



THE FRONT PAGE

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Blogging Retirement Day
November 30, 2008
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Monday, November 10, 2008

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SHTF - Grab 'N Go Stuff

November 10, 2008
6:31 AM CST

Other than letters asking me about guns and shooting, the next most popular topic is the contents of my "grab 'n go" bags—actually tubs—that I talked about yea those many moons ago.

I've updated the contents somewhat since then, and so I thought I'd share them with you.

Caveat: What follows is tailored to the needs of our family of five adults, and can keep us going in the car, under almost any conditions, for about five days to a week. Your needs, tastes and preferences may vary, and probably will. Feel free to amend the contents of your bags accordingly.

The assumption here is that we have about fifteen minutes' warning of impending catastrophe, and we have to get the hell out of ~~Dodge~~ Plano quickly, in one car (currently, our KIA Sportage SUV). Space is more of a premium now than it was in the old Suburban, so we've condensed a lot of it.

1. Pre-Arrangements.

Each kid has taped to the back of their bedroom door a list of duties and supplies that they are responsible for. They are permitted one small carry bag each for clothes, toiletries, prescription medications and such (contents specific to each kid, of course), and their duties include "help Dad load the car", "help Mom pack supplies", "put out food for the cats and leash up the dog", and so on.

Each family member also has on hand at all times: a cell phone; a Swiss Army knife (Champ or similar); a Surefire 6P flashlight or equivalent; and a folding knife.

Not pictured in what follows is our **water supply**, which consists of about 40 gallons of water in 5-gal jugs, two trays of bottled spring water, as well as a couple trays of Gatorade. Those all accompany the grab 'n go tubs.

All the SHTF stuff is stored inside our "disaster room" (actually, our walk-in closet under the stairs), thus serving a dual purpose.

2. Grab 'n Go Containers

We have two Rubbermaid tubs to carry all our SHTF supplies. As I said earlier, they're waterproof *enough*—not enough to survive complete submersion, but enough to keep out heavy rain. And everything which can possibly be damaged by water is kept inside zip-lock bags anyway. We went with these because they're sturdy, *light* and inexpensive. Each one can be carried by a single person. Here's a pic, with a soda can for perspective:

- Theater Tickets
- Bet on Kentucky Derby Betting
- Paintball Gun Parts
- Parenting
- GGG Aftermarket Rifle Parts
- Play 3D Pool Online, Free
- Las Vegas Golf Tee Times
- Free Fitness Tips
- merrillville colleges
- Lyrics

- Confluence
- Linkage
- Wasting No Time
- Excellent Thought

Gun Terminology and Glossary



Bloggers I Read Every Day

- Day By Day
- Personal Effects

Feet On The Ground

- Michael Totten
- Michael Yon

Other Angry Bastards w/Guns

- Alphecca
- American Farmer
- Anti-Idiotarian Rottweiler
- Armed Canadian
- Of Arms And The Law
- Aubrey Turner
- Brother Bane
- Bayou Renaissance Man
- Blackfive
- Blackfork
- Cold Fury
- Confederate Yankee
- Larry Correia
- Countertop
- Cowtown Cop
- Doc Russia
- Four Right Wing Whackos
- Geek With A .45
- Grouchy Old Cripple
- Hell in A Handbasket
- Irons In The Fire
- Marooned
- North Central Idaho
- John of Aaarrgh!
- Lawdog Files
- Mad Ogre
- Mr. Completely
- Munchkin Wrangler
- NeanderPundit
- No Looking Backwards
- Publicola
- Random Nuclear Strikes
- Ravenwood
- Say Uncle
- Sharp As A Marble
- The Smallest Minority
- Smoke On The Water
- Snowflakes In Hell
- The Ten Ring
- Traction Control
- VelociWorld

Fine Blogs

- The Anal Philosopher
- Austin Bay
- Baby Troll Blog
- Barking Moonbat EWS
- The Belmont Club
- Chicago Boyz
- Curmudgeonly & Skeptical
- Daily Pundit
- Dennis The Peasant
- Dhimmi Watch
- Gates Of Vienna
- Hog On Ice
- Howard Veit



With the exception of the entrenching tool (below), absolutely everything pictured from here on fits into these two containers.

Major Tools



The military entrenching tool is a given. The roofing hammer is an excellent utility tool: axe and hammer in one. The "blue" bag contains an air mattress, and on top is a "bag o' bags", with lots of trash bags and such. The two mini-saws are not intended for any kind of heavy sawing, just for kindling and firewood (I'll replace them with serious draw-string saws at some point). The Leatherman complements the other tools in the car's toolbox (which is always packed, and contains most tools and spares required to keep the car running).



Grundig battery/handcranked FM/AM/SW radio, canteens, large knife, water-purifiers, slingshot and shot, and reserve .22 ammo. As for the "Hayes" bag, it contains not a modem but a backup gun [nunya], and its caliber is betrayed by the two Big Green ammo boxes (which also contain a few rounds of backup .45 Colt).

Basic First-Aid Supplies

- Obama meets with Bush at White House
- Rite of passage: Presidents meet
- Palin blames Bush policies for GOP defeat

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- Hud's Blog-O-Rama
- IMAO
- In From The Cold
- Iowahawk
- Libertas
- Little Green Footballs
- Marvin The Answerbird
- Mike Lief
- The Passing Parade
- Riehl World View
- Scrappleface
- Smart And Principled
- Trevor Romain
- XKCD

Behind Enemy Lines

Cool Britannia

- 18 Doughty Street
- At Their Best
- Barry Beelzebub
- Chase Me, Ladies
- The Devil's Kitchen
- The England Project
- An Englishman's Castle
- EUReferendum
- Free Market Fairy Tales
- Geoffrey Chaucer's Blog
- Guido Fawkes
- Iain Dale
- JonnyB
- Mr. Eugenides
- Nanny Knows Best
- A Nation Of Shopkeepers
- The Policeman's Blog
- Samizdata
- Scaryduck
- Toffywomble

EUtopia

- The Dissident Frogman
- No Paseran!
- Peak Talk
- Tim Worstall
- Twenty Major

Oz

- Tim Blair
- Dissecting The Left
- Gun Watch
- Whacking Day

Domestic

- Aaron The Liberal Slayer
- Amritas
- Mitch Berg
- InDC Journal
- Mean Mr. Mustard
- Francis Porretto
- Second City Cop
- Seraphic Secret
- Spoons
- Suman Palit

Token Chick Blogs

- Alice Bachini
- The Arms Room
- Army Of Mom
- Bad Dogs
- Baldilocks
- The Breda Fallacy
- Cassy Fiano
- Deployment Junkie
- Dr. Helen
- Melanie Phillips
- Misty
- Mommy Needs A Cocktail
- Moxie
- Phlegm Fatale



Ever since we went to India, where we learned what happens when your hands are filthy, we've become obsessive about keeping our hands clean when we travel. Hence the giant bag (one of two) handwipe towelettes, and there are a whole bunch of smaller bags of same scattered into every nook and cranny. Also in the picture: povidone-iodine solution, latex and nitrile gloves, medicinal brandy, toothache pain reliever (oil of cloves), and bandages. The sanitary napkins and tampons are stopgap blood-staunchers. The contents of the first-aid tin are below.

First-Aid Tin Contents



Basic medical tools, lots of woundcare and bandages, with various painkillers and cold/flu tabs. The little steel thingy in the corner is actually a small folding knife, honed to razor sharpness, and of course there's a real razor just in case.

Light/Heat/Sundries



Flashlights (and spare batteries), Sterno, matches, compass, walkie-talkies (I'll upgrade those sometime, but they're quite adequate for the moment), compass, backup watch, and rope/nylon twine. Also: thermal blankets and handwarmers for each family member, and a light poncho. (Left out of the pic by accident: 500' of para cord, and a commercially-packed 12'x10' tarp



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WAPLOG

- High Capacity
- Lower Capacity

- Rachel Lucas
- Tammy Bruce
- TFS Magnum
- Twisted Spinster
- Villainous Company

Mainstream

- Adam Smith Institute
- Michael Barone
- Burt Prelutsky
- City Journal
- Civilian Gun Defense
- Climate Skeptic
- The Daily Telegraph
- Dealbreaker
- The Dilbert Blog
- Financial Sense
- The First Post
- Fundmastery
- Heritage Foundation
- Hot Air
- The Hudson Review
- Hugh Hewitt
- InstaPundit
- James Randi
- James Lileks
- The Mike Church Radio Show
- NewsMax
- National Review
- The Onion
- Private Eye
- Real Clear Politics
- Right Wing News
- Snopes.com
- The Spectator
- Tech Central Station
- Townhall.com
- Victor Davis Hanson
- Worse Than Failure

Essayists

- The Augean Stables
- Chuck Hawks
- Col. Jeff Cooper
- Eject! Eject! Eject!
- Ethics From The Barrel Of A Gun
- Fred Reed
- Jeff Snyder

Reference

- Al Fin
- The Big Picture
- CIA World Fact Book
- Classic Reader
- Fr. Frog
- Gun Law Nes
- A Human Right
- Infectious Greed
- Junk Food Science
- National Geographic Maps
- Project Gutenberg
- Quilldrivers
- Rocket Scientist Journal
- Self-Defense - Stephen Camp
- Shadow Government Stats
- Snopes.com
- Soldiers For Truth
- Sphinx
- Survival Blog

Congress

- U.S. Congress
- Plogress.com

with grommets and four sturdy 12" stakes).

Toiletries



Paper towel, more handwipes, tissues, and moistened toilet tissue packs. The red and yellow thingies are waterproof cases which hold things like anti-bacterial soap, Lotrimin, Neosporin and Immodium. The little bag in the top left holds backup supplies of shampoo, soap and such (hotel-style bottles).

Basic Foods



Since our several gastric operations, we've learned that when it comes to survival-type nutrition, you need protein, protein and more protein. That, sugar and water will keep you alive. Hence the jerky, corned beef, fish, chicken and peanut butter. (The brown bag at the bottom is food for the stupid dog, which the womenfolk insist we'll have to take with us. Oh well: she's an excellent watch dog, which might come in handy.)

Candy/dried fruit/nuts



Also in the picture: another bag o' bags, and three large Glad storage bags, which can double as suitcases or blanket storage, if necessary. Forgotten: energy bars and granola bars.

Drinks/additives

- Talk To Your Congressweasel
- Thomas - Find legislation

Archives

- Rant Calendar
- Rant Titles By Month

Categories

- Blog Topics
 - Acts of Congress
 - Election Time
 - Books For Sale
 - Business and the Economy
 - Citizenship
 - Civilization
 - Manners
 - Commie Bastards
 - Daily Life
 - Health
 - Humor
 - Alan Coren Ripoff
 - Life And Death
 - News Roundup
 - Things Which Piss Me Off
 - Education
 - Friends and Family
 - Keeping History
 - Games
 - Gummint
 - Rebellion!
 - Lies and Statistics
 - Heroes
 - Intarweb Stuff
 - Oldies
 - Gunnies
 - The Shooting Trail
 - New Shooter Reports/Updates
 - NOV Stuff
 - 3/2 Fund
 - International
 - British Week
 - French Week
 - German Week
 - Italian Week
 - Life, Culture and Morality
 - Culture and Literacy
 - Fine Art
 - Morality
 - Movies
 - Music
 - Sound Association
 - Military
 - Quote Of The Day
 - Righteous Shootings
 - Social Issues
 - Crime and Punishment
 - Eco-Nonsense
 - Illegal Immigration
 - Red State / Blue State
 - Jackals Of The Press
 - PSH
 - Men And Women
 - Nannies
 - Treason and Traitors
 - Stupid People
 - O'Reilly Division
 - Them and Us



Sugar, breakfast drink/powders, protein mix, coffee, tea, chocolate/cocoa, canned milk, evaporated milk and condensed milk in tubes (found in Europe, by the way).

That's it, for the Grab 'n Go Bags.

3. Grab 'n Go Guns:

Each family member has a handgun [*nunya*], which would be packed/carried as their individual responsibility, with at least one spare mag of ammo. Long guns are stored in carry cases set aside for this purpose, and include: two assault rifles (and 100-odd rounds of ammo), one shotgun (50 rounds) and two .22 rifles (500 rounds). Remember: we're bugging out, not going to war—although obviously, if circumstances look like being a little more ummm *desperate*, then it's an easy matter just to grab a couple of ammo cans full on the way out. (I store all my ammo in ammo cans, and I think that it's a decent habit to get into.)

Summary

So: it's

- two bins
- rifle cases
- the water
- a cooler full of ice
- the luggage
- two extra gasoline cans (10 gallons total, or about 3/4 tank for the Kia).

Fifteen minutes, and we're gone.

Thirty minutes, and we can add more food (maybe another bin, or perishables in the cooler) and cooking equipment for a longer stay.

One hour, and we can add the roof-carrier with extra stuff.

In a Katrina/Rita situation, with lots of time (24+ hours): *fuggedabahdit*.

A checklist of [SHTF](#) stuff (sufficient for one or two people) is below the fold. Add more quantities as the family group grows.

A. Suitcase

Clothing:

Underwear (4) and for girls, bras (2)

Socks (4 pairs)

T-shirts (4)

Jeans (2)

Sweatshirt & pants (1)

Raincoat (summer)

Overcoat, hat and gloves (winter)

Spare pair of shoes/sandals/sneakers

Towels

Sponge bag:

Toothbrush

Toothpaste

Deodorant

Sanitary stuff (girls)

Prescription medications

Tylenol etc.

Sunburn lotion

Shaving gear

B. Carry bag

Games, CD players and CDs

Batteries – and when your batteries run down, that's it

2 or 3 books

Survival Items

- **Injustice**
- **Voting and Elections**
- **Stuff**
 - **Deadly Sins**
 - **SHTF**
 - **Toys**
- **Terrorists and Terrorism**
- **Thin Blue Line**
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Medical (in Ziploc bag):
 Advil (sunburn, minor pains)
 Aspirin ("heart meds")
 Tylenol-3 (Rx painkiller)
 Benadryl
 Neosporin
 10% hydrocortisone ointment
 Antiseptic wipes or bottle of Curel
 Antiseptic soap in its own baggie
 Hydrogen peroxide / disinfectant
 Band-Aids
 Small roll bandage
 Ace bandages (knee, ankle)
 Curved sewing needle
 Sewing needles & cotton thread
 10' nylon thread
 Scalpel blades
 Tweezers
 Tampons (for wound care)
 Sponges
 Eyewash / eye drops
 Earplugs

Stuff:

Duct tape
 Large black plastic garbage bags
 Ziploc bags
 Toilet paper

Devices & Signaling:

Mirror
 Whistle
 Compass
 Maps
 Walkie-talkies
 Pencil / pen
 Sharpie
 Paper
 Red spray paint

Fastenings (in Ziploc bag):

40' parachute cord
 200' twine
 Zip ties
 Assorted rubber bands
 Safety pins
 Red electrical tape
 Superglue

Tools & Weapons:

Leatherman / Gerber multi-tool
 Large Swiss Army knife
 Folding knife
 Large fixed-blade knife (eg. Ka-Bar)
 Cord saw
 .22 rifle w/sling and 100 rounds ammo
 Shotgun w/20 rounds ammo
 Rifle w/100 rounds ammo
 Handgun w/50 rounds ammo, per person

Clothing & Shelter (in Ziploc bags):

Rain poncho
 Survival blanket
 20-hour body warmers
 Work gloves
 Tarps and pegs

Drinking:

Stainless steel flask of brandy (doubles as signal mirror)
 Water-purifying tabs
 Canteen & holder
 Bottled water

Fire & Light:

Bic lighters
 Waterproof matches
 Magnesium "flint"
 Jeweler's loupe
 10-hour emergency candles
 12-hour light sticks
 Mini-Maglite and 10 x AA batteries
 Photon micro-light
 Surefire 6P + 4 spare batteries
 Large flashlight / spotlight
 Sterno cans

Foods:

Beef stock cubes

Soup packets
 Vac-pack meals (eg. MREs)
 Beef jerky
 Energy bars
 Candy
 Small cooking pot
 Uncooked rice
 Corn meal
 Sugar
 Salt
 Canned food
 Evaporated milk
 Coffee / tea
 Powdered drink (pre-sweetened)

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Comments

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1. Well done and fairly comprehensive. Although I am not real keen on tinned beef, it looks impressive.

If it is not a drill and you do have to bug out, I would recommend a quick purchase of fresh fruit if you have time for that. Your first aid kit is admirable. Your collection is well thought out.

Old Trooper | 11/10/2008 07:39 AM CST | **#137400**

2. Before it gets overlooked, I just want to remind that Kim made quite clear that this was **our** grab-n-go, for our family, and for where we live.

When I lived in Los Angeles, my emergency preparedness focused more on earthquakes. If someone lives in a snow region, there would need to be more emphasis on that, ditto for drought, flood, ice storms (resulting in days of power loss), etc.

I think a good rule of thumb is to think about the disasters in the last 10 years, to your region, and then think of what you'd want/need to survive that, and the duration.

Bugging out is a last resort, except for temporary situations, such as a hurricane in our area. In other emergency situations, the best place to be is home. If our power was out, we have other means of cooking. Winters in our area are not severe (we seldom turn the heat on). A summer season disaster would mean we'd be hot without A/C, but that would be uncomfortable, not life-threatening.

Our disaster closet is where the family goes during a tornado warning (an interior room with no windows, with the structural support of the stairs above it), but someone else may have a basement to store their supplies, or their garage is a better choice. Our garage is not insulated and not a place to go during a tornado, and because of the clay soil and water table, we don't have basements in this region.

Connie | 11/10/2008 07:48 AM CST | **#137401**

3. I'm glad to see the **superglue** in your kit. Not only does it fit under the Fastenings list, but it also fits under the Medical list. Superglue sticks skin together VERY well and is handy for cuts that are messy, e.g. cuts from a serrated edge such as your Spyderco.

Another easy and cheap addition to a HOLYSH#T kit could be a **small bottle of bleach**. Only a few drops will sterilize about 1/2 gallon of water, so just a small bottle make LOTS of drinking water. It's been used for a long time by outdoorsmen and I've never heard of any problems from it. I used it to turn swamp water into potable water when hiking through the Florida Everglades and had no problems. It's ALOT cheaper and faster

than those filter/purifiers.

Dave the Rave | 11/10/2008 07:58 AM CST | #137403

4. I saw the US Army Survival Manual pictured above, and got to thinking...

If there was only 1 book you could take with you - say stuffed in a ruck sack - would that be it? Top 3?

We'll miss ya when you quit.

Zieggenfus | 11/10/2008 08:18 AM CST | #137407

5. Absolutely admirable.

I've finally managed to accumulate most all of this for my family and then some, including nearly a year supply of food . . . now for the (seemingly) daunting task of organizing the essentials in a manner that can be packed into the rig in a hurry in case we bug out.

Of course in the rural area where I live, a bug-out situation is very unlikely and we'd be best off to hunker down right here where our shelter, food, clothing, tools, firewood for heating and cooking, water from well and nearby stream are all in place. Neighbors are few and friendly.

But still, you've inspired me to get some tubs ready.

Danny Boy | 11/10/2008 08:27 AM CST | #137408

6. The **Listening to Katrina** series helped me re-evaluate how to setup for emergencies. The concepts for protecting wealth, which Shane is the first I've seen to really cover in a detailed way, are good things to think about.

aczarnowski | 11/10/2008 08:27 AM CST | #137409

7. About the only difference in my kits is I use the blue "mechanics" towels instead of traditional paper towel. It's pretty tough stuff.

I used about this same checklist for Africa- though I left out a lot of the "Big" items like e-tools and tarps (those were there when we got there) and food (we killed what we ate, or went hungry)and it served me quite well.

og | 11/10/2008 08:53 AM CST | #137416

8. The tampons are great for mild to moderate wound care, and they're far more cost effective than a product I ran across in a magazine a few years ago.

Z-Medica makes an array of clotting items in their QuikClot brand; a granulated type hemostatic agent that you pour on/in to the wound as well as different types and sizes of gauze and sponges with the same clotting agent as the granules, impregnated in the sponge. **Very pricey**, but supposedly quite effective. They have a type with a ionic silver to keep bacterial growth at bay too, in case it takes some time to get good medical care.

The clotting agent is an exothermic reaction when it contacts the blood, so it will probably induce a sensation of burning, but beats the alternative of bleeding to death. Limited application, but it may be worth having on hand in your BOB. I do.

Should be available at Cabela's, if you live near one, in the camping section, or online, obviously.

Just a thought.

theirritablearchitect | 11/10/2008 09:18 AM CST | #137422

9. We live in the San Joaquin Valley, Ppl's Sov of Khaleefornya. Dull place: no fires, floods or quakes. But it does catch and

hold bad air, e.g. from a dirty bomb in the Bay Area. And the N/S freeways out are choke points. Our evac plan is East, to the high country. Since I am gone a lot, that includes rendvs plans (summer and winter). Have a plan, don't count on the cel phone.
Don't forget the locking gas cap on the escapemobile. Last summer goblins were drilling holes in gas tanks; skid plates came in handy.

bugzy | 11/10/2008 09:20 AM CST | #137423

10. Including the 5 of you guys, does all that really fit into the KIA? I didn't think that the trunk space behind the rear seat was all that big, but then I've never purposefully looked at it.

Fast_rope71 | 11/10/2008 09:49 AM CST | #137431

11. When you're ready to upgrade those walkie-talkies, you might want to consider becoming licensed amateur radio operators and getting HTs. They're quite a bit more powerful and versatile, which, in an emergency situation, would give you more communications options. For instance, I have a Yaesu FT-60R, which is dual-band (2m/70cm), powerful (5W transmit power), rugged, able to run on AA batteries (with an optional battery case), and inexpensive (under \$200). It's popular among emergency communications responders for all those reasons. I also have a Yaesu VX-170, which is similar to the FT-60R except it's 2-meter only, and it can share the FT-60R's battery packs; it's even *less* expensive (about \$120). There are other options available, too, not just from Yaesu, but from other manufacturers such as Kenwood and ICOM.

Yes, you have to go get a license to use those, but it's not an onerous barrier, certainly no worse than a CCW permit. The FCC dropped the Morse code requirements for all classes of ham radio license not long ago, and the Technician class license--for which the exam is fairly simple for intelligent people such as yourselves--gives you all the privileges you'd need for those radios. And I think you'll find that a *lot* of hams out there have a similar interest in emergency preparedness.

Just something I'd noticed and would submit for your consideration. 73's from KD0BSZ. 😊

Erbo | 11/10/2008 10:25 AM CST | #137440

12. FR,

It does indeed all fit into the Kia's "trunk". Granted, a kid or two might have to put their bag on the floor in front of them, but a little discomfort is better than the alternative.

Kim | 11/10/2008 10:39 AM CST | #137441

13. And we have a roof rack. We'd just need the time to put the clamshell on the car to make it really useful.

Connie | 11/10/2008 10:41 AM CST | #137444

14. I have a seven passenger SUV and three small kids. It's shocking how quickly the big SUV fills up with necessities. When we go camping for the weekend, were lucky if we can fit everything in there. Which just goes to show the importance of pre-planning.
I figure in a bug out situation, we'd be on our own for at least 72 hours so all meals, beverages accommodations and security are my responsibility. That's at least 45 meals, 45 privy visits and depending on the weather here in the North East a boat load of sleeping bags coats, fuel and the like. Point is, now is the time to plan this stuff out.

El Duderino | 11/10/2008 11:19 AM CST | #137451

15. Are those Rubbermaid boxes the 10 gallon size?

As to treating water with chlorine, you have to watch the concentration. According to the US Public Health Service as published in BSA Great Western Council "Footprints" Vol 3,

1974:

Chlorine concentration Drops per Quart

1% 10

4%-6% 2

7%-10% 1

Clorox is 6% Sodium Hypochlorite.

If in doubt about concentration, use 10 drops per quart.

Double the amounts for turbid or colored water.

The treated water should be mixed thoroughly and allowed to stand 30 minutes. The water should have a slight chlorine odor; if not, repeat dosage and allow water to stand for an additional 15 minutes. If treated water has too strong a chlorine taste, it can be made more palatable by allowing the water to stand exposed to air for a few hours or by pouring it from one clean container to another several times.

Btw, the ability of chlorine bleach to purify water is a good reason to only buy the unscented variety from the markets if you can get it.

Windy Wilson | 11/10/2008 11:23 AM CST | #137453

16. Excellent as always!!!

Frigate | 11/10/2008 11:40 AM CST | #137456

17. A few things I'd consider adding

1. Potassium Iodide or Iodate - The idea is that radioactive fallout in the case of accident or terrorism produces radioactive iodine which gets into your thyroid. That will cause a nasty quick cancer. The iodate or iodide saturates the thyroid with iodine blocking the radioactive stuff. Check your med history prior to a SHTF scenario

2. A good mask for each person. Again, a radioactive SHTF scenario can be a lot more survivable with some simple precautions. One is to keep the dust out. Also, I get dead critters on the property once in a while. I'm a bit ashamed to admit but my barf level is low. I use the mask to keep the barf reflex in control. Dead bodies would max that effect out.

3. Add in passports if you have them AND A WAY TO HIDE THEM SECURELY

4. Consider another use of the med stuff.. Namely keeping off of FEMA work parties. They supposedly CAN draft you for manual labor... JBFEMAT : "You Vill Grab Dis Shovel Schnell" You "Gee, as you can see from this splint on my leg I have a fractured shin" JBFEMAT : "Verry Vell, you are excused.. "

5 If you have a fish pond you might want to stock up on some antibiotics for your fish.. You never know when you might run into a pond full of sick Koi somewhere. Of course, it would be against federal law to give those to a human even in an emergency so we won't do that right??

6. They sell book type topo maps that cover a state level. These could be real handy especially if you know how to read them

anyway, thanks for this post kim. I'm going to dust off my Y2k planners.

Bullseye | 11/10/2008 12:33 PM CST | #137468

18. You want to replace those saws with one of **these**.

The smaller one folds up into something the size of a fat ruler (that would be the measuring device ... heh), 17"x 1 3/4" x 5/8".

When I used to work for the Forest Diservice, we used them exclusively for light sawing duties on wilderness crews (for big jobs we used a chainsaw, or a crosscut inside the wilderness areas). Indestructable, light, and they work.

kbarrett | 11/10/2008 01:26 PM CST | #137481

19. Totally and completely f***ing brilliant. Yet another thing Kim reminded me of over the years was to BE PREPARED to take care of myself and my family when the SHTF without relying on anyone, particularly the gummint. Thank you, Kim.

Also, great advice from the Mrs. I have three small kids, so bugging out of home base is definitely last resort. However, I want to be prepared if it happens, as it would definitely be close to panic time at that point and nobody thinks well under that kind of stress. Accordingly, that is exactly when being prepared with Grab N' Go and having a plan would really pay off.

Also, just going through the exercise of Grab 'N Go got me motivated to be more prepared at home in general, as I started to think of what it would take to support my family for a month or more if the thin veneer of society was temporarily scratched away (see Katrina or Urkel losing). Not that I have gone all survivalist, but I found it quite staggering to see on paper what I would really need to put away and then be prepared to defend. Anyway, I think the possibility is pretty remote but it seems to me that options quickly disappear once the Black Swan is in the pond, so I'd rather be prepared.

dbrown | 11/10/2008 01:38 PM CST | #137487

20. Be careful with the quick-clot stuff. Because it is exothermic, you must keep it out of your lungs and eyes, lest you suffer some fairly severe injuries.
If you can, score some ciprofloxacin and some clindamycin. Most infections can be treated effectively with those two antibiotics. Oh, Flagyl ,too.
I read the voices of Katrina series, as well, and found it to be very insightful. I like the 1 minute/ 1 hour/ 1 day preparation levels.
I keep a jump bag in the truck (which can sustain for 72 hours) because if I do need to scam in 60 seconds, then I already have a good start. I just get my laptop, our important docs safe, and the rifle bag. I also have a tub full of stuff staged in the garage with camping gear. That just about takes 60 seconds to get in the truck. Then, I am *GONE*. Give me an hour, and I can get a couple of cases of ammo, another rifle, more clothes, more food, and more mementos.

doc Russia | 11/10/2008 02:12 PM CST | #137497

21. If you can, score some ciprofloxacin and some clindamycin. Most infections can be treated effectively with those two antibiotics. Oh, Flagyl ,too.

::Goes through her address book, thinking about who she knows who might be able to do that::

Connie | 11/10/2008 02:16 PM CST | #137498

22. Just a thought, but if you've been having a goodly number of enquiries, is this a business opportunity for you?

You might consider substituting some honey for the sugar: not only is it a sweetener but it keeps better and is useful for treating wounds.

Quentin | 11/10/2008 02:24 PM CST | #137500

23. Just a thought, but if you've been having a goodly number of enquiries, is this a business opportunity for you?

Kim, the SHTF Personal Shopper.

heh

Connie | 11/10/2008 02:26 PM CST | #137501

24. > Kim, the SHTF Personal Shopper.

And why not? If the demand is there, there's money to be made. Of course I doubt you'd be allowed to include the

firearms or some of the medicines.

Quentin | 11/10/2008 03:08 PM CST | #137509

25. I second Quentin's suggestion. Also, does anyone have any ideas for those of use up here in the great white north, a lot of this stuff, including the containers, do no handle -40 degrees very well.

vivictius | 11/10/2008 03:15 PM CST | #137511

26. I will third that, and I believe that makes quorum. Kim you just got a new career! 🙄
Great work on this one.

Martini | 11/10/2008 03:44 PM CST | #137516

27. Bug Spray! Mosquitos love me, so I have it stashed about everyone possible in house and car. And for those who wear glasses/contacts, pack an extra pair with eye wash solution.

nativetexan | 11/10/2008 04:19 PM CST | #137519

28. Forget it. Too time-consuming, and too heavy to ship.

That's why I posted the piece—so everyone can get off their fat asses and buy the stuff themselves. There's even a checklist and everything...

Sheeesh.

Kim | 11/10/2008 06:35 PM CST | #137526

29. Kim's Major Wound Solution:

1. Wash out with spring water and povidone.
2. Cover with sanitary towel/tampon.
3. Bandage and duct tape.
4. Find a doctor and make him fix it, à la James Caan in *A Bridge Too Far*.

Kim | 11/10/2008 06:38 PM CST | #137528

30. Oh, and I left out the codeine tabs and such because I don't have any, no siree not me.

Kim | 11/10/2008 06:40 PM CST | #137529

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