



THE BUG OUT BAG LIST

SURVIVAL GEAR
YOU MUST HAVE
FOR EMERGENCY
PREPAREDNESS

ZACHARY CARVER

**The Bug Out Bag List - Survival
Gear You Must Have For
Emergency Preparedness**
by Zachary Carver

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Bug Out Bag

Table of Contents

1. READ ME FIRST
2. Bracing Yourself For Bugging Out
3. The Bug Out Strategic Mindset Blueprint
4. What Is A Bug Out Bag... and Why Should You Build One?
5. How To Select Your Bug Out Bag
6. Bug Out Bag Documents
7. Water & Water Purification
8. Communicating With A HAM Radio When SHTF
9. 5 Dependable Food Sources For Your Bag
10. Must-Have Cold Gear Clothing For Your Bag
11. Sheltering From The Elements
12. First Aid Kit Item Recommendations
13. 8 Easy Ways To Start Fire For Cooking, Sterilizing & Staying Warm
14. 5 Must Have Personal Protection Items
15. 43 Base Camp Post-Bug Out Bag Items To Have
16. Addition Considerations For Your BOL (Bug Out Location)
17. Bugging Out With Your Pets
18. Comprehensive Questions
19. Comprehensive Questions With Answers
20. Survival Seeds For Life - How To Survive The Coming Ban Of Heirloom Seeds, Organic Seeds and Non Hybrid Seeds
21. Martial Law Manual - What You Need To Know When The SHTF!
22. Survival Gardening - Post Economic Collapse Food Production Methods
23. Recommended Library of Survival Books (Physical Copies Only)

READ ME FIRST

The difference between life and death during disasters comes down to the decisions you will make.

So, if you're looking for real, easy-to-use survival and self-sufficiency tips to ensure you make the right decisions to keep you and your family alive and have a hassle-free lifestyle during the hassles that happen when disaster strikes, the free training ecourse "How To Be Safe Instead Of Sorry" makes perfect sense. You get 43 free survival and self-sufficiency tips to make sure you and your loved ones are standing strong when things around you are falling and going wrong.

For Your **FREE TRAINING** eCourse:

"How To Be Safe Instead Of Sorry"

Visit www.SurvivalistVictoryGarden.com/43FREE

And Enter Your Email Address To Get

**"43 FREE Survival & Self Sufficiency Tips
For Survivalist, Preppers and Homesteaders"**

- ✓ You also get updates, pictures and videos from my undisclosed (BOL) Bug Out Location.
- ✓ You will see my 1 acre garden and new growing permaculture, the chickens, water harvesting and more.
- ✓ You'll watch and learn as I grow new food, harvest it, eat it and preserve it.
- ✓ And tons more!

2. Bracing Yourself For Bugging Out

Today's economic, social, political, environmental and international environment are so fragile that the need to bug out is imminent and can happen from any direction at any time.

We may not be able to predict what will happen and when, but we can be prepared for whatever happens when it does.

And that's what this book is about. Being ready in a moment's notice to bug out when things start to break down.

Before we get into all of the critical goodies that make for an efficient and effective bug out bag, lets first talk about bracing yourself... and I mean literally bracing yourself.

What am I talking about?

I'm talking about making sure you have a lower back brace to wear when you bug out.

If you (or someone you know) have ever had a lower back injury, even so much as a sprain, then you know how immobilizing it can be.

If you are immobilized because of a lower back injury then you go from being an asset to a group to a liability real fast. A lower back injury can make it nearly impossible to run and navigate through rough terrain, not to mention just stand up and sit down with ease.

So while this element may not be as exciting as many other items we will cover for your bug out bag, I can assure you, if your back goes out on you for example because you were lifting some heavy stuff to build a shelter... then the game is nearly over for you if you don't have the time or the items to rehabilitate your back.

And listen, you and I both know, the time to bug out is not the time to rehabilitate anything, it's time to relocate permanently or temporarily. And this relocation could mean going to various (BOL's) bug out locations.

If you're young, fit, healthy or strong, then a lower back brace will help support and protect your lower back while you're on the move and doing some heavy lifting.

Bug Out Bag

If you're much older or simply not too fit, healthy and strong, then a lower back brace will protect your back while helping support your every move.

Now, we won't stop there. We will also use this back brace for another important tool for our bugging out... our handgun.

Get yourself a back brace and nice concealed hand gun holster and simply clip the holster to the inside of your back brace while you have it on and then put your gun in your holster... and now you are braced for bugging out and battle.

Also, you can slip two additional fully loaded clips on the opposite side of you back brace for reloading if your having a very bad day in a gun fight or need to protect yourself and your family.

Here are some pictures to show you what I'm talking about here.

[I recommend the Mueller Adjustable Lumber Back Brace...](#)



Back brace with concealed handgun holster...



Bug Out Bag

Back brace with concealed handgun holster and Glock 19 with two fully loaded 16 round clips...



Here's how it looks when you have it on...



Turning to the left so you can see...

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