

Preped

Bug out or Bug in

IF BUGGING OUT, BACKPACK, LIGHTER LOAD WHEN BUGGING OUT. (HOW SAFE IS YOUR NEIGHBORHOOD? (CITY OR RURAL DIFFERENT CHALLENGES)

#1. Water: water bladder, (waterbed, untreated with chemicals) bottled water or Filtered water with power outage.

#2. Food: Non-perishable foods: canned goods (ideal if buggering in; heavy if buggering out)/ dry goods, olive oil, non electric can opener, Foods of your choice & , while abundantly available.

#3. Meds: Extra prescription meds, over counter meds. (Tylenol, aspirin, vitamins, band aides, (treating minor cuts, & preventing infections) face masks, rubber gloves, etc.

#4. Sanitation: Cleaning supplies, anti-bacterial wipes, cleaning hand sanitizer, moist towelettes,

5. Info: Comm. Gear, cell phone, power station for extended battery life, charger, AM/FM radio, NOAA weather radio (with tone alert)

#6 Lighting: Flashlights and whistle for everyone, (with clear instructions on usage) signals for help. Contractor trash bags, duct tape, (for trash removal, for blocking inside light from outside view, storage, filled with clothing, or straw, for emergency mattress.)

#7 Safety: Firearms. Shotgun, Rifle, & handgun; (popular calibers, with enough ammo for each weapon.

Don't forget your Holy Bible: Pray without ceasing !