

PATRIOTS PLAN



**GET OUT OF
DODGE**

**ELITE
PREPPERS**



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It's a scary thought. There has been a disaster, or a terrorist attack, and it is no longer safe to stay in your home. Your best option is to get out as fast as you can, but without a plan and supplies, you aren't going to last long. This guide will teach you what you need to carry in your bug-out-bag, to survive the first 72 hours on the road. We cover the traits to look for in a good bug out location, and outline the best means of transport to get there.

Bug Out Bag

Everyone has a personal preference regarding what their bug out bag (BOB) should contain. Your BOB's contents will be different from Joe next door. Ultimately the best pack is one that has the supplies **you need, for you** to survive 72 hours. It should always be ready to go, so you can evacuate at a moment's notice. Many survivalists tweak and improve their BOB's for years. The great news is that there are seven main types of gear your bug out bag should contain. Get these basics covered and you will be much better off than the other 99%.

Don't let your BOB get you killed

First think about the weight. A novice survivalist will want to pack anything and everything into their pack "just in case". The recommended guideline is that a backpack should not be more than 25% of your bodyweight. For a 200 pound person, that's 50 lbs. I don't know about you, but I rarely feel a desire (or need) to lug around this much weight on my back. Especially if I'm going a long distance. For someone in the military, training everyday, 50 lbs is a breeze. For the average Joe public, who works in an office, maybe exercises once or twice a week - this much weight will stop you from going any significant distance on foot. You need to ensure your pack contains the necessities, without weighing you down.



The second is recognizing the target a large pack paints on your back. In a true total collapse situation, people are going to be frightened, hungry, scared and hurting. If you are casually strolling around with a bright orange pack that's overflowing with the best gear from Wal-Mart's camping section – someone may just decide their needs are greater than yours and relieve you of it entirely.



The Bag Itself

Your bag should look plain and ordinary, and not be too large. If you have half of your belongings weighing you down like a turtle - you lose all mobility and paint a target on you back for anyone wondering what supplies you are carrying. Choose a backpack with hip supports; it will spread the weight from your shoulders alone, allowing you to carry it further. A rainproof shell will also stop water getting in and can keep your belongings dry.

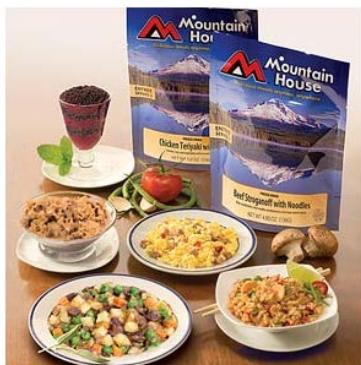
Water

A survival basic necessity, adults need a minimum of 1 litre of water a day. In a disaster, water fast becomes the most precious commodity. In Thailand during the Bangkok floods, it was impossible for supply trucks to get into the city. As a result, the price of water skyrocketed 10-15x the normal price, and it became almost impossible to find in a store or supermarket. You can't imagine a scarier situation than walking the aisles of a supermarket, only to have each one of them empty.



Your bug out bag should have a minimum three litres of water. I ensure at least one of my water canteens is metal; it's more durable than plastic and doubles as a container to boil water once I run out. Running out shouldn't happen, but you need to plan for any problems. What if you can't reach your bug out location in three days? Carrying more than 3 litres of water (100 oz) is not practical. You should have a couple of alternatives that allow you to gather water from your surroundings and stay hydrated. Survival canteens now come with built-in filters, removing impurities as you drink. The [life straw](#) is a similar tool, allowing you to freely drink from any water source. Both of these would be good additions to your pack. Finally, have a few iodine tablets in your kit, they are very effective at killing parasites in water.

Food



For three days, you are going to want to have the most protein and carbohydrates possible with the lightest amount of weight. Carrying around tins of baked beans is not an option! Hiking stores sell back-pack meals, and you can also find these in supermarkets. They are essentially freeze dried meals you add boiling water to. Back-pack meals last a long time, and you can get a range of different flavours. For snacks on the go, fitness stores have a wide range of energy bars. They are quite dense and are packed with lots of vitamins and carbohydrates. Energy bars are ideal for a quick meal when you don't have time to stop for camp.

Clothing

Pack your clothes with a similar mentality to what you grab for a weekend trip away. Remember to update your pack as the seasons change, you don't want to grab your BOB in the middle of winter and find you only have light summer clothes inside!

Focus on the following, and add any additional (weather specific) clothing that suits your location:

- A good pair of hiking boots that you have already broken in. New boots will blister your feet, don't make this mistake and injure yourself when you really need to hike!

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- Two pairs of long pants, jeans aren't a good option. Get a strong pair of hiking pants, and a back-up lightweight pair that you can wear when you get the others wet. Sleeping in wet clothes is not fun.
- A strong leather belt, to keep your pants up, as well as to fasten your knife and gun holster.
- Two pairs of socks, wool is best. Make sure there are no seams over your toes.
- Two shirts. A short sleeve t-shirt and a long sleeve button up. You can layer these for added warmth during the night.
- A jacket that is both warm and waterproof. One with a built in hood will stop water from running down your back and chilling you to the bone if you need to hike in the rain.
- Warm, long underwear. In any weather a set of thermals does wonders to retain your body heat. In the tropics, perhaps not necessary, just prepare for how cold it gets at night.
- A hat. Bucket hats protect you better than a baseball cap, and can double as a water filter or something to boil your water in.
- A bandana. They have endless uses.

As you pack your clothes, you may put more clothing that you need, "just in case." Remember that the more you pack, the heavier your BOB will be. Don't overdo it. So long as you have the right seasonal clothes packed, this list will be enough to get you by for three days.

Shelter

To survive the first 72 hours, you need shelter from the elements. Pack a good quality tarp, and a way to set it up. The simplest is to have rope and a knife, tie the tarp to a couple of trees nearby, forming a crude lean-to shelter. A ground tarp will do wonders to keep you dry, or have a good



sleeping pad. You will be very cold if you are lying directly on the ground. Finally, buy a high quality sleeping bag. You want it compact and light, with a high enough rating to keep you warm during the night. Make sure your sleeping bag comes with a compression sack; it will help reduce the size of your sleeping bag while it is packed.

**Simple a-type shelter*

First Aid Kit

You shouldn't buy a pre-packaged first aid kit as many of the items it will contain you will never need or use. Building your own gives you an intimate knowledge of what's inside, and you should have a good understanding of how to use it. A first aid kit should contain:



- Any prescription medicine that you need.
- An assortment of bandages/plasters for blisters and small cuts.
- Electrolyte salts (for rehydration if you become sick with vomiting or diarrhoea).
- Aspirin, immodium, pepto bismol and iodine.
- Small tube of antibiotic cream.
- Sterile non-stick absorbent dressing & gauze
- A pair of tweezers

Basic Gear

This covers the remainder of your items that you need, that don't really fit into another category. You need to remember, we are giving you the bare essentials to survive for 72 hours. It's not a camping trip. Many survivalists will want to carry a lot more in their bug out bags, at the end of the day you just want to ensure you are able to make it to your bug out location with your BOB on your back.

Rain protection

Aim to have two ways to stay dry when it's raining. A good jacket and an emergency rain poncho will protect yourself, while a lightweight tarp can keep you dry in your shelter. Don't purchase one of the big, heavy plastic tarps. A local hiking supply store will have a much better range of lightweight hiking tarps for you to choose from.

Making Fire

You need a minimum of three ways to make fire.

- Purchase waterproof matches or do it yourself by dipping them in candle wax. You should never store all of your matches together, if they are all in the same box and you lose them they are gone. Empty film canisters are the best storage container, or zip-lock bags.
- Cigarette lighters need to be in your kit, notice it is "lighters" – plural. A couple of gas station lighters combined with a quality water/windproof lighter and you will be covered. Just remember that after any practise trips, you refill the gas afterwards!
- Fire-steel and scrapers are the most durable of all gear. Usually a piece of magnesium, they create very high intensity sparks as you run the scraper down the tube. Even completely wet, the fire-scraper will work, making it perfect in all conditions.

There are a number of "tricks" you can use to make fire. Shorting out a battery with steel wool, using the sun and a magnifying glass, or even rubbing two sticks together will eventually get you a flame. Knowing and practising these methods is great, but if you want a fire fast, just use a lighter.

To get your fire going, tinder is critical. Don't rely on nature for tinder; it's too dependent on the weather. WetFire tinder is readily available; cubes that burn while floating on water and last even longer when they are wet. If you want to make your own, cover cotton balls with Vaseline. The Vaseline adds an additional fuel to the cotton and it burns longer. Store your tinder in at least two (separate) water-proof containers in your BOB.



In nature you can find many natural forms of tinder, the best is cedar or birch bark. If you are in a survival situation, do your best to make use of your surrounding resources so that you can keep your BOB resources for when you truly need it.

In line with getting fire, you need a method to gather wood. A heavy bladed knife can be used as a makeshift hatchet, but it will tire you rapidly if you try to cut anything thicker than your wrist. A survival chainsaw is a lightweight alternative. It's

basically a section of chain-saw chain, with two handles allowing you to saw through large branches and trees. Easy, effective to use, and at 5 or 6 oz., it's a great tool for your BOB.

Cooking

At the bare minimum, have a small pot or large metal cup you can boil water in to "cook" your freeze dried meals. This relies on you getting a fire started, and wood-smoke can make you very obvious to other people in your surroundings. A better option is to have a small backpacking stove and fuel. It doesn't rely on you having a fire, and is fast to set-up, cook, and go. A spork is a great addition to your pack, enabling you to actually eat the meals you have made.



Light

Have at least two dependable sources of light. Both should be waterproof, and you should have a back-up set of batteries for each. I like to have a small headlamp for adjusting and moving around at night, and a powerful torch with a strong beam.



Duct tape

Keep a good amount of duct tape with you. Instead of taking a whole roll, you can wind some around your plastic water bottle. It gives it an extra cushion to protect it from accidentally breaking, as well as having the tape on hand if you ever need it.

Knife

A knife will be the most used item in your BOB. Before purchasing a knife, consider these points:

- **Tang.** The portion of the knife blade that extends into the handle. The best survival knives have a full tang, giving additional strength to the blade.
- **Handle.** Choose the one you like the feel of best, hard polymer or soft rubber are both good handles. Avoid the hollow handled “survival” knives. They definitely won’t have a full tang, and despite their novelty, the 25 cent compass in the handle is just going to make it more awkward when using your knife.
- **Blade.** You have a choice between stainless or carbon steel. Stainless steel blades can take a beating and last a long time without rusting. Carbon steel blades hold a good edge longer, but will rust faster in the elements. Choose whichever you feel most comfortable with, both are good options.
- **Length.** Aim for a knife that is 8-9 inches long. Any bigger and it will be too big to handle, any smaller and you won’t find it as effective in a survival situation.
- **Blade Thickness.** A good general rule is 3/16-4/16 of an inch is the best thickness. You will find the blade extremely solid, able to withstand any wood chopping abuse.
- **Sheath.** This affects how you carry and draw your knife, and is very important. You want a sheath with a lower attachment so you can strap it to your leg when wearing it on your belt, or onto a backpack strap. There should be a belt attachment so you can fasten the sheath to your waist, as well as the knife handle having a hole for a lanyard. The strap holding the knife in the sheath should be a crossover strap, right where the handle meets the sheath. If the strap is at the base of the handle your knife can slide out.



Sanitation

Three days without getting clean is asking for trouble. A toothbrush and toothpaste will help brighten your mood before you sleep, as you retain some semblance of normality. Hand sanitizer will keep your hands clean and protect you from harmful bacteria, and a little bit of dish soap goes a long way in cleaning your cooking pot. A roll of toilet paper is bulky but a lightweight necessity, and don't forget any feminine hygiene products as needed.

Bug Spray

A personal preference, being in the tropics I always carry mosquito repellent with a high concentration of deet. This helps keep my mood up, as I am not pestered by a multitude of insects when hiking through the forests.



Important Documents

Have a copy of all your important information, (ID's cards, gun licenses and permits, etc.) as well as an amount of cash, gold and silver you can use for trading with anyone you may meet along the way.

Bug Out Location

Disaster has hit, and you need to get out of the city. Planning is critical; there is no point to start running in a direction without a goal in mind. All survivalists have a pre-planned destination where they can go to lay low and live for a long period of time. If you have a bug out location already, use our advice to confirm you are headed to the right area. If you are still looking for the perfect bug out location, follow these tips to select the somewhere perfect.



How far away is it?

Depending on the disaster, it doesn't need to be 200 miles away. In a flood you may only have to get to higher ground a couple of miles away to stay safe, an easy trek on foot. A larger disaster like a terrorist attack on your city or a nuclear threat might mean you need to bug out to a location a lot further away. Our advice is to prepare for the most likely situation. If your town has a nuclear power plant, you will want a location at least 50 miles away, just make sure that you don't make it too far. You want to be able to get to your bug out location on a single tank of gas, or in the worst case be able to hike it within 72 hours.

What kind of shelter?

Your assets are going to determine what kind of shelter you want to build. If you own the property, many survivalists construct large underground bunkers that draw no attention to their bug out location. This is the best option you have, as you want to be able to draw a minimal amount of attention to your bug out location, and be able to secure it against any attack.

If an underground stronghold is out of your budget, you can fortify the house that is already on the land, with multiple layers of security on the property. Fences are the first thought that comes to mind, but also advertise that there is something behind the fence worth protecting. Try to use nature as an additional guard, thick forest and steep banks will deter most casual explorers from accidentally wandering across your property. Your shelter should be well concealed from any main roads, as well as camouflaging the entrance to your property.

If these aren't an option because you are bugging out to national forest, or land that doesn't belong to you, consider storing a tent and some supplies in hidden underground caches. Just be sure that you can find them again.

Where is the water?

If the power grid and the government fail, you need to ensure you have a water supply. The most obvious is to purchase a property with access to a stream, lake, river or natural well. The downside is that rivers and streams can easily become contaminated, especially if there are many people living in an area. Set up a rain water tank to make use of your roof and nature as a water source, and store enough water to last at least a year. With the right permits you can dig a well on your property, and in some states it's possible to access the underground aquifers, add a windmill and you've got an almost unlimited supply of water.



Where is the food?

A major consideration is what you plan to eat while in your bug out location. To become totally self sustainable, you cannot rely on a single source. A large property (around 50 acres), will give you



plenty of access to wild game. Consider building a greenhouse to grow your own produce, and plant a variety of fruit trees on your property. The downside of a greenhouse is that anyone can see it's a food source, so also encourage herbs and other vegetables to grow at random across your land. The more different areas you have producing food, the less likely they will all be discovered.

If you have a pond on your property, stock it with fish. Tilapia is a fast growing, lean fish which is a great source of protein. Fill any pond on your property with these, and you will have an abundant source of meat (so long as you can catch them!).

In my view, the best way to grow food and use the least amount of land as possible is with an Aquaponics system. Aquaponics is basically like a small eco system you can create that will produce food while also look after itself. [This video will explain what Aquaponics is in more detail.](#)

In addition to growing food and living off the land, it's recommended that you stockpile at least one year's supply of food. This should be stored in separate locations on your property, in case one is damaged, or discovered. You should also have a complete inventory list of everything in your stores. It's easy to buy "a little extra" each time you go shopping, but without keeping track after a year you will have no idea of the food you have on hand, or when it expires. Be better prepared, and keep track of everything.

Fuel and Power

In a disaster, you need to be as self reliant as possible. You cannot count on the government to maintain any of the utilities. A bug out location should make the best use of the surrounding

environment to keep things running. Solar panels and a battery hub can store enough electricity to keep your lights going well into the night, as well as giving you an ability to use power tools as you need them for repairs. Windmills and running rivers can be used to harness energy, and having a back-up diesel generator with a good supply of fuel will give you more than enough options for power.

A fireplace is the best source of heat for your house in the winter, and can serve as a way to cook your food and boil water without gas or electricity. Take the time to regularly collect firewood and stockpile this in a dry place, in preparation for a time you really need it. It's also really good exercise, and lets you practise wielding an axe.

For those wanting to take it to an extreme, you can build a [wood gas generator](#) (also known as a gasifier). It's a device that converts timber or charcoal into a fuel that can run an internal combustion



engine. Many survivalists use a wood gasifier to run their generators and even their survival vehicle at their bug out location. It's a great preparation for a disaster situation because of the ready availability of wood. You may not be able to find petrol, but a car that runs on wood gas will never have an empty tank.

Communication

You need supplies that allow you to stay in touch with world events. Will your cell phone work in the location you are bugging out to? What happens if the power goes out and the signal disappears? Crank-shaft radios are fantastic, requiring no power (except your physical effort) to listen and stay up to date on the news. Consider purchasing supplies like walkie-talkies as well as a large supply of rechargeable batteries, so that you can keep in close contact with anyone in your group, wherever they are on your property.

Medical Care

In a disaster, you cannot rely on hospitals and doctors for your care. The best advice is to bring someone into your preparation group that has nursing experience. If this is not possible, choose a location that is close enough to civilisation it allows you to return to a hospital and seek medical aid if need be. The last resort is doing it yourself. This is definitely not ideal, but sometimes you need to be prepared for anything. You can get general first aid training at many community centres, it's my advice to have both yourself and your family take on a little formal training, just in case.



Long-term Planning

How many people do you plan to accommodate in your bug out location? This will greatly impact the plans you need to make. You may be quite happy alone with 100 books to read, but your kids and spouse may want other forms of entertainment. Make plans that cater to everyone. You should consider building a survival community. Many friends and families “join forces” to share the cost of purchasing the land and building their bug out shelter, as well as resources. This adds security (the more people the less likely you will be attacked), and gives more communal group knowledge. The best preparations involve a large group of people, allowing you to share workloads and tasks. Going it alone is a huge risk.

Getting out of Dodge

It’s finally happened. A disaster has struck and you need to get out, now. You grab your BOB’s, round up your wife and family, and start towards your bug out location. But how do you plan get there? First, it depends on where your bug out location is. Determine the likely conditions between your residence and your bug out location, and choose a vehicle that suits the terrain. A boat may be a better option than a car, especially if you live near the sea or you can use a river to get to your bug out location.

Always remember that the best plan has redundancies. Simple things like never letting the gas tank on your car drop below half is a good step to follow. Don’t use highways; you will be one of many people all trying to escape along this same path. Use back roads, finding a way through to your bug out location that not many people know. This could involve cutting through fields or going off road, be sure to have alternatives in case you cannot get through one way. Having 2-3 back up routes gives you options if it’s not safe to continue in a certain direction. This could be from a flood taking out a bridge, or armed brigands that have set-up road blocks. A great plan is one with redundancies.

Finally, never forget operational security. You want the most versatile vehicle possible, but you don’t want to advertise to the world that you are prepared for a disaster. The ex-military truck every survivalist dreams of will stick out like a sore thumb as you drive around the city. You want something that blends in, that your neighbours are used to seeing you drive. In the event you do need to leave, you won’t raise anyone’s suspicion while you evacuate. The last thing you want is to draw attention to your own safe house, and lead trouble makers to your doorstep.

With this in mind, our top vehicles to get you to safety:

SUV’s

The smartest choice for a survival vehicle, SUV’s double in that you can use them as an everyday car. Get a model with 4WD, decent tires and a good ground clearance and you will be able to get through most terrain with ease. It will fit your family quite easily, and on a full tank of gas has good range. The downside is it cannot handle



extreme terrain, and like all vehicles needs fuel. If you have delayed in evacuating, you may also find that the roads are too congested for a SUV to be any good as an escape vehicle.

Motorbikes



If you need to avoid highways, a motorbike is the best way to get around the traffic and make it to your bug out location. They can go almost anywhere, are quite fuel efficient, and fast. Many people like to use them as a primary means of transportation. The downside is limited storage for not much more than your BOB, and you will be exposed to the elements.

ATV's



Similar to a motorbike, but with added stability and an option to tow a trailer full of supplies. They can go almost anywhere, and the aftermarket options mean that you can build a perfect survival vehicle. The downside is that you won't get more than two people onto most ATV's, and they aren't very fuel efficient. Your neighbours may also be wondering why your family has suddenly rolled out of the garage at breakneck speed on matching ATV's. This one will raise suspicion.

Mountain Bikes



A true survival vehicle, modern mountain bikes are very lightweight, have gears to help you through every terrain, puncture resistant tires and an ability to add rack systems for storage. As a stand-alone survival vehicle they are fantastic, or couple this with almost any other means of transportation as a back-up. Bikes can go almost anywhere, require no fuel, allowing you to quietly cover long distances (40-100 miles a day). The downside is that you will be totally exposed to the elements, and they have a limited carrying capacity.



Boats

Depending on your location, a boat can be a great back-up plan. With two thirds of the earth covered in water, a sail boat can cover vast distances, and typically has a large diesel engine to get you out of a jam. They can travel in any direction using the wind (except directly into it), at speeds of 5-15 knots. The downside is that being on the open ocean is not a good long term plan. Unlimited fish, yes, but you will need back up sources of vitamins. If the wind stops you won't get very far.

If your bug out location is on a river, a small dinghy or canoe can be a great bug out vehicle. You will avoid much of the road traffic, and travel much faster than if you were on foot. The downside is that you must follow the river, and will need a large tank of fuel to go any considerable distance.

Horses



If you have the ability to stable a horse either at, or close to your regular home, they are a great means of transportation in a disaster scenario. They can carry you with little effort, requiring only grass and water to keep going. They can cross most of the terrain you will come across, but have a limited carrying capacity. The more load they have, the slower they will travel.

Your own two feet

It could be your first option or your last, when all else fails your body is what will keep you moving towards your bug out location. Keep this in mind as you prepare, and slowly train yourself to be comfortable walking long distances. Taking up hiking is a great way to look “normal” while still preparing for the worst.



You need to be comfortable running, walking, swimming and climbing. Take some courses at your community rock climbing centre or swimming pool if you want to refine your skills. Consider how much weight you can carry and for how far. Do a few practise runs, testing your BOB and make sure it contains only truly useful items. Break in your hiking boots and try not to let the last time you walked 10 miles in them be more than a month ago.

Your body remains the most versatile form of transportation, however you face many downsides. It's difficult to carry a lot while hiking a large distance, with little protection from the elements and a low top speed. If you have young children or elderly family, it will be difficult to move them using this method.

Using this advice, you have learnt everything you need to know to survive an upcoming disaster. A well prepared survivalist knows exactly what to do in an emergency, acting with more speed than the average Joe. Find a great bug out location; know two or three ways to get there, and have everything you need in a bug out bag to survive the trip. Being prepared gives you the greatest chance to survive. I know I'm ready, are you?