

The Bug-Out Bag

A REALISTIC SHORT-TERM SUPPLY SOLUTION



As this is being written (February, 2003), the Federal, State and Local governments are urging citizens to prepare some basic supplies in a fashion that can quickly be loaded into an automobile and taken to an area of relative safety. This is basic common sense and is simply a matter-of-fact for a good number of people who take preparedness seriously.

What is being recommended is a supply of food, water, clothing, basic shelter, medicines, and documents placed together so that in the event of a natural disaster or terrorist attack, these basic supplies can be quickly retrieved and at least some level of comfort or sustenance can be assured.

Prior planning with all members in the family is also required. Think to yourself what would happen if an expected event occurred at different times of the day. Could you reach your spouse? Can you get the kids? If you can't get there, is there somewhere the family can meet? These questions must be asked and answered before any situation would occur. It would even be prudent to print procedures and place them in the cars so that there are no questions when an event occurs. Try to establish some form of reliable communication so that all family members can stay informed of the present situation. Cell phones are very susceptible to adverse situations and should not be relied upon.

The theory is that when an attack or natural disaster occurs, it takes a period of time before any government assistance can be organized and effected. In reality, any meaningful assistance may be weeks or even months away. In the event of a large natural disaster such as hurricanes, depending upon the extent of the damage, it may be several months before services are returned to normal. There has never been a large-scale attack upon the United States, so there is no information or history to draw conclusions from, however it would seem that in areas hardest hit by an attack, it may be a very long time indeed before services are restored.

When would leaving (Bugging Out) be advised? It could be something simple and common, such as your home catching fire. Or an ice storm just dropped that 200 year-old oak right through your house. Perhaps a train derailment with train cars suddenly spewing toxic chemicals and the wind is favoring your home's location. Occasionally, tornados devastate large areas leaving entire neighborhoods utterly destroyed. It may be something as simple as a heavy snowfall preventing you from returning to your home until the road crews can plow out the roads.

The most frightening concern is presently a deliberate attack by terrorists using some sort of chemical or biological agent. Actual military experts who are familiar with these types of weapons have repeatedly stated that the risk of widespread illness or death is relatively small. Not zero. Certainly not as great of risk as the network news would have you believe.

Another real concern is that terrorists may detonate a Nuclear weapon, either an actual weapon, or a 'dirty bomb'; conventional explosive in conjunction with nuclear material. The actual nuclear weapon would be the most serious, particularly if the terrorist completely understood the intended use of the weapon.

Dirty weapons would have small area of blast damage but contamination would deny a large area to use. Nuclear waste material may be spread over a very large area depending on the wind strength and direction. Most likely, any nuclear weapon would be beyond the capabilities of any terrorist organization. We hope.

You may elect to Bug-In. Just stay where you are if it is safer than moving to another area. You still need the same basic items if you stay home and if you leave: shelter, water, food, communications, and a means to defend yourself. There is a good argument for keeping your BOB in your primary vehicle, for then it will most likely be with you regardless where you are. When you are at work, home, the mall, a friends home, wherever. Just about any vehicle has the space available to keep a container of sufficient size for a BOB.

There are different schools of thought when it comes to a 3-day supply of necessary items. What may be appropriate for one person may be woefully lacking for another. Children have their own needs and so do the elderly or persons requiring constant medications. Each of these cases will have to be dealt with on a case-by-case basis. There are no shortage of companies who will gladly sell you a 'kit' that they describe as everything required for a 3-day or 72-hour crisis.

After carefully reading many different descriptions of what various companies included in their kits, I concluded that it would be more appropriate to make one from scratch. It will be more expensive, but it may save your life!

What are the priorities? What is the most important? If I can only afford something small and cheap, what would be the best? All good questions and we will take a look at each of these.

Let's take the basic requirements in order. **The most important thing, depending on location, is shelter.** This may be less of a concern in mild weather in a safe environment, but it is always important. Shelter can come in various forms. It may be that you have made prior preparations and you elect to bug-in. In this case everything you need will already be at your location. People who live in rural areas are most likely to be able to do this. The fact remains that a great proportion of the population lives in the cities and for that reason, attacks most likely will occur in these areas. If this is the situation, then your shelter will no longer be your primary residence. It seems most people imagine surviving out in the woods, but the truth may be closer to staying in a community shelter or another person's home or garage. You will need some type of sheeting to keep rain and snow off, some type of blankets to keep reasonably warm, and hopefully some way to ensure at least some degree of privacy. A heavy 'survival blanket' that is currently available from outdoor suppliers such as Cabella's, would help a great deal. The small silver blankets made of foil are nearly useless. Do not depend on them as your only source of protection from the weather.

The next is water, without it, life is limited to several days-again depending on the environment. The amount of water required to sustain life is about 3-4 quarts per person per day. A more realistic figure is 2 gallons per day per person. For a 3 day BOB that would mean carrying 6 gallons of water per person. Not very realistic. So to make up the difference between what you can carry and what is actually required, some means of filtering water must be available. There are several types and sizes of water filters, learn all you can about them and then choose wisely. No quality filter is cheap, we are talking survival here. You can carry two 1-liter bottles easily, perhaps a 2-quart canteen, but a filter is almost a necessity. Water purification tablets are available and may prove worthwhile.

Food is important, although you can live many days or even weeks without any, your thought processes will be hampered without sufficient nutrition. With food, there are many different approaches to carrying enough to last 3 days. Some kits don't have any, figuring it is not required to eat to survive three days... Some have 'energy bars' that look and taste like firewood to sustain you. You could use 'backpacker' freeze-dried food. Tastes good when prepared correctly, but requires both heat and water to prepare. Military 'MREs' are an option. They do not require heating, although they taste better if they are. They do not need any additional water to prepare them, fairly lightweight and last for a considerable time. What I have chosen is a mix of MREs, dried food (Ramen noodles) and trail mix (raisins, chocolate chips and Unsalted nuts). Between the three types, basic nutrition is assured.

Personal protection is important if the situation becomes grave, there are indeed individuals out there who would not think twice about killing you or your family to get your supplies or even just for fun.... Problems routinely occur when discussing personal protection. A natural human reaction is to decide that none is required in the hope that only decent, honorable persons will be encountered in the situation becomes grave. I only wish this would be the case, however, it is not. There is a small

segment of all societies that is criminal. Sorry, it is a fact and must be accepted as such. Whether you survive due to prior planning, donations from others, or sheer luck, when dealing with a criminal-you must have a means of defending yourself, your family and your supplies.

Communications are important when the situation is not clear and making correct decisions requires information not readily apparent. Safe areas, shelters, escape routes, contaminated areas and other critical information is required to stay safe. A portable radio, preferably a Short Wave receiver, can allow you to receive this information. There are many options available in SW radios, but the one that is the most important is – *is it with you?* Even the finest, fanciest, SW radio will do you no good if it is plugged in back at your home. There are some wonderful, small and sensitive SW radios out there for a surprisingly small sum of money. One such is the Grundig G4, available currently for \$35. It works well and picks up most all of the broadcast stations. Other brands and types are available from retailers or on eBay. One important consideration is whether or not the radio can receive Single Side Band transmissions. It is important because almost all Amateur Radio Operators (HAM's) use SSB when they transmit. Radios without SSB capability cannot receive HAM transmissions. Unfortunately, none of the really small SW radios have SSB capability. Perhaps having a more capable radio stashed at the BO locations would be advisable. If your concern is a three-day period of chaos and then back to normal, the compact SW receiver would foot the bill. If you were planning for a 'The End Of The World As We Know It' (TEOTWAKI) situation, then the best radio you can buy would be appropriate. The most useful SW radio currently available that is easily portable is the Sangean 909, also known as the Radio Shack DX-398. They will receive all modes, are powered by four AA batteries, and are very sensitive. A roll-up wire antenna should be considered mandatory with any radio receiver.

Medicines and first-aid kits are among the items that must be planned for. A small first-aid kit should contain items that would be useful for treating small injuries and minor problems likely to come up in these situations. Simple things such as aspirin and Neosporin, Imodium AD and band-aids may prove to greatly speed healing and add comfort when under duress. Persons who require specific medications will have to take this into account when building up a BOB. The short life span of some types of medication will require frequent rotation into and out of the BOB.

Let's take a look at a realistic BOB. This picture shows a very common type of container suitable for storing a basic BOB. This container will not draw attention when left in your trunk or placed in the garage in a position for easy retrieval. In this container is enough supplies to enable one person to survive a 3 day event without outside resources. Let's look inside!



Here we have the top off and can see some of the basics that are inside. On top is an Estwing Campers Axe. Although it would be unwieldy to carry on a long hike, it fits nicely and gives some options. You may choose to include a standard hatchet or even a machete. However, some tool should be included to help get firewood should it become necessary.

Also visible is the PUR water filter. This particular filter was chosen for its light weight, performance and reputation. It has actually been used many times and works exactly as advertised.

The bedroll is visible with straps, which would be used to attach the bedroll to the pack.



Here the filter, winter clothes, axe and bedroll have been removed and the pack and folding shovel, spare food and boots are visible.



This shot shows spare clothes that can either be taken or left behind depending on the season and type of situation that has occurred. Here in the Midwest, winters are often unpredictable. It may be very mild or it may turn bitterly cold with large amounts of snowfall. To address this situation, extra clothes are included in the container that may or may not be required to be packed into the BOB pack.

From the left:

- Old sweatshirt and ski goggles for wind and snow
- Heavy wool shirt and several tee shirts and spare skivvies
- Spare socks, rain-proof camo over-pants and spare belts
- Winter gloves, knit cap that covers entire face, spare pants with lots of pockets



This is the spare clothes neatly stacked so that they can be placed into a plastic trash bag to keep them clean and dry. Notice the cutoff sock protecting the goggles.



In the bag, safe, clean and dry.



This is the filter that I chose for this mission. It is called the PUR Hiker and is rated to filter thousands of gallons of water. The filter can be back-flushed and/or replaced if needed. There is an attachment that allows water to be pumped directly into a sports bottle or allowed to pass into a canteen or regular 1 or 2 liter water bottle.



This is the bedroll. It is not meant to keep you toasty warm in an igloo. It is meant to keep you alive in most situations. Further insulation would be required if the weather was cold or during inclement weather. Not shown is the plastic trash bag cover to keep bedroll dry.



This shows the heavy ‘survival’ blanket and the fleece bag liner. Between the two and some insulation scrounged up on the spot, a reasonable night’s sleep would be possible.



This is the pack chosen for the BOB. It is a normal looking, easily obtainable pack that is fairly sturdy and should provide good service without problems. It has compartments on the side and on the front to provide easy access for different items. Water in 1-liter bottles is stored on the side compartments, items that may be needed quickly are in the front compartment and the bulky things are loaded in the center.



These are the items in the front compartment.

- Candles
- Rain poncho
- Mosquito repellent
- Chemical hand warmers
- Fishing kit
- Bic Lighter
- Silva Compass
- Camper silverware
- Note pad and pencil
- Maps of the state and local area
- Survival manual

All items are stored in Ziploc bags to protect them from the weather.



Here we see the items in the center of the pack.

Water bottles in both side compartments
50 yards of line in left side compartment
Flashlight, large Ziploc bags (for storing and carrying water) in right compartment

– Center compartment

MRE heaters (3)
Disposable body wipes
Can of Sterno
25 yards of ½” rope
Stainless cup, fits on stove or over Sterno
Roll of TP w/wipes in Ziploc bag
Shortwave radio kit (more to follow)
(3) MREs in original packaging
Military survival vest (more to follow)
Large sheet of heavy Aluminum Foil, folded (for cooking)



This is the Shortwave Radio Kit. The box was a small First-Aid box that I emptied out and it was the perfect size for this application. A sturdy metal box would be better, especially for EMP protection, but I couldn't find one small enough. (EMP = ElectroMagneticPulse, generated by Nuclear Explosions, EMP weapons, and lightning) EMP voltages can be high enough to fry any electronic parts.



The kit includes the radio, ear buds for quiet listening, a length of wire with attached alligator clip for an antenna, spare batteries, English portion of operating manual, and small SW station list. You can judge the size of the radio by the size of the AA batteries next to it.



For local information, scanners can provide information that no broadcast station can. Shown is a dual-trunking model that is required for the reception of the local police, ems, fire and government transmissions. Your area may or may not require a trunking scanner, check with your local law enforcement to find out which system they use. Scanners require some practice and perhaps programming before they may be of any use. Be sure you are familiar with all the equipment you place in your BOB!

The other radio is HAM gear. It is a tri-band (3 different Amateur Bands) transceiver (both transmitter and receiver) that covers the 6-meter (50 MHz) band, 2-meter (144 MHz) band, and 70 cm (440 MHz) band. It is very useful for short-range communications with other HAMs and in some cases, Emergency service personnel. Spare batteries would have to be carried or a way to recharge NiCad's would have to be arranged. Prior planning required.

Both scanner and HT would be carried in pouches on vest or on belt.



The vest shown is a survival vest issued to helicopter pilots and contains various items the military thought may be useful. Some of it is applicable, some of it is not. Some of the original contents are not available for sale and are deleted from the vest when they are sold to the public. This vest is useful but using a 'fishing' vest widely available could make a 'civilian' version very well.

From the top left, counter-clockwise:

- Tourniquet
- Strobe
- Trioxane fuel and magnesium fire starter
- Military first aid kit
- Thin foil survival blanket
- Signal mirror
- Pocketknife
- 4-1 tool, compass-whistle-matches-flint strip
- Bic lighter
- Lip balm
- Water collection bag
- Small fishing kit
- Marking tape, suture kit (stitching up serious cuts)
- Signal flares (also commercially available)
- MRE matches and TP in plastic bag
- Vest manual
- Compass and another lighter
- Survival knife



This is a picture of the pack with the bedroll attached. The idea of using both a vest and a pack is that it gives you some options depending on what the situation calls for. If you open the pack, remove the vest and put it on, you can then put everything else from the container into the pack and carry all the items. You may elect not to take the spare clothes, spare food, folding shovel or other items and just attach the bedroll as shown and wear only the pack.

Just as layering clothes in the wintertime makes sense, so does layering your survival gear. You should always have at least two items on your person at all times, even now as you read this. The two items are: a sturdy knife and some way to make a fire. I carry a Gerber folding knife and a small Bic lighter in my pocket at all times. It isn't much, but a lot better than nothing.

First layer:

- Good knife

- Bic lighter

Next layer:

- Survival vest and items in it

Next layer:

- Pack and all items in it

Next layer:

- Items stored in your vehicle but not intended for BOB



Let's go through loading the container- first, empty container



Next, pack goes in flat on it's back



Then go in the hiking boots –



Then the bedroll-



Next is the folding shovel, water filter and spare food.



Then the spare winter clothes-



Finally, the camper axe.



All closed up and ready for storage in the trunk, garage or wherever handy-



There is still room for other equipment or supplies but individuals should evaluate their own needs when selecting items to be included in the BOB. Some equipment that may be selected are firearms of some type and gas masks.

-Firearms: some considerations are type (handgun, rifle or shotgun), legal aspects of carrying weapons in a vehicle, proficiency with your weapons use and spare ammo and parts.

-Gas masks: if the use of a gas mask is actually required for survival, then the situation is grave indeed. There are many types available and only a few will provide even a minimum of protection. Again, study the subject completely and choose wisely. Current production military for the NATO countries would be a good place to start.

Another consideration is routine inspection and rotation of items that have a life limit: batteries, MREs; medicines, water bottles, etc. MREs should be changed out once a year if the BOB is left out in the trunk of the car, exposed to summer heat and winter cold. Batteries may last more than one year, medicines have a much shorter life if left out in the heat.

The next question is what to do if there is more than one person. This BOB is suitable for one person only, if more than one person, or an entire family, more supplies and equipment are required. Duplicating the entire setup is not required for additional persons; however, clothes, water and food are areas that need to be addressed when additional persons are considered. Each person, including children, should have their own pack with the basics. Water, food, sturdy shoes, sturdy clothes, medicines would all have to be carried by the individual. Items such as communication gear, weapons, tents (if any) and many other items would be shared by members of the same family.

For many folks, there is a genuine factor of cost. There are great numbers of people who literally live from one paycheck to the next. For those folks, putting money into a BOB means something else has to give. Not an easy choice. Fortunately, many of the items that make up a BOB can be obtained very economically or perhaps are already owned. Many of the items could be obtained from a thrift store, flea markets, garage sales, or found in weekly ad papers. Starting at the most important and working down, a BOB could be assembled over a period of time quite cheaply.

What would you get first if you were really short on money?

Pack – Thrift store, flea market, new ones from Wally world (Wal-Mart)

Old clothes, including warm winter coats, gloves, hats

Sturdy boots, used ones from the Thrift store will work, so long as they fit well

Blankets, Thrift store, flea markets, saddle blankets from the Truck stop, old sleeping bag

Plastic sheeting, heavy painter's drop cloths – Wally world or Home Depot

Clothesline, for making shelter or tying thing up – Wally world

Two bottles of water – Wally world

Water purifier tablets – Wally world

Several Bic lighters – Wally world

Boy Scout Manual or other Survival Manual – Thrift store, flea market, used book store

Some dried food that will keep – Grocery store

Flashlight with spare batteries and bulb – Wally world

Maps of the local area

Large sheet of 'heavy duty' aluminum foil – for cooking, baking, or even making cups out of

Large Ziploc bags and some trash bags – for gathering and storing water and other items

Decent knife – used is great, really be nice to have both a pocketknife and hunting knife

With even this amount of gear, you will be better prepared than 90% of the population and it really wouldn't cost much at all. Get packs for the kids with old boots that fit well, some blankets, some old clothes, and some bottles of water. The most important thing is to *do something*.

For those who like checklists to work from, here is a list that is certainly acceptable. You may elect to have more or less than this but it is a good place to start. Remember, this gear does not have to be new; it can come from any source as long as it functions well.

Recommended BOB contents:

- Non-descript backpack that is sturdy but discrete
- Well broken-in hiking boots
- One set of sturdy clothes – jeans, socks, heavy shirt, etc.
- One two-quart canteen or two 1-liter water bottles
- Heavy ‘survival’ blanket
- Saddle blanket or sleeping bag liner (fleece bag)
- Rain poncho, ‘tube’ tent, plastic sheeting
- Long-life food, MRE, freeze-dried, trail mix, power bars, hard candy, beef jerky
- Water purifier/filter, purifying tablets
- First aid kit, lip balm, sunblock
- 50 feet parachute cord
- 25 feet ½ inch rope
- Handheld scanner/2-way radio with appropriate frequency information
- AM/FM/SW radio – solar powered w/hand crank would be best, spare batteries if not
- Amateur radio transceiver, FRS, GMRS, CB radio for short-range communications
- Cigarette lighters
- Sturdy knife i.e.: K-bar, rigid hunting knife
- Hat with wide brim
- Flashlight w/duct tape wrapped around handle, extra batteries and bulb
- Signal mirror
- Whistle
- Leatherman Super tool w/flashlight (include spare batteries and lamp)
- TP, feminine hygiene products
- Survival manual
- Cash, coins (for phone)
- Writing materials
- GPS
- Compass
- Maps of the immediate area and Bug Out areas, Gazetteers are great! (They include GPS grids)
- Copies of important documents
- Mess kit, including P-63 type can opener (small, folding can opener that fits on a key chain)

Separate – kept in vehicle (optional)

- Gas mask and spare filters
- Cold weather coat, gloves, hat
- Sidearm, shoulder rig, hip holster, extra magazines, ammo, cleaning kit
- Web gear
- MBR (SKS, AK, Mini-30 etc.)

Some closing thoughts....

MRE 101.

MRE stands for **M**eals **R**eady to **E**at. They replaced the 'C' rats or Combat Rations of the past. MREs are much better than C rats but there is always a story to tell. MREs do not last forever, no food does. The military used to date MREs and then sell them at auction when they reached a certain date from manufacture. They still had a long useful life remaining, so folks would buy them very cheaply and use them for storage, hunting, camping, BOBs, etc. The military in all their wisdom noticed all the MREs at the Gun Shows and for sale through private businesses and forbade any private sales of military MREs. All surplus MREs now are given or sold to non-profit organizations, NGOs, or shipped to foreign countries. An excellent use of your tax dollars at work.

The companies who produce MREs saw the market and decided to sell MREs directly to the public, bypassing the military altogether. This is a good thing because now you can purchase MREs that are current production instead of military surplus that were in some cases 2-5 years old before you could even buy them. They are in fact the exact same meals sold to the military except the packaging in most cases is different (clear plastic instead of opaque) to make it clear they are not military or surplus. The cheapest place I have found to buy real MREs is: <http://www.marrich.com/wlse.htm> MREs are currently \$45/case (12 meals). That is pretty reasonable. Service is good.

Beware of dealers still selling 'brown' MREs. They are either 10-12 years old and of no nutritional value, or they are being sold in violation of regulations. Besides, they cost the same or more than new ones. Keep your MRE in as cold of storage as possible, although care must be taken when handling frozen MREs to prevent damage to the packaging. MRE life is directly dependent upon the temperature at which they are stored. There is a table issued by the military of temp vs. useful life but generally speaking, far greater life can be expected if you can store MREs in a cool environment.



Without reliable communications, family members are left to themselves or left following orders of whoever takes command of the situation. Great distress will occur if you are unable to ascertain the status of family members or even their whereabouts. Information is needed to make intelligent decisions, make planning worthwhile and lessen apprehension of future events.

Prior planning is the best solution for any adverse situation. The military has entire libraries of plans of what to do 'what-if'. Your family should do the same. It may come as a surprise to you parents that all public schools already have a 'what-if' plan and it does not include any actions from parents. That's right, the school system takes command of your child's future, even if you can get to the school to pick up your child.... If the situation permits, and you are in close proximity to the school, you may elect to have your child meet you at a designated exit of the school and to wait for you there.

Your spouse should know in advance exactly what plan should be taken if an event occurs and what actions should be taken depending on the circumstances. As you read this, you can see what a huge benefit communications would play in these situations. As mentioned earlier, cell phones are not reliable in adverse situations. There is a finite amount of bandwidth available for cell phone transmissions (they are basically a two-way radio), and if everyone tries to talk at the same time, none will get through. Pagers are somewhat more reliable, however their use is best utilized as a warning device, not giving instructions.

So what are the alternatives? When you mention any type of two-way radio, most people roll their eyes and imagine either 18-wheelers and filthy language or Daisy Duke and the high-flying General Lee ('69 Dodge Charger for the young folks). The truth is **CB** radio may be useful for this role, but it is not the first choice. Due to the AM mode and frequency choice, in the relatively low 11 Meter band, range is very limited and a great deal of interference is present. The next choice, which is becoming more popular, is **FRS** radios. **F**amily **R**adio **S**ervice frequencies are in the FM mode and were set aside for low power, short-range communications along the 'walkie-talkie' line of thinking. Range is claimed up to 2 miles but realistically it is between ½ mile and 1 mile, depending on terrain and number of buildings. A better solution is **GMRS** radios. **G**eneral **M**obile **R**adio **S**ervice radios operate along the same lines as FRS but have additional power and frequency choices. Range is from about 1 mile to 5 miles. The only real solution is of course, **Amateur Radio**. Study, testing and commitment are required but the ability to communicate point-to-point will never be in question.

Whatever type of communication device is decided upon, it should be made as foolproof as possible. Frequencies that are to be used should actually be placed upon the radio itself so they cannot be lost. Times for attempting contact should also be decided upon so that all your time is not wasted waiting for a contact that may never come. Batteries for radios should be checked and replaced on a regular basis so that no one is left with a 'dead' radio and is out of touch.

Earlier I mentioned **SW** radios and their importance in obtaining information. The whip antenna supplied with the radio is somewhat limited in the number of stations that can be received. The longer and the higher the antenna, the better. So to improve reception of any radio receiver, attaching a long wire as an antenna will help greatly. Nothing fancy is needed, just a long piece of wire with a clip attached to one end where it can be clipped to the whip antenna. Place the other end as far away and as high as possible. 50' of thin wire and an alligator clip do not take up much space but it will make your radio receivers much more useful.

Testing

Your BOB, the contents, the plans – they are only plans until you test them and make sure they work. Take a weekend; pretend something bad happened and just *bug-out!* Literally grab the spouse and kids and go. Take lots of notes and see what you are missing or what you have too much of. Do the test several times and try to make it fun for the kids. Like camping you didn't plan for...

One test is pretty easy, on Friday night, go over to the water valve and turn it off. Then go to the main electrical panel and turn it off. Tell the wife and kids no water or electricity until Sunday night. Try to make a game of it. Hope you bought a 5-gallon bucket, trash bags and kitty litter! (The toilets won't work without water...)

Other things to think about... When was the last time you went to the dentist? Got a complete physical? In the habit of leaving the car nearly out of fuel? (Never let it get below half-full!) No food in the house? Have to stop by the market on the way home to get something to eat? Preparedness is a state of mind and a lifestyle. Being alert to your surroundings, keeping a broadcast radio receiver on all the time (quietly, so you can hear alerts), keeping spare water, food, fuel and other supplies you would really need if the situation calls for it. Get a weather alert radio and set it up so that it will sound an alarm when required. The S.A.M.E. (Specific Area Message Encoding) units are programmed to sound an alert only when one is scheduled for your Zip code. It will save many unnecessary wake-ups in the middle of the night. The same radio that will wake you up for severe weather **will** also sound an alarm for other emergencies. If the country comes under attack, or there is some other local or regional danger, the alarm will sound and you can turn on the radio to get more information. This additional time by this warning may save your life. Imagine an attack at night while you were asleep, how would you know until morning?

Some links to get more information:

<http://www.frugalsquirrels.com/>

<http://www.alpharubicon.com/index2.html>

<http://www.sphosting.com/myguinness/emp.htm>

<http://www.greatdreams.com/survival.htm>

<http://www.marrich.com/wlse.htm>

<http://www.sunfrost.com/links.htm>

<http://www.gunowners.org/>

<http://www.lehmans.com>

Basic information on a wide variety of topics

Survival information

Information on EMP

Survival information links

MREs – by the case or train load

Home Power Magazine

Gun Owners Of America

Lehmans Non Electric Catalog