” bandages available, but you should be careful not to buy the older versions which can cause burns if applied. There are other types of clotting bandages, and I have carried some in Iraq, but I forget the name of them. Whatever you do, I suggest not using clot powders or other similar agents because even if they do work, the powders will stick to the wound making it extremely difficult (and painful) to clean and suture. One final item I suggest is a tube of antibacterial ointment, a brand commonly referred to as “Neosporin” for minor cuts and abrasions. As important as a lifesaving kit really has the potential to be, I have awarded it its own separate priority, as some type of medical kit is simply a must for any bug out bag. However, it is all useless in untrained hands. That’s it, folks –no band aids. No gimmicks.

Hygiene

I will be covering more about hygiene in volume 3 when I detail long term self reliance and strategies. For now, we should briefly consider a basic hygiene kit and what to include. Following our three rules for kit, we could classify the need for a hygiene kit as possibly life saving since you could potentially die from an impacted tooth or if you get cut while shaving and fail to cleanse regularly. I doubt that this kit qualifies for the other two rules, and even what I have mentioned is debatable. It is therefore up to you to decide what to bring and in what amount. Some items to include may be a toothbrush and floss. The floss will run out eventually, I suppose you could use the innards of 550 cord to floss if you had to. The toothbrush will wear as well, but something is better than nothing at all. A bug out situation is meant to be lightweight. I do not consider carrying soaps and shampoos on an emergency evacuation to be important. You can survive without soap and shampoos, you can’t make other tools from them, and you will still reach your destination with unscented hair. If you really have to break it down, a single bar of antibacterial soap is better than liquid soaps.



Shaving can be a bothersome task. It is true, however, that it is sanitary to keep excess hair off your face. A very simple way to shave in the field is to use a razor and some kind of lather. A single 3" block of lather soap will last about a year if it is used correctly. An excellent razor to use is a Merkur double edged safety razor. The reusable/disposable blades are relatively inexpensive compared to the corporate-sponsored plastic razors which have 5 dollar quadruple blades that dull after just one shave.



What have we decided on so far to include in our bug out bag? We know that a "first aid kit" is an absolute must, provided the practitioner actually has the knowledge to use the tools inside the medical kit. We know that a toothbrush is a definite, but additional soap, toothpaste, and shampoos are just too much weight to consider. We could make an exception and carry a bar of antibacterial soap, a block of lather with brush, and a razor with blades to aid us in keeping clean and healthy. We could add a small plastic cup to mix our lather and keep everything inside a bag. By compartmentalizing your kit, you will end up saving yourself time in the field by not having to search for a loose item amidst the pile of other loose items, and you will be able to ditch entire sections at a time if necessary.

Sleep System Option: Hang Free

My favorite way to sleep in the outdoors when it is not winter, is with the hammock and tarp setup. I carry a lightweight Halo sleeping bag, space blanket, pocket sized hammock, 6 tent stakes and tarp with 50 feet of 550 cord as a total sleep system.



In the colder months, before the heavy winter sets in, or during the rainy season, you could adjust your tarp down to cover more of your hammock:



By adding brush to the side areas and underneath your hammock, you will create a wind break. This could significantly improve the comfort level of your sleep system on cold nights.



I also carry a super lightweight mosquito net to hang underneath the tarp during the hottest months or when the bugs are a nuisance.

Survivalist's Mindset

We all 'want' the very best kit. I really 'want' a fully customized military MRAP with machine gun mounts and the weapons too. All I really need, however, are the tools to get me to my destination and the means to defend myself, provide for myself, and maintain my health. This is why you must separate your wants from your needs. By narrowing your options on any subject, you will undoubtedly increase your effectiveness, and by default, provide for yourself a very clear answer. I don't know about you, but procrastination is my enemy, and the battle with indifference is one which is constantly being waged. This is one of the focus areas on the mindset of the survivalist we will be discussing.

One way to narrow your options is by utilizing the three rules I listed earlier. We should be able to add or subtract from our kit and end up with a reasonable result and with very few hang ups. When was the last time you placed your pack on and hiked for an hour or two? Have you ever challenged yourself by heading out on the trail and making a weekend of camping your past time? If you are only being held back by that new video game or television show...then you really need to start setting some priorities. I have little doubt that your favorite TV show will still be broadcasting when TEOTWAWKI is happening. That aside, what should we plan for if not some cataclysmic event? There are hurricanes, tornados, earthquakes, and floods. In the winter months, northern areas are blanketed by ice storms which cut power for weeks at a time. You don't have to necessarily bug out to prepare. And you don't have to believe in the end of the world either.

What is a "survivalist"? I don't know. I only know what I am, and I am *not* a quitter. I know that I will *not* accept defeat, I will *not* back down from a fight or ignore my health. I know that I am going to look out for my own well being and overcome a challenge should it present itself. I certainly won't lose hope in a situation because it appears to be too difficult. At the same time, I know that I have failed in the past. I have lost at competitions; I have made the wrong decisions and paid for it. *But I also know that I never made the same mistake twice.* I could say that a survivalist overcomes an obstacle and achieves his objective or he is not a survivalist...at least, he is not me.

Let's take a look again at the worst case scenario since it is what we used to determine our one to three day foot march. Let's assume that there is some kind of pandemic, be it the flu or some kind of zombie creating parasite found only in bottled water. Tempers will flare, people you know will be missing, family members will fall victim and start biting the neighbors. Before you know it, all hell has broken loose. The first rule of action no matter what scenario actually takes place, is military presence. A massive meteor from outer space crashes into the town center, but remarkably enough, the military shows up only minutes later blockading the major roads and performing house to house searches. For the sake of this discussion we will combine the police with the military. It is getting hard to tell them apart these days anyway. Now, I don't know about you...but I am not too worried at this point. Right now I am thinking that I am glad I read the books that I did when I was a kid. I have been waiting for the end of society my entire life. Now it is time to head out into the woods. Perhaps I can score a few zombie kills on the way. I will meet up with my fellow survivalists and tell them all about the amazing "Gerber kill" I scored on some unsuspecting zombie as it tried to mate with a street sign.

Your perspective will determine your outcome, every time with no doubts in my mind. You must be mentally stronger than the challenge which lies ahead. All of this begins very simply –with a plan. Just as we broke apart our bug out bag and separated it into sections and then prioritized, you must also do the same for your mind. As I stated in the first book; every plan must have clearly defined parameters, being simple is preferred over extrapolating on an unimportant detail. By simplifying your life you will be prepared to draw up an easily definable plan. You should consider debt consolidation if applicable, cancelling unnecessary frivolities like magazine subscriptions and premium cable channels. Perhaps you have a thousand bills to pay, I don't know. All I am saying is, turn all of it onto one or two payments, or as few as possible. Now you can arrange your personal life; find free time to take hikes or go fishing. The more time you spend in the outdoors, the less you will want to spend on the couch. I will discuss more on the mindset of a survivalist in volume 3 under long term self reliance.

Offensive Raid Maneuvers

You are in need of supplies, plain and simple. The cause for your bug out left you a little short in some areas. Perhaps you just want to acquire that FAL in the window because you would make a lovely couple. I do not condone breaking the law or stealing in any way (pre circa teotwawki), but when/if the shit is going to hit the fan and society crumbles –all bets are off! Some people have a problem with this mentality, no doubt. To these people I say “Fuck you very much.”

Survival is not called survival because you must obey rules and follow edicts set by men. In the wilderness there are no city ordinances, there are no jaywalkers. Of course, you are in the town and you must acquire your supplies, and therefore certain rules should be set before undertaking an offensive operation. This does not mean that I suggest raiding your local Walgreens when a Superbowl riot erupts and when you are arrested, you tell the cops that I told you it was okay.

One rule to follow is the rule of stealth. I don't care who tells you that black is a bad color to wear in nature, the fact remains that human eyesight is restrictive. At night, the “color” black is the predominant shade, and it is magnified in shadow. Choosing a night time setting may not be feasible since you want to beat others to the establishment you wish to plunder. In this case, choose attire that will blend with your average urban background. Another method is to dress like a security guard, or dare I say it, policeman. The private security guard ensemble will have added benefits because you could always explain to the real police that you were hired to guard your favorite store. This will also grant you additional leverage against other would-be bandits and enable you the time you need to do what is necessary. If you really wanted to make this a professional job and cover all of your bases, you could investigate the store proprietors well before a cataclysm to ensure that you have an adequate cover story. Throwing out a name and a few details may just be enough to settle prying minds who inquire about your presence.

Do you know how to pick locks? If you have no clue how to open a lock without the key it was made for, then you will require a lockpick set. Be certain to acquire a few extra of your favorite tools in case you break one.



The risk involved with any offensive maneuver is determined by several variables, some of which can be controlled. One controllable risk is that of being seen. As I have already briefly covered this, we can pass on to the next. You risk being injured by hostile people who may also not play by the rules. These people quite possibly may not care about laws and decency or the fact that you are a “security guard”. To overcome this potential menace to your own night of debauchery, I propose a couple of items known as Mr. Taser and Ms. Pepper Spray. Both are silent and very effective against solid urbanites and gang thugs alike. If you are ever bothered by a pesky rival, I could never assume that you will absolutely come out as the victor; it will be up to you to set the pace. Another risk is being caught red handed after the fact. It is therefore eminently important that you design a functional exit strategy for every offensive raid that you plan. It wouldn't hurt to come up with a contingency just in case, either. I seriously doubt that an alarm would be answered amidst a serious calamity, but if you tripped one, be on the lookout. Let's say you cased the store out beforehand and remember where the alarm control box is. Something else to consider; many alarms run through the phone lines.

Defensive Techniques and Ally Strategies

I just covered pepper spray and tasers in offensive posture. Using these tools for defense follows the same guidelines. The first and best line of defense, however, is that of avoidance. The risks involved in avoiding a confrontation are nearly nonexistent, while a confrontation in itself is comprised of uncertainty. Who knows what situation may await you in an urban area? The best way to avoid

injury is to remain in control of the situation. If you can maintain a fair degree of control over a movement into the city to grab a few supplies, then it is your call to make. Perhaps you live in an area where you know the locals, and the owner of the gas station will let you inside to grab what you need free of charge. Perhaps your Uncle owns a sporting goods store and you both meet up and have a picnic.

It is always wise to locate like-minded people you can trust and build a relationship with them. You could plan for such an event and practice a combined offensive maneuver. You may even decide to work as a team to collectively build your own Mad Max city-state. The possibilities are endless. One of the greatest perks to having allies is the ability for you to increase your range of notice. If something happens fifteen miles away in the podunk town 'friend A' lives, you will know about it if you keep a line of communication open.

One excellent means to keep in contact with allies is CB (Citizen's Band) radio. Citizens Band radio is an affordable communication device. You could obtain the base model for your home, or a mobile CB setup for a car. One important point to remember is to set

40 Channel Base CB Radio WASHINGTON



your channel preferences and regularly perform radio checks ahead of time to ensure that your "beacon of hope" is fully functional. Don't forget the antenna for the base station.

There are handheld CB's as well, and they can be useful in certain situations.



Functional Beltline Kit

What are you wearing on your belt? You do know that quite a bit we have already covered for the bug out bag could easily be stored on your belt?



Duty belts are rugged and will not flex under the strain of attaching several items to them. One type of setup is to attach your most important and heavily used items at the sides, and to the rear you would place less frequently used kit. Some pieces of kit to consider on the belt line:

- Pistol holster
- Flashlight carrier
- Magazine pouch
- Multitool case
- Key ring
- Pepper spray case
- Handcuff case
- Loose items carrier
- Radio holster
- Canteen cover

I personally would not add a large item like a canteen onto my belt. I also do not carry my pistol on my belt since it would be difficult to reach and draw quickly when I am wearing my pack. I therefore use a tactical vest setup, and keep my beltline light and manageable. This tactical vest, made by Web-Tex has a bladder insert for hydration.



A military version of utility belt is strong and versatile, accepting MOLLE attachments. An optional drop leg attachment could be used to enable easy reach of your weapon under most circumstances.



The less you pack away inside your bug out bag, the more room you will save for additional storage. Ammunition, food, spare clothing, and cookware typically take up the most room and weight the most. Some items which are stored outside the bag may be your tarp, or your medical kit.

Conclusion

Thank you for having a desire to plan ahead. The more people who prepare for a catastrophe, the better we will all be. If you would like information on long term survival strategies, then read the next volume of this book. I will also go into more details on water procurement, shelter, long range travel, and self reliance in additional volumes to come.

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