

Escape Plan B

10 things to help you stay alive when the world ends



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Bug-Out-Bag

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Introduction

The following are the top 10 things everyone needs to know to survive without the structures and supports of society. This list is intended to help those that pick up a bug-out bag and walk away from the world; those who are likely to enter the wilderness and not look back. Maybe it is only for a few days during a crisis or conflict where you escape with your family or friends, or maybe it is the beginning of living on unfamiliar land for the rest of your life. Either way, the included list is a starting point intended to be built upon. It consists of general areas of need that a person explores when isolated or deprived of the basic comforts of a society. Most of the items included or suggested for your bug-out bag are utility-focused and relatively inexpensive, but can save your life. Take this bag seriously, as you may need it one day when your plan A doesn't go the way you thought it would.

The term "bug-out bag" is derived from the term "bail-out bag" which referred to an emergency kit military aviators started carrying during the Korean War in case they were forced to evacuate their plane. Essentially, it is a bag or pack that you pick up when you need to walk away (and escape) from the current situation with the expectation of not returning in the near future. It has everything you need to survive in the area you are headed to next. Making a bug-out bag is important. Taking care of your supplies and checking your bag is also important.

If you are part of a close-knit family, friend circle, or community, you may not need a bug-out bag as much. Being part of a food security network or having access to hunting through community may allow you to access food even if the grocery stores were to stop stocking their shelves. This bag is an emergency response and does not replace the need for support within family, friend circles, or community. It is an escape plan if all other things should fail you. It is a plan B.

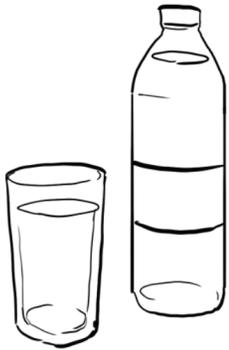
More than anything, having friends or family with you during a crisis will make this bag feel necessary and relevant, as survival is not about independence, it is about being smart during desperate times. This bug-out bag is a starting place for survivalist enthusiasm that can include camping during times of leisure or taking care of the people you love during a crisis. This bag does not provide everything you need. It is a starting point that will lead you to determine for yourself the things you need to live. In a pinch, this bag will help you to stay alive and survive a period of time, but the more care you put into your bag, the better it will serve you. If the items within are expanded upon, cared for, and understood fully, this bag will become a safety net for you and a plausible escape plan if things go terribly wrong.

Keep your family, friends, and community close to you, and good luck out there!



Clayton's Top 10 List for Survival

#1—Stay hydrated—Water



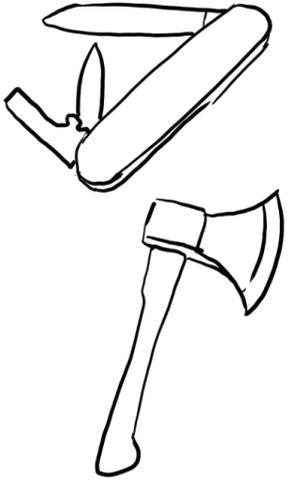
Every person needs at least 1 litre of water every day to maintain minimum hydration. This increases when considering hygiene and weather conditions. Since this is only a 24-hour survival bag, it must contain at least 1 litre of fresh drinking water. This means that you need to pack more than one 750ml bottle in this bag. Also consider gathering several durable containers and keeping them either packed and ready for transport or available to be filled quickly if needed. Including at least one metal container is a good idea as it can be used to boil water over a fire to purify groundwater in a pinch. You might want to also consider purchasing sodium chlorite water purification tablets or a portable water filtration system to include in your bag, which you can buy at most stores that sell camping equipment.

#2—Don't starve—Food



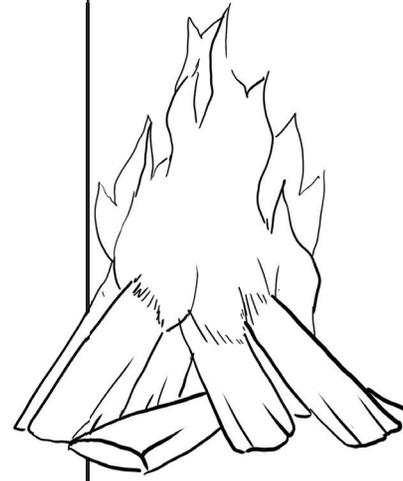
Survival is not luxurious; it is about ensuring that you are as healthy as possible. You can live without food for weeks and without water for up to 72 hours, but the toll that dehydration and starvation will take on your body is devastating and can have long-term effects. When packing your bag, consider food that is non-perishable. If you bring food that will spoil, eat it first. Make sure to check expiration/best before dates and consume the foods that will expire first before the food that will last longer. Conserving food and water is part of daily behaviour during a crisis, and knowing where your next meals are coming from is important. Knowledge of indigenous plants and animals you can safely forage or hunt is optimal. If you do not know how, buy a book on the subject. There are many that are printed on waterproof materials that can be easily packed into this bag. Knowledge on what to eat and what not to eat when in the wilderness can save your life, and significantly prolong your food stores.

#3—Be ready to cut things— Equipment

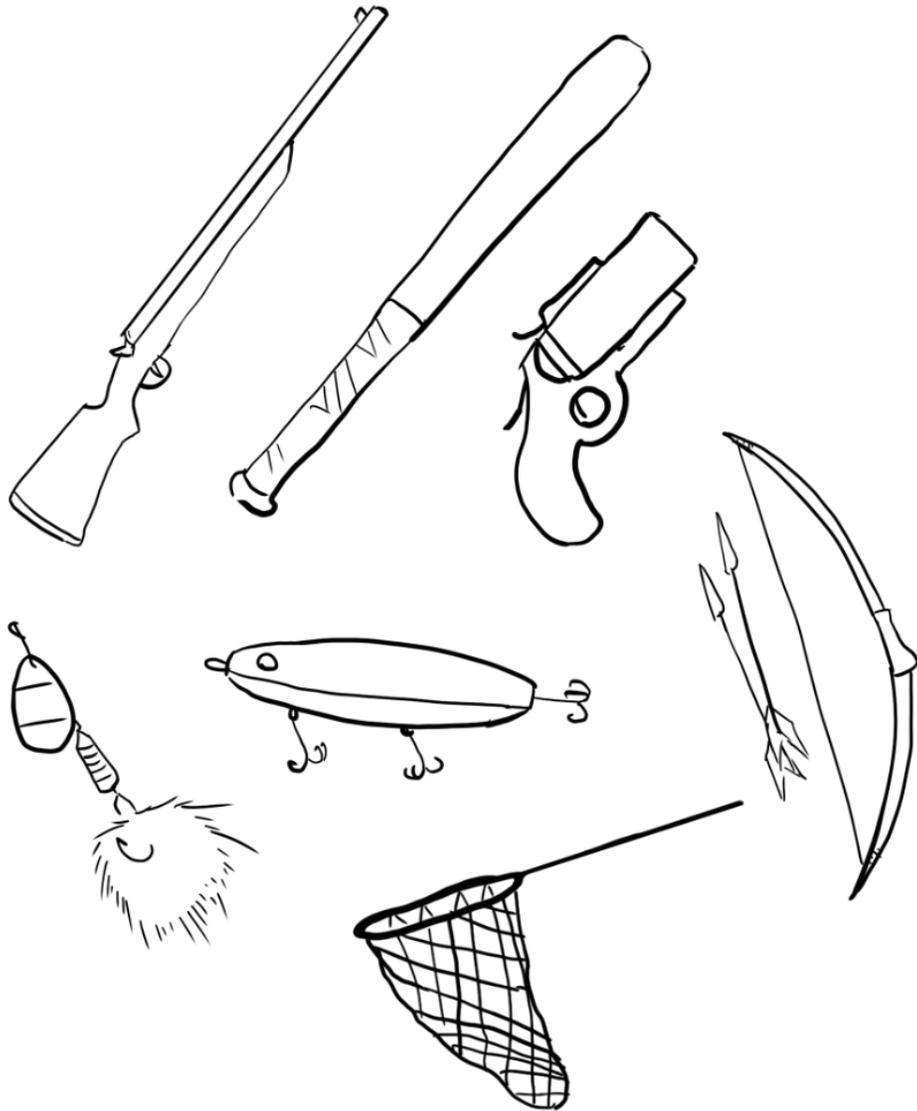


Having a basic pocket knife will help with almost everything you do when in the wilderness. Having a utility knife, multi-tool, or a survival kit of tools is even better. Overall, having access to various tools to cut, dig, break, and mend all sorts of materials will help with all other areas of survival. I recommend having a fixed-blade knife in addition to any utility knives, multi-tools, or pocket knives to ensure you have a good stable blade in your bag. Choose your tools based on your own comfort level and do not seek out large weapons unless you are trained in using them. It would be really terrible to accidentally impale yourself on a sword in the bush. Overall, seek out knives that you like and feel comfortable using, and make sure they are kept sharp. Consider packing a sharpener and know how to use it.

#4—Stay warm—Fire



Making a fire is important for survival as it provides warmth, the ability to cook food and boil water, and it can help deter various wild animals when in the bush. Having multiple ways to make a fire is also important as some materials may become less available or weather conditions may prevent certain processes. This bug-out-bag includes a few waterproof matches, but you should consider expanding upon this by adding a lighter, a flint and steel kit, and some dry tinder to ensure you have various methods available for any situation. Additionally, purchasing some fuel sources such as canned fuel, lighter fluid, or other materials for making a fire quickly is also advisable.



#5—Eat but don't die—Hunting and Self Defense

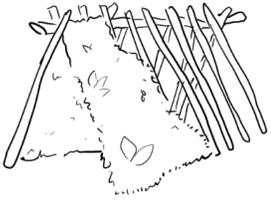
Self-defence isn't just about dealing with other humans. There are also numerous species of wildlife out there that will try to kill you. You need to think about how to defend yourself in addition to determining where your next meal will come from. There are many tips and tricks out there for camping that are all logical and very applicable to new survivalists. Do not leave food out to attract bears. If you see a wolf, it sees you. All that sort of stuff. More than anything, defences against wild animals are about preparing a good campsite: set a perimeter, build a fire, and be watchful.

Have a bow, knife, spear, rifle, flare, torch, log, axe, etc. close by at all times. Anything that would make you more work to kill than it is worth for whatever animal you are dealing with. Hunting and gathering food should be less dramatic but requires you to be realistic with your time and energy. If you can take a bow and get a deer in one day, then you are awesome. Most people cannot, and the effort of hunting that results in no food means death. There are many snare trapping videos on YouTube that show you how to spot animal trails and how to use an average piece of 28 gauge wire to catch a rabbit, coyote, beaver, or other animals.

Fishing is likely easier for many people as long as there is a healthy body of water nearby, but in both instances you will need to gut, clean, and cook things before eating them. You need to keep your hands clean and consider how to keep everything else as clean as possible to prevent food contamination.

The alternative, as mentioned in section #2, is to find food such as mushrooms, berries, roots, and herbs. There are a plethora of books about edible plants and where to find them. If you do not have knowledge of what is good to eat and what is not, go and buy one of these books right now and put it in this bag.

#6—Stay dry—Clothes & Shelter



Staying dry is both complicated and difficult when living in the bush, especially in climates where rain or snow are frequent. Having a well established camp as a base of operations is a good way to start, so make sure to choose a spot that is relatively sheltered and dry. A fire can help you dry out wet clothes, but having a change of clothes so you can air things out and stay dry also helps. Pro tip: hang your socks over a rope or branch near the fire so they are warm and dry at the start of each day. This bag does not include clothing, so you should pack at least a few pairs of socks, undergarments, and an extra set of clothes that will be good for hiking (e.g. canvas or jeans). A warm hat and a rain jacket or poncho would also be beneficial. Your boots or shoes should be as waterproof as possible or you should pack a second pair.

After your clothes are sorted, you have to think about where to sleep. Within this bag is a survival blanket to be used as a backup if you have nothing else. You should pack a small compact tent and a bedroll or sleeping bag that is also relatively compact and warm. A hammock can also be great but they are often heavy, and weight needs to be a consideration in your bug-out bag. If your bag is too heavy or you become over encumbered, you won't be able to carry it effectively. Ensure that you treat all blankets, tarps, groundsheets and tents like your socks. They need to be aired out, cleaned, and dried regularly. Consider this when establishing your campsites and do your best. Staying dry can help to prevent all sorts of illness.

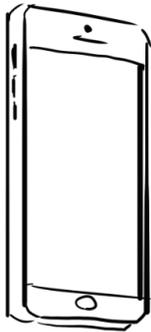
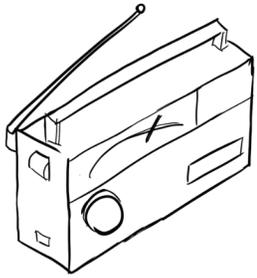
#7—Stay safe—First Aid



A good first aid kit is tailored to your needs. It should be compact and include something to address pain or headaches, bandages, and various items to clean and treat wounds. Consider having different sizes of bandages and gauze to ensure that you are prepared for a variety of needs. Small bandages for small cuts and a sling for a broken arm can be good. Consider including a suture kit, and if you cannot find one, include a sewing kit instead. Whatever you pack, you should know how to use it. Watch a YouTube tutorial on sewing closed wounds. Knowing how to suture a wound is something I would rather know and not need, than need and not know. Other survival guides on YouTube for setting bones or making splints can be found as well.

In essence, first-aid training is what you make it. Additionally, personal hygiene is an important way to stay healthy and prevent illnesses. Pack a travel toothbrush, toothpaste, soap and a few rolls of toilet paper. You can buy pre-made travel kits that include most of these items and then add in any other items you need.

#8—Don't be alone— Communications

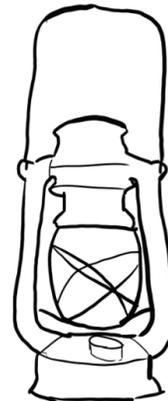
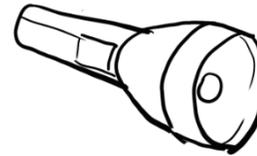
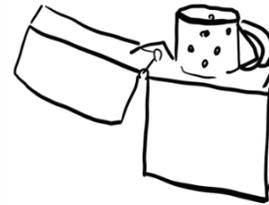


As much as a cell phone is also a tracking device, it is a portable computer and a way to reach people in times of need. If you expect to keep using a cell phone in the bush, you need to bring solar-powered charge equipment and ensure that time is spent maintaining these devices so your phone stays in service. Another item to consider is a crank-charge AM/FM emergency radio. A radio can allow you to hear news, gather information, and feel more connected within the broadcast area of local radio towers. Many also have a USB port which can allow you to charge other devices such as your phone or a rechargeable flashlight.

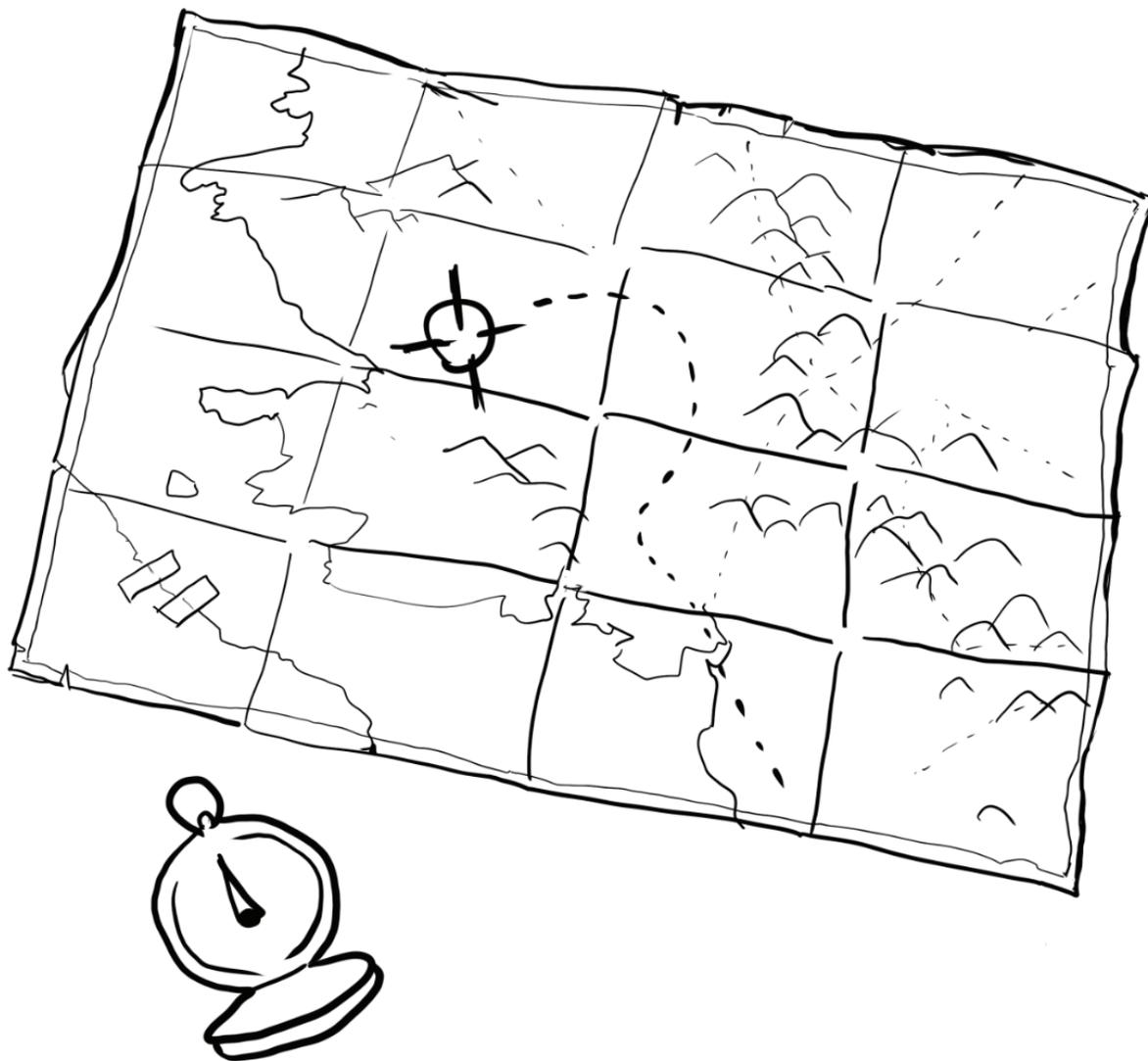
When thinking of communication, consider making a plan using maps of the area. If you use printed Google Maps of the area, take the time needed to waterproof them by laminating them or using packing tape to seal them up. You could also purchase maps that are already waterproof. Bring a pad of paper and a pencil or pen to make notes or leave instructions. You can find waterproof versions of everything, so look for them.

Also, consider bringing either bright tape or paracord to make markers, so you can mark pathways and navigate effectively if you are separated from people you're with. You should also pack a compass, and if you are super savvy, pack walkie-talkies with at least 2km range.

#9—If seeing things is important—Lighting



A theme in this list is that everything should have a back-up, in case an item breaks or is lost. You should have at least a few light sources. It sounds strange that being able to see at night is in the top 10, but weather, geography, and the time of the year need to be considered in your survival plan, which makes being able to see effectively at all times vitally important. The flashlight included is a great start, but you should consider carrying back-up batteries, candles, or a gas-powered lantern. I have a few flashlights in my bag, including one that is crank-powered for when the batteries run out. Having a light can be handy in ways you might not think of; you may want to read a book, play cards, map out the next day's route, or make lists of things to remember. Keeping a journal of your experiences is not a terrible idea either. It is important to take the time to care for your mind as well as your body.



#10—Be well—Make a Plan

It is my sincere hope that you will never need to use this bag, but in case the unthinkable happens, you need to be ready. Think of where you are and how you want this to go and make a plan. If you already have a campsite you can go to, you should consider filling the bag with the things you need to make that campsite your new home. If you live in a city, you need to determine how you can safely get out of the city and places you could potentially escape to, and then adapt this bag to that journey. You need to think about how you will secure, build, and/or maintain everything you need to survive.

In this bag I have included several items to help you get started, but additional items you may need include duct tape, wire, cutters, gloves, extra batteries, a sewing kit, dry bags, heavy duty garbage bags, binoculars, a tent and tent stakes. This bag is an offering to you to use during desperate times. I wish you all the best, and encourage you to make a plan, be adaptable to your situation and surroundings, and stay safe out there.

