

APPALACHIAN HOMESTEAD



NETWORK
NEGAHOMESTEAD.NET

Appalachian Homestead Network

Bug Out Bag

The bug out bag (BOB) is the last resort standing between “bugging in” and having to leave home. Ditching the comfort of home means something catastrophic is taking place, or about to. This bag should contain items that allow a person to live for at least 3 days while hiking or “camping” out. It needs to be lightweight and simple enough to keep mobile, yet thoughtfully put together to make camping somewhat tolerable. An indefinite food supply is not possible to carry, but tools to catch food can be. More than any other bag (EDC & GHB) the BOB needs to be tested in the field. Many items can be personalized due to preferences, but the minimum items are tried and tested and should not be overlooked.

Minimum Requirements

- Quality hunting knife
- Paracord
- Tarp
- 3 fire starting methods
- Vaseline
- Pants, shirt, underwear, shorts
- 3 pairs of socks
- Pair of shoes
- Emergency blankets
- Metal cup/mess kit
- Utensil

- Pens/pencils
- Fishing kit w/spool of line
- Bandanas
- Water filter/straw
- Lightweight stove
- Flashlight w/spare batteries
- 3 complete meals
- Water
- Survival handbook/Boy Scout Manual
- Manual on knots, snares, and traps
- Local maps
- Compass
- Hygiene kit
- Energy bars/candy
- Mirror
- Bug spray
- Hatchet/saw
- Meds
- Spare glasses
- First aid kit
- Sewing kit
- Gloves
- Small towels/wash cloths
- Dish detergent
- Whistle
- TP
- Rain gear
- Analog watch

Optional items

- Flask
- Notebook
- Firearms
- Ammo
- Salt/seasoning/sugar
- Tea bags
- Shovel
- Snare wire
- Soap/shampoo

- **Tent**
- **Bedroll/sleeping bag**
- **Hammock**
- **Metal grill**
- **Pots**
- **Duct tape**
- **Ziploc bags**
- **Trash bags**
- **Water purification tabs**
- **Gun cleaning kit**
- **Sharpening stone**
- **Spare backpack**
- **Waterproof bag**