

PREPAREDNESS UNIVERSITY

Bug-Out vs. Get-Home Bags

Are You READY?

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Overview

- Difference Between Bug-Out & Get-Home Bags
- Situations That Require a Bug-Out Bag
- Situations That Require a Get-Home Bag
- Essential Items for a Bug-Out Bag
- Essential Items for a Get-Home Bag
- Real-World Case Studies: Lessons from Disasters

Preparedness: Your Personal Insurance Policy

Preparedness is like an insurance policy you take out on yourself and your household. The coverage and deductible are entirely up to you. Every decision you make about preparedness is an investment in your ability to navigate crises.

Bare Minimum Policy (Liability-Only Coverage)

- Covers only the most common, **short-duration emergencies** (hours - days).
- Focus on **immediate needs**: food, water, flashlight, basic first aid.
- **Low investment**, but limited protection.

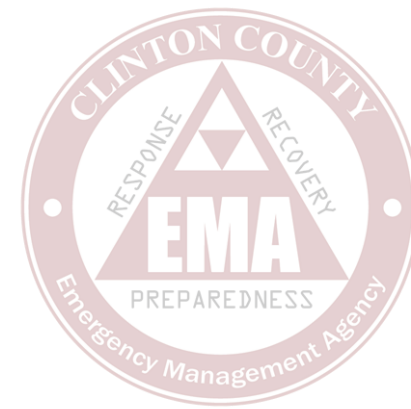


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Moderate Coverage Policy (High-Deductible Plan)

- Covers a **broader range of situations** but requires adaptation and resourcefulness (days – weeks).
- More self-reliance required, **fewer pre-packed solutions**.
- **Medium investment**, with flexibility in extending coverage over time.

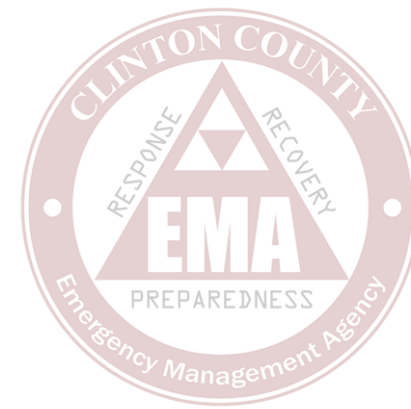


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Comprehensive Policy (Full-Coverage Preparedness)

- Covers a **wide array of emergencies**, including long-term disruptions (weeks – months).
- **Requires more maintenance** and periodic updates to keep supplies fresh.
- **Higher upfront cost** but ensures maximum readiness.

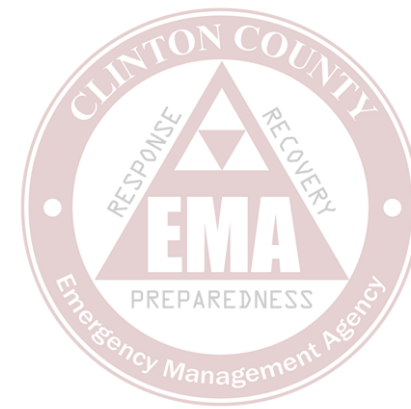


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Applying the Insurance Mindset to Every Lesson

- Each class topic is **another layer of protection** to add to your policy.
- Consider what **level of preparedness fits your needs** and lifestyle.
- **Reassess your preparedness policy regularly** as circumstances change.



Preparedness: Your Personal Insurance Policy



Budget-Conscious Preparedness Approach

- Start by identifying **existing items around your home** that can fill preparedness needs.
- **Repurpose and reuse** older gear before purchasing new equipment.
- Gradually acquire additional supplies and capabilities **as your budget allows**.
- **Focus on high-priority**, cost-effective solutions first, then expand over time.
- Preparedness doesn't have to be expensive—**small, consistent improvements** lead to long-term resilience.



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Overview

This course provides county residents with essential knowledge on **Bug-Out Bags (BoB)** vs. **Get-Home Bags (GHB)**.

Participants will learn when and how to use each type of bag, essential contents, and real-world examples such as the East Palestine train derailment and California wildfires to illustrate practical applications.



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Difference Between Bag Types

- **Bug-Out Bag (BoB):** Pre-packed kit to sustain an individual/family 72+ hours (evacuation).
- **Get-Home Bag (GHB):** Bag to help a person return home safely (work, school, or travel) when normal transportation is disrupted.

Feature	Bug-Out Bag (BoB)	Get-Home Bag (GHB)
Purpose	Evacuation & survival	Short-term emergency mobility
Duration	72+ hours	12-24 hours
Size & Weight	Larger, heavier	Compact, light
Supplies	Shelter, food, water, first aid, tools, clothing	Water, energy snacks, walking shoes, safety items
Location	Stored at home or in vehicle	Kept in a car, workplace, or daily bag

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Situations That Require a Bug- Out Bag

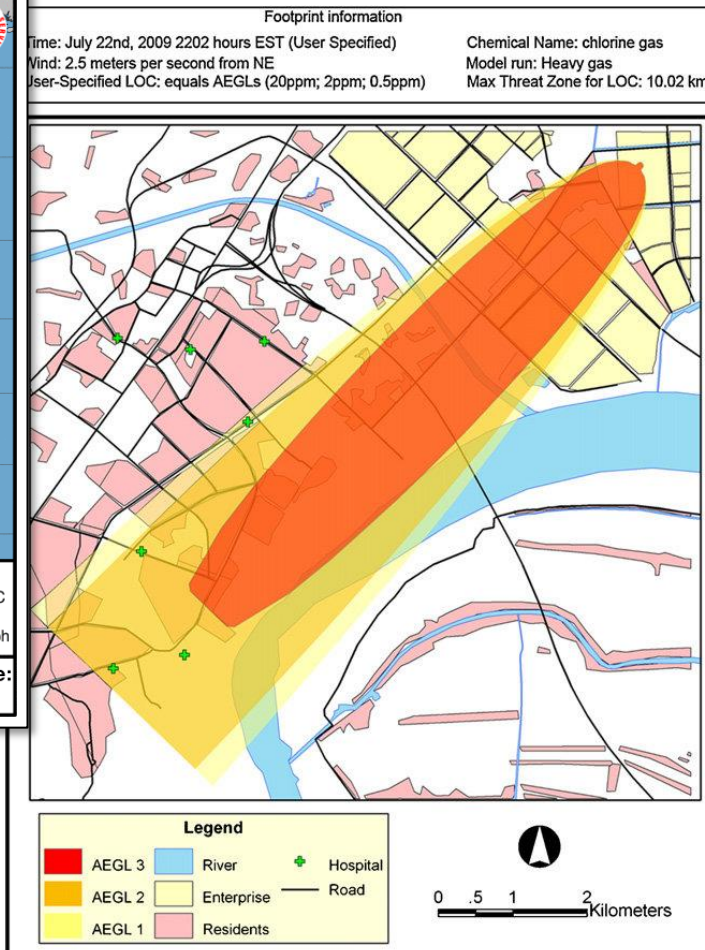
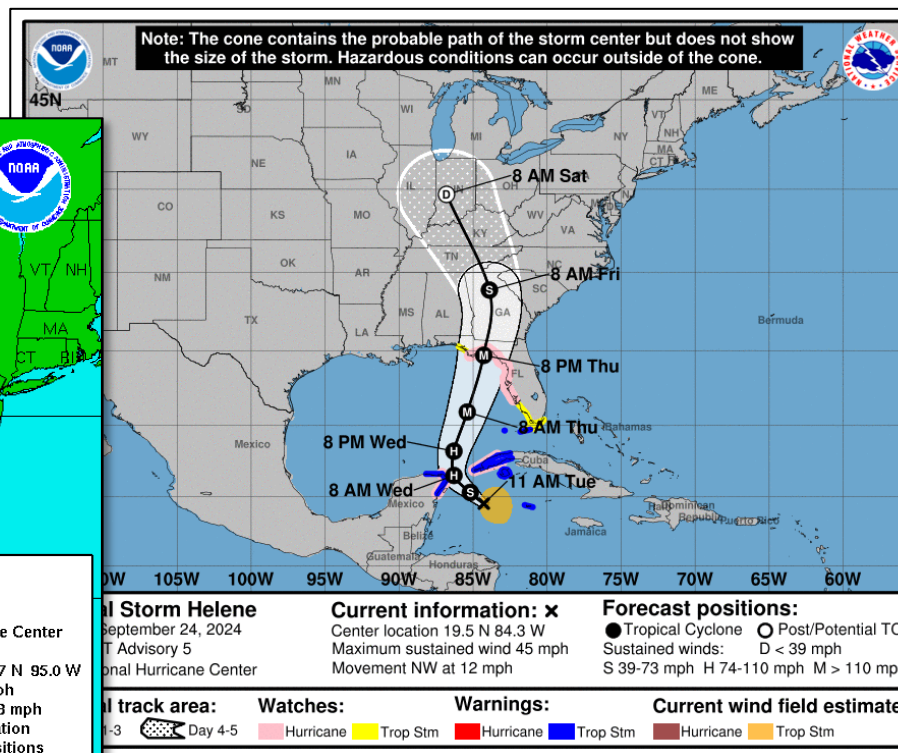
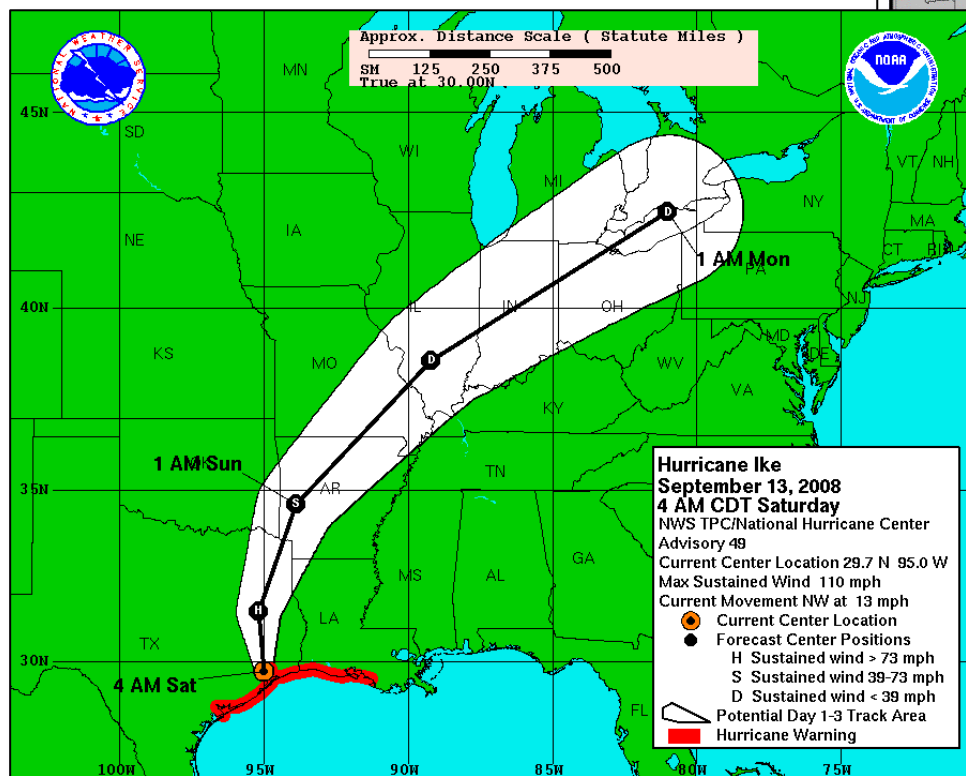
A **BoB** is needed when evacuating from immediate danger. Examples include:

- **Hazardous Materials Release** (e.g., industrial accident, chemical spill)
- **Wildfire** (e.g., rapid spread, poor air quality forcing evacuation)
- **Train Derailment** (e.g., hazardous cargo spill, mass disruption)
- **Major Power Grid Failure** (e.g., extended blackouts, societal breakdown risks)
- **Hurricane or Flooding** (e.g., forced evacuation due to rising waters)
- **Civil Unrest** (e.g., protests, riots affecting safe travel or security)
- **Terrorist Attack** (e.g., credible threats requiring evacuation from an area)



Remnants of Hurricane Helene (2024)

Remnants of Hurricane Ike (2008)



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Situations That Require a Get- Home Bag

A **GHB** is needed when you must return home safely from work, school, or another location after an emergency disrupts normal transit. Examples include:

- **Severe Weather Events** (e.g., sudden blizzards, tornadoes, extreme heat waves)
- **Earthquake** (e.g., damaged roads, public transit shutdowns)
- **Terrorism or Active Shooter Incident** (e.g., emergency evacuation from workplace)
- **Power Outage Affecting Public Transit** (e.g., subway/bus disruptions due to rolling blackouts)
- **Vehicle Breakdown in a Remote Area** (e.g., stranded on a highway with no cell service)
- **Cyberattack Disrupting Infrastructure** (e.g., ATM, fuel shortages, power grid attack)

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Essential Items for a Bug-Out Bag (Minimum)

A **BoB** should sustain you for **72+ hours** & be suited for different hazards.

- **Water & Filtration:** 3 liters per person per day, water filter (Sawyer Mini, LifeStraw)
- **Food:** High-calorie non-perishables (MREs, energy bars, freeze-dried meals)
- **Shelter:** Lightweight tent, tarp, emergency blanket, poncho
- **Clothing:** Season-appropriate attire, extra socks/underwear, sturdy shoes
- **First Aid Kit:** Trauma kit, prescription medications, personal hygiene items

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Essential Items for a Bug-Out Bag (Minimum)

A **BoB** should sustain you for **72+ hours** & be suited for different hazards.

- **Fire Starting:** Waterproof matches, ferro rod, lighter
- **Tools:** Multi-tool, knife, paracord, duct tape
- **Navigation & Communication:** Map, compass, whistle, emergency radio
- **Self-Defense:** Pepper spray, personal safety tools (as legally permitted)
- **Lighting:** Headlamp, flashlight, extra batteries
- **Documents:** Copies of IDs, insurance, emergency contacts, cash (small bills)
- **Extras:** Notebook, pen, comfort items for children (small toys, books, security*)

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Essential Items for a Bug-Out Bag

Who Should Have a Bug-Out Bag?

- Every household should have **one bag per person tailored to specific needs** (children, elderly, pets).
- Keep BoBs accessible in vehicles, near home exits, or emergency storage areas.

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Essential Items for a Get-Home Bag

A GHB should be compact but effective in helping you travel on foot 10-30 miles if needed.

- **Water & Purification:** 1 liter of water, purification tablets
- **Food:** Energy bars, jerky, electrolyte packets
- **Clothing:** Comfortable walking shoes, spare socks, gloves, hat
- **First Aid:** Small trauma kit, bandages, antiseptic wipes
- **Navigation:** Paper map of local area, compass

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Essential Items for a Get-Home Bag

A GHB should be compact but effective in helping you travel on foot 10-30 miles if needed.

- **Self-Defense:** Pepper spray or self-defense tool (as legally permitted)
- **Safety Items:** Dust mask, goggles (for debris, smoke protection)
- **Lighting:** Compact flashlight or headlamp
- **Multitool:** Small knife, paracord, duct tape
- **Emergency Contacts:** Printed list, emergency whistle

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Essential Items for a Get-Home Bag

Additional Items to Consider:

- Small Folding Stove & Fuel Tabs (for boiling water, cooking)
- Spare Phone Battery Pack
- HAM or GMRS Radio (for emergency comms)
- Solar charger/power
- Cash in Small Bills (ATMs may be down)

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Essential Items for a Get-Home Bag

Seasonal Adjustments:

- **Winter:** Hand warmers, insulated gloves, extra layers
- **Summer:** Sunscreen, extra water, cooling towel
- **Rainy Season:** Waterproof bag, poncho

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Real-World Case Studies: Lessons from Disasters

East Palestine Train Derailment (2023)

- Residents **forced to evacuate** due to hazardous chemical exposure.
- Those with a **Bug-Out Bag** could leave immediately with essential supplies.
- **Shelters were overwhelmed**, and personal hygiene items were critical.

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Real-World Case Studies: Lessons from Disasters

California Wildfires

- Sudden evacuation orders meant **minutes to leave** before fire spread.
- Smoke and ash made **respiratory protection** (N95 masks, goggles) essential.
- Those with **pre-packed Bug-Out Bags** had a **major advantage** in securing shelter quickly.

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Final Takeaways

- **Know the Difference:** A Bug-Out Bag is for evacuation, a Get-Home Bag is for returning home.
- **Tailor Your Bag:** Customize contents based on personal needs and environment.
- **Regularly Update Gear:** Rotate food, water, batteries, and seasonal items.
- **Have a Plan:** Know when to evacuate, where to go, and how to communicate.

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Homework

- Assemble your **Bug-Out Bag & Get-Home Bag** today.
- Conduct a **family emergency drill** to practice using them.
- Regularly **review and refresh** supplies as conditions change.

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Questions & Discussion

