

# TheUrbanPrepper



Urban Bug Out Bag



## Urban Bug Out Bag (B.O.B.)

*Version 2.0*

The following project is an effort at creating an Urban Bug Out Bag from the ground up by *TheUrbanPrepper*. Each item was highly researched, analytically analyzed and obsessively organized in multiple compartments (or modules). When combined, these individual compartments create an emergency preparedness backpack that could be used for survival purposes in natural and man-made disasters. The project creation was documented on YouTube through a series of videos. Lengthy dialog was conducted amongst other "Preppers" in the YouTube community to help collaborate on the overall design. While the final design is by no means meant to be a "perfect bug out bag", which is impossible to achieve, it is meant to satisfactorily sustain myself in an emergency for several days in Western Washington state (United States). While the information in this document (and corresponding videos) could theoretically be referenced for other individuals bug out bags, it is specifically designed for my particular needs and region.

### WHAT IS AN URBAN BUG OUT BAG?

1. A **BUG OUT BAG** is a portable kit that contains the items one would require to survive for seventy-two hours when evacuating from a disaster. The focus is on evacuation, rather than long-term survival, distinguishing the bug-out bag from a survival kit, a boating or aviation emergency kit, or a fixed-site disaster supplies kit.
2. An **URBAN** area is characterized by higher population density and vast human features in comparison to areas surrounding it. Urban areas may be cities, towns or conurbations, but the term is not commonly extended to rural settlements such as villages and hamlets.

### URBAN BUG OUT BAG VIDEOS (Parts 1-3)

<http://www.youtube.com/watch?v=9E-xDUXXfrg>

<http://www.youtube.com/watch?v=ceAXjeLQ6B8>

<http://www.youtube.com/watch?v=OWGJhMKErLE>



## COMPARTMENTS:

In an effort to keep my Urban Bug Out Bag organized, I have all contents organized into multiple compartments (modules). Each compartment contains a set of gear that is specific to that particular compartments category. Each compartment is color coded with an ID tag on the compartment container. The colors of the compartment ID's are reflected in the compartment listings in this document. Having the contents organized in this method allows me to stay organized and reduces chances for a gear "free for all" insides of the large backpack pockets. The colors used are more for others to use to easily identify the compartments, in the case that I am unable to access my BOB. For example, if I was injured or was trying to describe to someone from a distance on what compartment I need, I could tell them to get the "red" first aid compartment out of my backpack.

## COMPARTMENT COLORS:

|                           |
|---------------------------|
| <b>SAS Survival Pouch</b> |
| <b>FOOD</b>               |
| <b>MEDICAL</b>            |
| <b>SHELTER</b>            |
| <b>COMMUNICATIONS</b>     |
| <b>WATER</b>              |
| <b>COOKING</b>            |
| <b>HYGIENE</b>            |
| <b>TOOLS</b>              |
| <b>CLOTHES</b>            |
| <b>PERSONAL</b>           |
| <b>MONEY / BARTER</b>     |
| <b>WEAPONS</b>            |

### Note:

*All weights are in ounces unless otherwise notated.  
Approximate Urban B.O.B. Weight = 46 lbs (20.9 kg)*

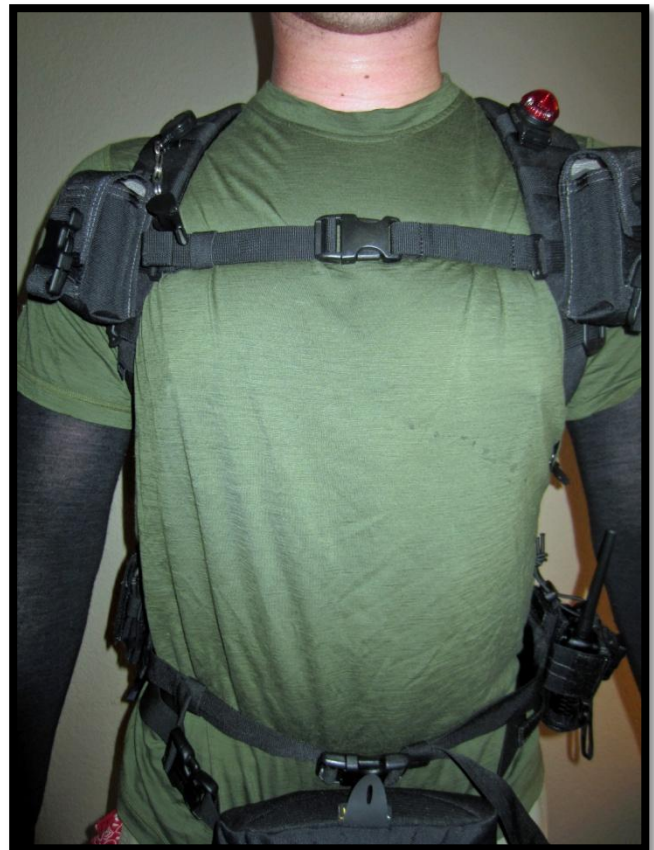
# TheUrbanPrepper



## URBAN BUG OUT BAG (B.O.B.)

The backpack I chose to use for the Urban Bug Out Bag is the 5.11 Tactical RUSH 72. While it is semi-heavy and even possibly militaristic in appearance, I liked all of the storage possibilities it offered to help with the organization of the individual compartments. The RUSH 72 also has a large amount of MOLLE webbing for adding on additional pouches and items.

| # | ITEM   | TYPE           | QUANTITY | WEIGHT | COST  |
|---|--|----------------|----------|--------|-------|
| 1 | 5.11 Tactical RUSH 72 Backpack                                   | Storage        | 1        | 6 lbs  | \$170 |
| 2 | Maxpedition Gear 1433B Black Strobe/GPS/Compass Pouch            | Storage        | 2        | 1.6    | \$13  |
| 3 | Maxpedition Single Sheath  | Storage        | 1        | 3      | \$18  |
| 4 | Maxpedition Gear 102B Phone and Walkie-Talkie Holster Large Size | Storage        | 1        | 4      | \$29  |
| 5 | Guardian Signal Light  | Communications | 1        | 1.1    | \$12  |
| 6 | Black Diamond Carabiner  | Tools          | 3        | 0.7    | \$3   |
| 7 | Autobot Patch  | Communications | 1        | 0.2    | \$4   |
| 8 | Fenix LD20 Sheath  | Storage        | 1        | 0.2    | N/A   |



## SAS SURVIVAL POUCH

The SAS Survival Handbook is a survival guide by British author and professional soldier, John Wiseman, and was first published in 1986. The book details how to survive in dangerous surroundings. One of the main items of preparedness discussed in the book is to always carry a "SAS Survival Pouch", which contains useful gear/tools for a survival situation. Wiseman's survival skills are highly regarded almost universally amongst other survivalists. Due to this, I wanted to make sure to implement my own version of the SAS Survival Pouch in my Urban BOB.

Rather than using a military style rectangular pouch, as described by Wiseman in the SAS Survival Handbook, I decided to use a very common carry case that I would normally never wear in an urban setting: the dreaded "fanny pack"! This fanny pack will be connected to the main Urban BOB using a carabiner. It will be immediately disconnected and worn in an emergency situation. The purpose of this pouch is to ensure that you always have survival items on your person, even if you are out of contact with your primary bug out bag. Since the fanny pack is a fairly common storage bag, although fairly "nerdy", hopefully it will not draw any unwanted attention to myself while wearing it.

| #  | ITEM  | TYPE          | QUANTITY | WEIGHT | COST |
|----|---|---------------|----------|--------|------|
| 1  | <b>4Sevens Preon 2 Flashlight</b>   | Flashlight    | 1        | 1.2    | \$40 |
| 2  | <b>Adventure Medical Kits Signal Mirror</b>                                       | Communication | 1        | 0.7    | \$5  |
| 3  | <b>Adventure Medical Kits Slim Rescue Howler Whistle</b>                          | Communication | 1        | 0.2    | \$2  |
| 4  | <b>Aluminum Foil (Heavy Duty)</b>   | Cooking       | 1        | 0.2    | N/A  |
| 5  | <b>Benchmade Griptilian Folding Knife</b>   | Tools         | 1        | 3.8    | \$80 |
| 6  | <b>BIC Lighter (Mini)</b>   | Fire          | 1        | 0.4    | \$1  |
| 7  | <b>Can Opener (Coghlans)</b>  | Tools         | 1        | 0.2    | \$1  |
| 8  | <b>Coghlan's All Weather Emergency Bag</b>  | Shelter       | 1        | 3.4    | \$3  |
| 9  | <b>Coghlan's Four Function Whistle - Whistle, Thermometer, Magnifier, Compass</b> | Communication | 1        | 1      | \$7  |
| 10 | <b>Coghlan's Waterproof Matches</b>   | Fire          | 1        | 0.4    | \$1  |
| 11 | <b>Doublemint Gum</b>   | Food          | 1        | 0.5    | \$1  |
| 12 | <b>Flexible Saw</b>   | Tools         | 1        | 0.5    | \$3  |
| 13 | <b>Flint Steel</b>  | Fire          | 1        | 0.9    | \$8  |
| 14 | <b>Frontier Emergency Water Filter</b>  | Water         | 1        | 0.5    | \$8  |
| 15 | <b>Gorilla Duct Tape</b>  | Tools         | 1        | 0.5    | N/A  |
| 16 | <b>Mini Medi (TM)</b>   | Medical       | 1        | 0.9    | N/A  |
| 17 | <b>Mountainsmith Vibe-II Fanny Pack</b>   | Storage       | 1        | 7.6    | \$25 |
| 18 | <b>Pencil</b>   | Office        | 1        | 0      | N/A  |
| 19 | <b>Platypus Water Pouch (1L)</b>  | Water         | 1        | 1.4    | \$10 |
| 20 | <b>Potable Aqua Water Purification Tablets</b>                                    | Water         | 10       | 0.2    | \$4  |
| 21 | <b>Rite in Rain Notebook</b>  | Office        | 1        | 0.7    | \$3  |
| 22 | <b>Rite In Rain Pen</b>   | Office        | 1        | 0.7    | \$8  |
| 23 | <b>Schemga</b>  | Clothes       | 1        | 1.1    | \$10 |
| 24 | <b>Soldier Fuel Energy Bar</b>  | Food          | 1        | 2.1    | \$1  |
| 25 | <b>USB Flash Drive (8GB)</b>  | Electrical    | 1        | 0.5    | \$12 |
| 26 | <b>Wetfire Fire Starting Tinder</b>   | Fire          | 2        | 0.4    | \$2  |



## WATER COMPARTMENT

The human body cannot survive without water for more than 72 hours, so this may be the most important compartment of the Urban BOB. The Water Compartment is used for the purification and storage of water. I wanted to have multiple ways of storing drinking water and multiple methods of purifying water in an emergency situation, since it is fairly safe to assume that 1/3 of my preparedness will not work (due to loss, failure or inexperience). Boiling water in one of the metal containers in the Urban BOB is always an option for purification, however I have added the capabilities of a water pump filter and purification tablets (*see SAS Survival Pouch*).

| # | ITEM                                  | TYPE  | QUANTITY | WEIGHT | COST |
|---|---------------------------------------|-------|----------|--------|------|
| 1 | Klean Kanteen Wide Mouth Water Bottle | Water | 1        | 7.6    | \$16 |
| 2 | Platypus Big Zip SL 3.0L Reservoir    | Water | 1        | 5.8    | \$34 |
| 3 | Sea to Summit Folding Bucket          | Water | 1        | 2.8    | \$29 |
| 4 | Katadyn Hiker Pro Water Filter        | Water | 1        | 11     | \$65 |





## SHELTER COMPARTMENT

The Shelter Compartment falls into the "Big 3" items of my Urban BOB: Food, Water and Shelter. It is extremely important to have protection from the elements and have a warm dry place to sleep. In a rural situation, I would have dedicated more weight to this particular compartment and included a tent and full size sleeping bag. However in an urban setting, where there is often more concrete than woods, I decided to go with a minimalist approach. In the majority of my bug out destinations, I will most likely have access to a house, shed, abandoned building, overpass or other permanent structure. Due to these reasons, I decided to dedicate more weight to an item such as an ultralight cot instead of something like a full size tent. I will be including a tent in Mrs. Urban Prepper's bug out bag and will have a full size sleeping bag as an optional item to possibly add to the Urban BOB if deemed necessary in an emergency.

| # | ITEM  | TYPE    | QUANTITY | WEIGHT | COST  |
|---|---|---------|----------|--------|-------|
| 1 | Gossamer Gear SilTwin Tarp                              | Shelter | 1        | 13.4   | \$120 |
| 2 | Gossamer Gear SilTwin Tarp Pole Set                     | Shelter | 1        | 3.4    | \$30  |
| 3 | SOL Thermal Bivvy                                       | Shelter | 1        | 9.7    | \$30  |
| 4 | Tyvek Ground Cloth Camping Sheet 5x8 Ft W/ Grommet Tabs | Shelter | 1        | 7.1    | \$15  |
| 5 | MSR Ground Hog Stakes                                   | Shelter | 11       | 0.5    | \$1   |
| 6 | REI Tent Stake Bag                                      | Shelter | 1        | 0.5    | \$4   |
| 7 | UltraLite Cot by LuxuryLite                             | Shelter | 1        | 45     | \$200 |



## FOOD COMPARTMENT

The Food Compartment for the Urban BOB has enough food to last more than 72 hours and weighs in at just over 6 pounds. I decided to go with dehydrated meals because of the following reasons: 1) they have a long shelf life, 2) they are lightweight, and 3) they are common camping meals (not a major shock in taste when compared to MRE's). I also added a few snack items that will need to be rotated yearly and a small bottle of olive oil to use in cooking, due to its high calorie count. This compartment will most likely go through revisions to add more variety and cooking flexibility.

| #  | ITEM                          | TYPE    | QUANTITY | WEIGHT | COST |
|----|-------------------------------|---------|----------|--------|------|
| 1  | 5-Hour Energy Drink           | Food    | 1        | 2.5    | \$3  |
| 2  | Granite Gear 16L Air Zipsack  | Storage | 1        | 2.1    | \$20 |
| 3  | Idahoan Loaded Potatoes       | Food    | 2        | 4.2    | \$1  |
| 4  | Maker's Mark Whiskey          | Food    | 1        | 2.1    | \$2  |
| 5  | Mountain House Pro-Pak        | Food    | 8        | 5      | \$6  |
| 6  | Olive Oil                     | Food    | 1        | 9.3    | \$3  |
| 7  | OvaEasy Hearty Wholesome Eggs | Food    | 2        | 5.3    | \$5  |
| 8  | Pedialyte Packets             | Food    | 4        | 0.4    | \$5  |
| 9  | Snickers Candy Bar            | Food    | 5        | 2.3    | \$1  |
| 10 | Soldier Fuel Energy Bar       | Food    | 5        | 2.3    | \$1  |
| 11 | Spam Single Classic           | Food    | 1        | 3.2    | \$1  |
| 12 | Starbucks Via                 | Food    | 10       | 0.4    | \$1  |
| 13 | Tuna Pouch                    | Food    | 1        | 2.8    | \$1  |



## HYGIENE COMPARTMENT

The Hygiene Compartment is as a travel bathroom kit that will not only maintain my cleanliness but also boost morale. Most people feel better about themselves after taking a shower, brushing their teeth and putting on some clean clothes. The items selected for this compartment meet my minimal sanitary needs.

| #  | ITEM                                 | TYPE    | QUANTITY | WEIGHT | COST |
|----|--------------------------------------|---------|----------|--------|------|
| 1  | Bag Balm                             | Hygiene | 1        | 1.8    | \$4  |
| 2  | Chap Stick                           | Hygiene | 1        | 0.4    | \$2  |
| 3  | Deodorant                            | Hygiene | 1        | 1.4    | \$1  |
| 4  | Eagle Creek Pack-It Sac Medium       | Storage | 1        | 1.9    | \$10 |
| 5  | Eucerin                              | Hygiene | 1        | 1.2    | \$1  |
| 6  | Floss                                | Hygiene | 1        | 0.2    | \$1  |
| 7  | Hand Sanitizer                       | Hygiene | 1        | 2.5    | \$1  |
| 8  | Insect Repellent                     | Hygiene | 1        | 1.1    | \$3  |
| 9  | Kotex Super Plus Tampon              | Hygiene | 1        | 0      | N/A  |
| 10 | Mach 3 Razor                         | Hygiene | 1        | 1.2    | \$7  |
| 11 | Nail Clippers                        | Hygiene | 1        | 1.4    | \$1  |
| 12 | Q-Tips                               | Hygiene | 20       | 0.4    | \$0  |
| 13 | Soap                                 | Hygiene | 1        | 1.8    | \$0  |
| 14 | Toilet Paper                         | Hygiene | 1        | 1.2    | \$1  |
| 15 | Toothbrush                           | Hygiene | 1        | 0.4    | \$1  |
| 16 | Toothpaste                           | Hygiene | 1        | 1.1    | \$1  |
| 17 | Travel Laundry Detergent (Tide)      | Hygiene | 2        | 0.5    | \$1  |
| 18 | U-Dig-It Stainless-Steel Hand Shovel | Hygiene | 1        | 6.2    | \$19 |
| 19 | Wet Ones Singles                     | Hygiene | 4        | 0.2    | \$3  |



## COOKING COMPARTMENT

The Cooking Compartment has many strategies utilized by ultralight long distance backpackers in the particular gear selection. While many of the items are more expensive than other non-ultralight gear, the quality and light weight helps justify the initial expense. The items included allows for a comfortable cooking environment with flexibility, fuel saving techniques and flavor options.

| #  | ITEM                               | TYPE    | QUANTITY | WEIGHT | COST |
|----|------------------------------------|---------|----------|--------|------|
| 1  | BIC Lighter                        | Fire    | 1        | 0.7    | \$1  |
| 2  | Eagle Creek Pack-It Sac Medium     | Storage | 1        | 1.9    | \$10 |
| 3  | Fire Steel                         | Cooking | 1        | 0.5    | \$1  |
| 4  | GSI Spice Missile                  | Cooking | 1        | 2.5    | \$10 |
| 5  | Mini Spatula                       | Cooking | 1        | 0.5    | \$2  |
| 6  | N-rit Towel                        | Cooking | 1        | 1.1    | \$5  |
| 7  | Nylon Camp Spoon                   | Cooking | 1        | 0.5    | \$2  |
| 8  | Pepper                             | Cooking | 1        | 0.5    | \$0  |
| 9  | Pot Cozy                           | Cooking | 1        | 0.9    | \$0  |
| 10 | REI Campware Cutting Board - Small | Cooking | 1        | 2.5    | \$4  |
| 11 | Salt                               | Cooking | 1        | 0.7    | \$0  |
| 12 | Sea To Summit Collapsible Bowl     | Cooking | 1        | 3      | \$10 |
| 13 | Sea To Summit Delta Insul-Mug      | Cooking | 1        | 4.4    | \$16 |
| 14 | Sea To Summit Titanium Utensils    | Cooking | 1        | 1.4    | \$17 |
| 15 | Snow Peak Giga Power Fuel Canister | Cooking | 2        | 7      | \$5  |
| 16 | Snow Peak Gigapower Stove          | Cooking | 1        | 3.8    | \$40 |
| 17 | Snow Peak Titanium Spork           | Cooking | 1        | 0.5    | \$9  |
| 18 | Snow Peak Titanium Trek 700ml Pot  | Cooking | 1        | 4.8    | \$35 |
| 19 | Sponge                             | Cooking | 1        | 1.1    | \$1  |



## MEDICAL COMPARTMENT

The Medical Compartment is divided into four main sections: First Aid, Trauma, Pharmacy and Tools. The equipment in this compartment should help cover any basic to intermediate medical needs in case of an emergency. In trauma situations, the items should hopefully grant me enough time to allow for professional medical assistance to arrive. *Note: I will have prescription medications stored in an add-on module which will be covered in a separate video outside of this video series.*

| #  | ITEM                                | TYPE      | QUANTITY | WEIGHT | COST |
|----|-------------------------------------|-----------|----------|--------|------|
| 1  | Maxpedition F.I.G.H.T Medical Pouch | Storage   | 1        | 12.6   | \$48 |
| 2  | Fiscars Scissors (Mini)             | Tool      | 1        | 0.7    | \$9  |
| 3  | Fresnel Lens                        | Tool      | 1        | 0.2    | \$1  |
| 4  | Razor Blade                         | Tool      | 1        | 0      | \$0  |
| 5  | Safety Pins                         | Tool      | 3        | 0.2    | \$0  |
| 6  | Scalpel                             | Tool      | 1        | 0      | \$1  |
| 7  | Syringe (Liquid)                    | Tool      | 1        | 0.2    | \$0  |
| 8  | Tweezers Kit (Sharp and Flat Heads) | Tool      | 1        | 0.4    | \$2  |
| 9  | Advil                               | Pharmacy  | 20       | 0.4    | \$3  |
| 10 | Anti-Inflammatory                   | Pharmacy  | 10       | 0.2    | N/A  |
| 11 | Aspirin                             | Pharmacy  | 20       | 0.5    | \$3  |
| 12 | Benadryl                            | Pharmacy  | 12       | 0.2    | \$3  |
| 13 | Immodium AD                         | Pharmacy  | 10       | \$0    | \$5  |
| 14 | Lysine                              | Pharmacy  | 10       | 0.2    | \$0  |
| 15 | Motrin                              | Pharmacy  | 20       | 0.2    | \$0  |
| 16 | Tylenol                             | Pharmacy  | 20       | 0.5    | \$4  |
| 17 | Vicodin (with RX)                   | Pharmacy  | 10       | 0.4    | N/A  |
| 18 | Band-Aids (Misc)                    | First Aid | 10       | 0.4    | \$3  |
| 19 | BD Alcohol Swabs                    | First Aid | 20       | 1.1    | \$1  |
| 20 | Benadryl Itch Stopping Spray        | First Aid | 1        | 0.5    | \$5  |
| 21 | Black Nitrile Gloves                | First Aid | 3        | 0.5    | N/A  |
| 22 | Burn Gels                           | First Aid | 2        | 0.4    | \$4  |
| 23 | Gorilla Glue                        | First Aid | 1        | 0.2    | \$2  |
| 24 | Large Band-Aids                     | First Aid | 1        | 0.4    | \$2  |
| 25 | Medical Tape                        | First Aid | 1        | 1.4    | \$3  |
| 26 | Moleskin Padding                    | First Aid | 1        | 0.9    | \$3  |
| 27 | Neosporin                           | First Aid | 1        | 0.7    | \$4  |
| 28 | Non-Stick Pads                      | First Aid | 10       | 0.5    | \$4  |
| 29 | Petrolatum gauze                    | First Aid | 1        | 0.2    | N/A  |
| 30 | Rolled Gauze                        | First Aid | 3        | 1.4    | N/A  |
| 32 | Straws                              | First Aid | 2        | 0      | \$0  |
| 33 | Surgical Sponges / Gauze Pads       | First Aid | 10       | 0.9    | N/A  |
| 34 | Triple Antibiotic Ointment          | First Aid | 1        | 0.2    | \$3  |
| 35 | Applicator Stick                    | Dental    | 1        | 0      | \$0  |
| 36 | Crown Repair                        | Dental    | 1        | 0      | \$5  |

|    |                                |           |   |     |      |
|----|--------------------------------|-----------|---|-----|------|
| 37 | Dental Floss                   | Dental    | 1 | 0   | \$0  |
| 38 | Mini Mirror                    | Dental    | 1 | 0   | \$0  |
| 39 | Q-Tips                         | Dental    | 1 | 0   | \$0  |
| 40 | Toothache Medication           | Dental    | 1 | 0   | \$4  |
| 41 | Toothpicks                     | Dental    | 1 | 0   | \$0  |
| 42 | Zilactin                       | Dental    | 1 | 0.2 | \$4  |
| 43 | ABD Pad                        | Emergency | 1 | 0.7 | N/A  |
| 44 | ACE Bandage                    | Emergency | 1 | 2.5 | \$5  |
| 45 | Ammonia Inhalants (x3)         | Emergency | 3 | 0.2 | \$3  |
| 46 | Laerdal Face Shield (CPR Mask) | Emergency | 1 | 0.2 | \$5  |
| 47 | Israeli Bandage                | Emergency | 1 | 3.5 | \$6  |
| 48 | Non-Sterile Triangular Bandage | Emergency | 1 | 0.9 | N/A  |
| 49 | Quick Clot (50 gm)             | Emergency | 1 | 2.3 | \$19 |
| 52 | SOF Tactical Tourniquet        | Emergency | 1 | 3.7 | \$25 |
| 53 | Surgical Mask                  | Emergency | 1 | 0   | N/A  |



## COMMUNICATION COMPARTMENT

The Communication Compartment contains all items used for not only communicating with others in my bug out party but also for gathering intel and alerting rescue response teams. While there are many bug out scenarios that require you to be stealth, the majority of bug out scenarios in my preparedness require multiple methods of internal and external communication. I also include all forms of illumination (e.g., flashlights, headlamp, chemical lights) in this compartment, although some are stored outside of the main Communication Compartment in separate pouches and sheaths.

| #  | ITEM  | TYPE           | QUANTITY | WEIGHT | COST  |
|----|---|----------------|----------|--------|-------|
| 1  | BaoFeng UV-5R 136-174/400-480 MHz Dual-Band DTMF CTCSS DCS FM Ham Two Way Radio | Communications | 1        | 7.4    | \$53  |
| 2  | Carson Bandit 8x25 Quick-Focus Monocular  | Communications | 1        | 4.2    | \$21  |
| 3  | Cell Phone Battery  | Communications | 1        | 1.2    | \$5   |
| 4  | Chemical Lights   | Communications | 3        | 1.1    | \$1   |
| 5  | Eagle Creek Pack-It Sac Medium  | Storage        | 1        | 1.9    | \$10  |
| 6  | Fenix LD20 Accessory Kit  | Communications | 1        | 1.1    | \$13  |
| 7  | Fenix LD20 Flashlight (with batteries)  | Communications | 1        | 4.8    | \$50  |
| 8  | Fox 40 Mini Whistler  | Communications | 1        | 0.4    | \$5   |
| 9  | Garmin eTrex 30 Worldwide Handheld GPS Navigator                                | Communications | 1        | 4.6    | \$248 |
| 10 | Laser Pointer   | Communications | 1        | 0.7    | \$1   |
| 11 | Motorola MH230R 23-Mile Range 22-Channel FRS/GMRS Two-Way Radio                 | Communications | 1        | 4.9    | \$43  |
| 12 | Orion Orange Smoke Signal   | Communications | 1        | 4.1    | \$15  |
| 13 | Orion Pocket Rocket (4-pack) Signal Kit   | Communications | 1        | 4.8    | \$25  |
| 14 | Orion Red Signal Flare  | Communications | 1        | 4.4    | \$5   |
| 15 | Pelican 1050 Black Clear Micro Case with Clear lid and Carabiner                | Communications | 1        | 13.2   | \$10  |
| 16 | Petzl Tikka XP2 Headlamp  | Communications | 1        | 3      | \$54  |
| 17 | Sangean DT-400W AM/FM Digital Weather Alert Pocket Radio                        | Communications | 1        | 6      | \$50  |
| 18 | Spare Batteries (12-AA, 10-AAA, 3-LR44, 1-9V)                                   | Communications | 26       |        | \$20  |
| 19 | SPOT II Satellite GPS Messenger ( <i>not pictured</i> )                         | Communications | 1        | 5.3    | \$100 |



COMMUNICATION COMPARTMENT





## CLOTHES COMPARTMENT

The Clothes Compartment provides some of the basic clothing items needed for the weather my particular region in Western Washington. The main weather conditions I need to be concerned with are rain and cold. While more clothes would be ideal, they take a large amount of space in the backpack and therefore needed to be minimal. I used a lot of the clothes popular with ultralight backpackers for the Clothes Compartment.

| #  | ITEM  | TYPE    | QUANTITY | WEIGHT | COST  |
|----|---|---------|----------|--------|-------|
| 1  | Carolina Mfg. Paisley Bandana                             | Clothes | 1        | 1.2    | \$3   |
| 2  | ExOfficio Give-N-Go Boxer Briefs                          | Clothes | 1        | 2.5    | \$18  |
| 3  | GoLite Half Dome Travel Umbrella w/Case (not pictured)    | Clothes | 1        | 6      | \$15  |
| 4  | Marmot Super Mica Rain Jacket                             | Clothes | 1        | 8.7    | \$150 |
| 5  | Mountain Hardwear Dome Perignon Hat                       | Clothes | 1        |        | \$35  |
| 6  | Outdoor Products Medium Sack                              | Storage | 1        | 1.2    | \$3   |
| 7  | REI Lightweight Polartec Power Dry Long Underwear Bottoms | Clothes | 1        | 5.6    | \$35  |
| 8  | REI Lightweight Polartec Power Dry Long-Sleeve Crew Shirt | Clothes | 1        | 5.6    | \$35  |
| 9  | REI Revelcloud Vest                                       | Clothes | 1        | 10.8   | \$75  |
| 10 | Sea to Summit Insect Shield Mosquito Head Net             | Clothes | 1        | 1.3    | \$12  |
| 11 | SmartWool Balaclava                                       | Clothes | 1        | 1.8    | \$32  |
| 12 | SmartWool Hiking Ultra Light Crew Socks                   | Clothes | 1        | 2.6    | \$17  |



## LOAD OUT CLOTHES

Not all clothes could or should be stored in a bug out bag. If time permits, it would be best to have a set of bug out load out clothes that compliment the clothes located within the bug out bag. These bug out load out clothes will be stored with the Urban BOB and will be worn in an emergency, assuming that there is a one to two minutes of time available to change into the particular clothing items. If not, I will need to wear the clothes that I am currently wearing in a bug out.

| # | ITEM  | TYPE    | QUANTITY | WEIGHT | COST |
|---|---|---------|----------|--------|------|
| 1 | <b>Blackhawk! Advanced Tactical Knee Pads v.2</b>         | Clothes | 1        | 15.2   | \$20 |
| 2 | <b>Carolina Mfg. Paisley Bandana</b>                      | Clothes | 1        | 1.2    | \$3  |
| 3 | <b>Custom Leathercraft Handyman Flex Grip Work Gloves</b> | Clothes | 1        | 3.5    | \$10 |
| 4 | <b>Kangol Men's Wool 504 Cap</b>                          | Clothes | 1        | 3.7    | \$30 |
| 5 | <b>Merrell Moab Ventilator Cross-Training Shoes</b>       | Clothes | 1        | 37.2   | \$90 |
| 6 | <b>REI Sahara Convertible Pants</b>                       | Clothes | 1        | 14.8   | \$45 |
| 7 | <b>SmartWool Arm Warmers</b>                              | Clothes | 1        | 1.9    | \$18 |
| 8 | <b>SmartWool Hiking Ultra Light Crew Socks</b>            | Clothes | 1        | 2.6    | \$17 |
| 9 | <b>SmartWool NTS Microweight T-Shirt</b>                  | Clothes | 1        | 6.7    | \$70 |



## TOOLS COMPARTMENT

The Tools Compartment is designed to provide me with the basic tools necessary in an urban emergency. Many of the tools listed would be useless in a rural environment, just as the 4-way silcock lawn faucet key, but highly valuable in an urban environment. If weight ever becomes an issue with this bug out bag, several of the items included in this compartment could be omitted in an actual bug out situation. All tools that were included in the earlier version of this compartment (R&D) have been moved to add-on module compartments and stored at easily accessible locations.

| #  | ITEM  | TYPE    | QUANTITY | WEIGHT | COST  |
|----|---|---------|----------|--------|-------|
| 1  | 550 Paracord (50 ft)                                    | Tools   | 1        | 3.7    | \$5   |
| 2  | Eagle Creek Pack-It Sac Medium                          | Storage | 1        | 1.9    | \$10  |
| 3  | Electrical Tape   | Tools   | 1        | 0.4    | \$0   |
| 4  | Fresnel Lens  | Tools   | 1        | 0.2    | \$1   |
| 5  | General No. 744 4-in-1 Mini Precision Screwdriver       | Tools   | 1        | 0.5    | \$1   |
| 6  | Gorilla Duct Tape                                       | Tools   | 1        | 1.4    | N/A   |
| 7  | Husky Storage Bag                                       | Storage | 1        | 3.9    | \$3   |
| 8  | Jones Silcock 4-Way Lawn Faucet Key                     | Tools   | 1        | 5.6    | \$6   |
| 9  | Ka-Bar Becker BK2 Companion Fixed Blade Knife           | Tools   | 1        | 18.2   | \$66  |
| 10 | Klein 2100-8 Free-Fall Snip, Stainless Steel Scissors   | Tools   | 1        | 3.4    | \$22  |
| 11 | Klein Tools NCVT-1 Non Contact Voltage Tester           | Tools   | 1        | 1.4    | \$15  |
| 12 | Knipex 7101200 8-Inch Lever Action Mini-Bolt Cutter     | Tools   | 1        | 11.8   | \$20  |
| 13 | Leatherman Charge                                       | Tools   | 1        | 8.5    | \$100 |
| 14 | Leatherman Bit Kit                                      | Tools   | 1        | 3.4    | N/A   |
| 15 | Mini Gorilla Super Glue                                 | Tools   | 1        | 0.2    | \$3   |
| 16 | Miscellaneous Electrical Connectors                     | Tools   | 15       | 1.1    | \$2   |
| 17 | Miscellaneous Nails                                     | Tools   | 15       | 0.7    | \$0   |
| 18 | Razor Blades  | Tools   | 1        | 0.5    | \$2   |
| 19 | ResQMe Emergency Rescue Escape Tool                     | Tools   | 1        | 0.7    | \$10  |
| 20 | Sharpie   | Tools   | 1        | 0.4    | \$1   |
| 21 | Smith's PP1 Pocket Pal Multifunction Sharpener          | Tools   | 1        | 0.9    | \$8   |
| 22 | Stanley 20-807 10-Inch Mini-Hack Light-Duty Utility Saw | Tools   | 1        | 2.7    | \$4   |
| 23 | Stanley 6-Inch Multi-bit Screwdriver                    | Tools   | 1        | 1.9    | \$6   |
| 24 | Sven Saw 15in   | Tools   | 1        | 10.6   | \$27  |
| 25 | Travel Size Sewing Kit                                  | Tools   | 1        | 1.6    | \$4   |
| 26 | Zip Ties  | Tools   | 10       | 0.4    | \$0   |

TOOLS COMPARTMENT



## PERSONAL COMPARTMENT

The Personal Compartment contains various items including office, entertainment, electronics, snacks, intel, navigation and documentation. The majority of these items are stored in the numerous pockets in the front compartment of the backpack, however there are a few that are stored in the main compartment of the backpack as well.

| #  | ITEM  | TYPE          | QUANTITY | WEIGHT | COST  |
|----|---|---------------|----------|--------|-------|
| 1  | <b>Aurora Calculator</b>  | Electrical    | 1        | 1.4    | \$6   |
| 2  | <b>Barnes &amp; Noble Nook with Bug Out Library (BOL)</b>                       | Book          | 1        | 11.5   | \$140 |
| 3  | <b>Brunton Classic Compass</b>  | Communication | 1        | 1.1    | \$9   |
| 4  | <b>Canon PowerShot Digital Camera</b>   | Personal      | 1        | 4.9    | \$100 |
| 5  | <b>Deck of Bicycle Cards</b>  | Games         | 1        | 3.7    | \$2   |
| 6  | <b>Dice</b>   | Games         | 6        | 0.9    | \$2   |
| 7  | <b>Disaster Plan Printout</b>   | Personal      | 1        | 3.4    | N/A   |
| 8  | <b>Eagle Creek Pack-It Sac (Small)</b>  | Storage       | 1        | 1.9    | \$10  |
| 9  | <b>Goal0 Guide 10 Adventure Kit (Solar Panel, Lithium Battery Charger, etc)</b> | Electrical    | 1        | 6.4    | \$100 |
| 10 | <b>Gum</b>  | Food          | 4        | 0.5    | \$1   |
| 11 | <b>Hard Copies of family photos</b>   | Personal      | 10       |        | N/A   |
| 12 | <b>Just Wireless Dual USB Car Charger</b>                                       | Electrical    | 1        | 0.5    | \$15  |
| 13 | <b>Kingston 8GB USB Flash Drive</b>   | Electrical    | 2        | 0.5    | \$12  |
| 14 | <b>Knife Sharpener</b>  | Tools         | 1        | 1.4    | \$8   |
| 15 | <b>Maps and travel information</b>  | Communication | 1        | 5.8    | \$14  |
| 16 | <b>Micro SD Card (with adapter)</b>   | Electrical    | 2        | 0.2    | \$7   |
| 17 | <b>N95 Respirator Mask</b>  | Personal      | 2        | 1.4    | \$4   |
| 18 | <b>Pentel P209 0.99 mm Mechanical Pencil</b>                                    | Office        | 2        | 0.4    | \$4   |
| 19 | <b>Printout of important phone numbers (family, emergency, etc)</b>             | Personal      | 1        | 2      | N/A   |
| 20 | <b>REI Thermometer</b>  | Personal      | 1        | 0.2    | \$4   |
| 21 | <b>Rite In Rain Notepad</b>   | Office        | 1        | 3.7    | \$8   |
| 22 | <b>SanDisk Sansa Clip+ 4 GB MP3 Player (Black)</b>                              | Personal      | 1        | 0.7    | \$20  |
| 23 | <b>SAS Survival Guide (Mini Version)</b>  | Book          | 1        | 7.9    | \$7   |
| 24 | <b>Sharpie Marker</b>   | Office        | 2        | 0.4    | \$1   |
| 25 | <b>Skullcandy Smokin Bud Earbuds (Red)</b>                                      | Electrical    | 1        | 0.7    | \$18  |
| 26 | <b>Stanley 4 in 1 Screwdriver</b>   | Tools         | 1        | 0.7    | \$4   |
| 27 | <b>USB Charger (Micro/Mini)</b>   | Electrical    | 2        | 2.5    | \$6   |
| 28 | <b>Zebra F-701 Refills</b>  | Office        | 1        | 0.2    | \$5   |
| 29 | <b>Zebra F-701 Stainless Steel Ballpoint Retractable Pen</b>                    | Office        | 2        | 0.7    | \$9   |

PERSONAL COMPARTMENT



## FIRE SUB-COMPARTMENT

Having multiple fire capabilities is an extremely important aspect of a bug out bag. A common approach is to have a minimum of 3 different ways to make fire. The three methods I chose were a fire steel, BIC lighter(s) and waterproof matches. I chose to use the very popular Wetfire Fire Starting Tinder, although the petroleum based Bag Balm (see *Hygiene Compartment*) could also be used with fire starting tinder. I store this sub-compartment next to the Cooking Compartment stove pocket.

| # | ITEM  | TYPE | QUANTITY | WEIGHT | COST |
|---|---|------|----------|--------|------|
| 1 | BIC Lighter   | Fire | 1        | 0.7    | \$1  |
| 2 | Stormproof Matches                                  | Fire | 1        | 0.4    | \$2  |
| 3 | Ultimate Survival Technologies Sparkie Fire Starter | Fire | 1        | 0.8    | \$9  |
| 4 | Wetfire Fire Starting Tinder                        | Fire | 8        | 0.2    | \$8  |



## EYES SUB-COMPARTMENT

I am officially a "Four Eyes Prepper", so I felt that it was very important to have a backup pair of glasses in my Urban BOB. Without glasses I am as blind as a bat. Since I live in Western Washington, I do not often wear sunglasses, although I plan on adding a pair to this compartment in a future video. I also included a pair of swimming goggles to protect my eyes from smoke, volcanic ash or possible airborne dangers. While they are not prescription goggles, they will protect my eyes in certain emergency situations. *Note: The goggles will most likely be paired with the N95 respirator mask (see Personal Compartment) to protect both my eyes and lungs.*

| # | ITEM                            | TYPE     | QUANTITY | WEIGHT | COST |
|---|---------------------------------|----------|----------|--------|------|
| 1 | Glasses                         | Personal | 1        | 1.2    | N/A  |
| 2 | Goggles                         | Personal | 1        | 0.9    | \$3  |
| 3 | Cleaning Cloth                  | Personal | 1        | 0.2    | N/A  |
| 4 | Coghlan's Eyeglasses Repair Kit | Tools    | 1        | 0.4    | \$3  |
| 5 | Spare Lenses                    | Personal | 1        | 0.4    | N/A  |
| 6 | Visine (not in photo)           | Medical  | 1        | 0.2    | \$3  |





## MONEY / BARTER COMPARTMENT

The Money / Barter Compartment(s) are included to provide me with some method of currency in a bug out scenario. For currency, I have \$1000 US dollars in a variety of denominations (1 - \$100 bill, 1 - \$50 bill, 25 - \$20 bills, 20 - \$10 bills, 20 - \$5 bills, 50 - \$1 bills). I chose this exact amount to follow the financial advice given in Dave Ramsey's book "The Total Money Makeover". I also have included a few items for bartering, that should have some value in the rare case that paper currency was no longer valuable.

| # | ITEM                         | TYPE         | QUANTITY | WEIGHT | COST        |
|---|------------------------------|--------------|----------|--------|-------------|
| 1 | <b>\$1000 Cash</b>           | Money/Barter | 1        | 4.1    | \$1,000     |
| 2 | <b>Silver American Eagle</b> | Money/Barter | 1        | 1      | Silver Spot |
| 3 | <b>Cigarettes (Box)</b>      | Money/Barter | 1        | 0.9    | \$8         |
| 4 | <b>Quarters</b>              | Money/Barter | 1        | 1.6    | \$3         |
| 5 | <b>BIC Lighter</b>           | Money/Barter | 2        | 0.7    | \$1         |



## WEAPONS OPTIONAL ADD-ON MODULE

I originally planned on having a dedicated Weapons Compartment integrated in the Urban BOB. After thinking about it for a long time I finally decided to make the Weapons Compartment an add-on module that is not actually stored with the Urban BOB. It is an *optional* module that can be added as a second tier to the Urban BOB as needed. While I do feel that having some form of protection is an important addition to a bug out bag, I have decided to have this be the only *private* compartment that would not be filmed or discussed on my YouTube channel. My reasons for the decision to make this an optional add-on module are as followed:

1. **Urban BOB Storage Location:** As many of my subscribers know, I am married and have a child. I do not feel that it is responsible for me to have a firearm(s) in anything other than a safe or on my person. I do not own a large gun safe and I am planning on storing my Urban BOB in a very accessible location so I can quickly access it during an emergency. While there are other potentially lethal items in the Urban BOB (knives, medication, etc), I would prefer to follow my principle of only having a firearm in a safe or on my person. The last thing I would want is for my child, a potential robber or anyone else having easy access to a firearm that is registered in my name.
2. **Bug Out Scenarios:** In 2011, I began to document all of my potential bug out scenarios based on my region and researched the probability of certain events occurring (e.g., books, online articles, etc). I also have been documenting emergency and disaster scenarios that appear on the news to ask the simple question of "would I need a firearm in that emergency". After researching the bug out scenarios (e.g., earthquake, tsunami, volcanic eruption, blizzard, etc) and the odds of certain events occurring, I prioritized the weapons compartment much lower than the food, water, shelter, first aid and other Urban BOB compartments.
3. **Privacy Concerns:** I have some privacy concerns with discussing firearms on the internet. While I am currently known as "TheUrbanPrepper" or "Cliff" on my channel, there are a few subscribers who know my real identify as well as a few select friends, family and work colleagues who are aware of my channel. I am hesitant to inform them of much regarding any potential weapons that I may or may not have. I feel that it is smart to be semi-secretive on certain aspects of your prepping in order to remain stealth.
4. **YouTube Channel Direction:** In 2011, I decided to have my channel focus on non-weapons aspects of prepping. There are tons of great YouTube channels on firearms, knives and other weapons (e.g., hickok45, johniac7078). I felt that was best in the interest of my channels nitch to focus on the aspects of prepping that I am interested in; obsessive compulsive prepping and analytical organization.

I hope that the above reasons help explain my decision to make this an add-on module and one that is secret (not discussed on YouTube). I imagine that the majority of my subscribers don't visit my channel for firearm reviews anyways...



## APPENDIX

### **Introduction: Building a Bug Out Bag (BOB)**

<http://www.youtube.com/watch?v=zIxNhCkZMJ4>

### **R&D: SAS Survival Pouch (B.O.B.)**

<http://www.youtube.com/watch?v=ni17qlvICEs>

### **R&D: Water (Building a Bug Out Bag)**

<http://www.youtube.com/watch?v=bA1mfqPG6S4>

### **R&D: Food (Building a Bug Out Bag)**

<http://www.youtube.com/watch?v=zbwjIHg0gSQ>

### **BOB: Urban Tools (Part 1) - Intro/Core Tools**

<http://www.youtube.com/watch?v=cjUegzBryLI>

### **BOB: Urban Tools (Part 2) - 5 lb Tool Bag**

<http://www.youtube.com/watch?v=0mJQVBbj1QM>

### **BOB: Urban Tools (Part 3) - Electrical / Miscellaneous**

<http://www.youtube.com/watch?v=lZH2mRjVGDo>

### **R&D: Communications (Building a Bug Out Bag)**

[http://www.youtube.com/watch?v=1deZL\\_miFY](http://www.youtube.com/watch?v=1deZL_miFY)

### **R&D: Hygiene (Building a Bug Out Bag)**

<http://www.youtube.com/watch?v=L25C768kkK4>

### **R&D: Medical (Building a Bug Out Bag)**

<http://www.youtube.com/watch?v=ExuW2LUqgrU>

### **R&D: Money / Barter Items (Building a Bug Out Bag)**

<http://www.youtube.com/watch?v=9TFrvQwaLHU>

### **R&D: Cooking (Building A Bug Out Bag)**

<http://www.youtube.com/watch?v=nHXftb3IMfy>

### **R&D: Clothing - Part 1 (Building A Bug Out Bag)**

<http://www.youtube.com/watch?v=ZiOB587eKlk>

### **R&D: Clothing - Part 2 (Building A Bug Out Bag)**

<http://www.youtube.com/watch?v=DKazS5wsTNk>

### **R&D: Personal/Entertainment - Part 1 (Building A Bug Out Bag)**

<http://www.youtube.com/watch?v=Oq8jDSXIBeE>

### **R&D: Personal/Entertainment - Part 2 (Building A Bug Out Bag)**

<http://www.youtube.com/watch?v=2YNAQE2LNtg>

### **R&D: Shelter - Part 1 (Building A Bug Out Bag)**

<http://www.youtube.com/watch?v=BkR1tDFb57o>

### **R&D: Shelter - Part 2 (Building A Bug Out Bag)**

[http://www.youtube.com/watch?v=Vu\\_rhitNE74](http://www.youtube.com/watch?v=Vu_rhitNE74)

### **R&D: WEAPONS (Building A Bug Out Bag)**

[http://www.youtube.com/watch?v=VgE6srR7U\\_Q](http://www.youtube.com/watch?v=VgE6srR7U_Q)