

# Posse+Plus, Wood County Texas

## Bug-Out/Go-Home Bags

The size and contents of bug-out/go-home bags depend on how far you plan to travel, the anticipated time of travel, and the weather conditions. While a small bug-out/go-home bag will be adequate for a trip on foot for a few hours, a larger pack is needed for a trip lasting several days or a trip that could last weeks.

Someone walking from work back home may only have to travel a few miles which can be completed in a few hours. If you have to hike from a location in a city to a bug-out location in nearby rural areas it could take several days.

The size of your bag will depend on how far and how long you intend to travel on foot. An average walker can maintain a pace of 3 miles per hour in good weather conditions. About 20 miles is the most one could expect to travel on foot in a good day. Rain, ice, snow, excessively hot or cold temperatures will reduce the number of miles you can travel in an hour or a day.

For example, the distance from Quitman to Mineola is 10 miles, which would take 3 hours and 20 minutes of walking time in good weather conditions. This does not include delays such as resting, drinking, and eating. With these delays the total time could be 6 or 7 hours.

Below are estimates of distances and **walking times** using **Quitman** as a starting point. **These times do not include time for resting, drinking, eating, camping, and sleeping.**

- Mineola / 10 miles / 3 hours and 20 minutes
- Alba / 13 miles / 4 hours and 20 minutes
- Winnsboro / 16 miles / 5 hours and 20 minutes
- Holly Lake Ranch / 18 miles / 6 hours
- Hawkins / 23 miles / 7 hours and 40 minutes
- Tyler / 35 miles / 11 hours and 40 minutes
- Dallas / 95 miles / 31 hours and 40 minutes

For each hour of walking time an hour needs to be included for resting, acquiring food, and acquiring water. After walking 20 miles, 10 hours will be needed to camp and sleep before walking another day.

In a 24-hour day of traveling by foot, plan on 7 hours walking, 7 hours resting, acquiring food and acquiring water, and 10 hours for camping and sleeping.

Estimates of **total times** using **Quitman** as a starting point are below. **These times include time for resting, drinking, eating, camping, and sleeping.**

- Mineola / 6-7 hours
- Alba / 8-9 hours
- Winnsboro / 10-11 hours
- Holly Lake Ranch / 12-13 hours

- Hawkins / 23 miles / 1 day and 2 hours
- Tyler / 35 miles / 1 day and 8 hours
- Dallas / 4 days and 10 hours

## Equipment

Before listing equipment and brands associated with bug-out bags it is important to understand that you should make choices as though your life depended on your purchases because it does. Make sure to become familiar with your equipment before it is needed.

Redundancy increases your chance for survival. Make sure you have more than one way to perform the most critical tasks such as starting a fire and purifying water.

### 1. Backpacks and Bags

Below are backpacks listed from smaller sizes to larger sizes. Your choice should be based on whether or not your journey will last hours, days, or weeks. Choose a coyote brown, tan, or olive green color to make it easier to conceal yourself when needed. If your journey lasts overnight choose a backpack that will hold a hydration bladder. MOLLE/PALS webbing on the outside will allow pouches and kits to be mounted externally extending the storage space. Recommended brands include Drago, Condor, ALPS, and Eberlestock.

Below are the backpack capacities in cubic inches and liters for different lengths of bug outs.

- **A few hours**-1,000 to 1,500 cubic inches (16 to 25 liters)
- **Two to three days**-1,500 to 3,000 cubic inches (25 to 50 liters)
- **Three to five days**-3,000 to 5,000 cubic inches (50 to 82 liters)
- **Six or more days**-5,000 cubic inches or larger (82 liters or larger)

If your trip follows roads wheeled tool bags, wheeled luggage, or a collapsible wagon would work. A sling backpack over the shoulder can be used in substitution for a regular backpack. Other options include using a hunting vest and cargo pants especially for shorter trips.

### 2. Water

The most essential item for a bug-out bag is water, however water is heavy. Water weighs over two pounds per quart. You may be able to carry enough water for a few hours travel. Longer trips require you to have the ability to make surface water drinkable. On average plan on a gallon of water per day, but you can lose two quarts per hour sweating while hiking in hot humid conditions. Make sure that you drink enough water that your urination is normal in frequency and volume. If your urine is dark, small in quantity, or non-existent you are not drinking enough water. Drink as much water as possible before you set out on your trip. If you are dehydrated before you set out you will not rehydrate properly later.

Surface water can be pasteurized, boiled, or filtered to make it drinkable. Listed below is equipment associated with water purification and popular brands you should consider for your bug-out bag.

- **Containers for boiling water**-Combination of a plastic canteen with a metal cup

*(Rothco), single wall stainless steel water bottle (Nalgene), stainless steel or titanium stove with pot and cup (Toaks, Esbit)*

- **Pasteurizing water**-same as boiling water plus a water pasteurization indicator WAPI (Sunflair)
- **Straw type water filter**-(LifeStraw, Sawyer)
- **Pressure/push through type water filters** (Grayl)
- **Water Bladder or reservoir**-(CamelBak) Other brands have a tendency to leak. A 100 oz. bladder is recommended for men and a 70 oz. bladder is recommended for women.

### 3. Fire Starter Kit

Fire is needed to help purify water, cook food, heat your body, dry your clothes, and provide some level of safety from predators. Listed below is equipment associated with fire starter kits and popular brands you should consider for your bug-out bag.

- **Ignition source**-disposable lighter (Bic, cheaper brands have a tendency to fail), metal match (Yuaay, bayite, Gerber), large 4-6" Ferro rod with steel
- **Tinder**-cotton balls or dryer lint with petroleum jelly (Vaseline), fire paste (Coghlan), waterproof starter (Wetfire), trioxane fuel bar (USGI)

### 4. Survival Knives

There are three types of knives that should be considered for bug-out/go-home bags including fixed blade knives, folding knives also known as everyday carry (EDC) knives, and multitools.

Fixed blade knives are strong enough to do heavy work such as splitting logs. Folding knives with assistant opening (switch blades tend to break) kept in a pocket are convenient for one hand operation. Multitools include pliers, blades, screwdrivers, etc. that can be useful when bugging out.

Avoid tanto and other fancy shaped blades. Do not buy knives with serrated edges. Both are hard to sharpen. Choose knives with a drop point, clip point, or straight back design. Fixed blade knives should have a full tang. That means the blade steel passes all the way through the handle. The handle of a knife should have a grippy texture so that it will not slip out of your hand in the rain, or covered with mud or blood. Look for knives made with a high carbon steel, that are easy to sharpen, and will maintain an edge over a long period of time. Include a small knife sharpener.

Multitools should have a pair of pliers with a wire cutter, straight blade, serrated blade, sharpening file, can opener, regular screwdriver, and Phillips screwdriver.

- **Fixed blade knife with sheath**-(Cold Steel/SRK, KA-BAR, Schrade)
- **Folding knife with assisted opening 3-3½" blade**-(Benchmade, Zero Tolerance, Kershaw)
- **Multitool**-(Leatherman) Cheaper brands will often fail.
- **Sharpener**-(Work Sharp Guided Field Sharpener)

## 5. Survival Flashlights

Survival flashlights include handheld flashlights, head lamps, and hat brim lights. LED lamps that are in most modern flashlights have a good chance of failing after an electromagnetic pulse (EMP). Glow sticks can be used as a backup method of light.

Flashlights should use AA or AAA batteries. These batteries are easier to find and include rechargeable varieties. If you carry more than one flashlight make sure all use the same size battery. Another option includes flashlights that you can shake, or wind for electrical power instead of using a battery.

Look for LED flashlights that are 300 lumens or less and have no more than a couple settings such as low and high. Higher lumen flashlights have shorter battery life.

- **Handheld flashlight**-(*Streamlight, Surefire, Fenix, Nitecor*)
- **Headlamp**-(*Fenix, Princeton Tec*)
- **Hat brim light**
- **Batteries**-(*Energizer lithium leakproof batteries for long time storage*)
- **Glow sticks, Reusable glow sticks**-(*Tooblite*)

## 6. First Aid Kit

The first aid kit should include any medication that you take routinely. It also should include the following items.

- **Pain killer**-*aspirin, ibuprofen, acetaminophen*
- **Sinus medicine**
- **Non-drowsy antihistamine**-(*Zyrtec, Claritin*)
- **Foot padding for blisters**-(*Moleskin by Dr. Scholls*)
- **Insect repellent**
- **Anti-diarrheal medicine**
- **Sunscreen**
- **Liquid bandage**-(*New-Skin*)
- **Band aids**
- **Antibiotic ointment**-(*Neosporin*)
- **Antifungal cream**-(*1% Clotrimazole is the active ingredient*)
- **Insect bite swab**-(*Stingkill swabs*)
- **Clotting sponge**-(*QuickClot*)
- **Hand sanitizer wipes**
- **Caffeine pills**
- **Anti-nausea medication**
- **Oral hydration salts**-(*RecoverORS electrolyte powder, 1 packet per day in hot weather*)

## 7. Food

A person will burn two to three times more calories walking than sitting in an office. A person could burn 500 to 1,000 calories an hour while walking. Eating adequate amounts of food will help you replace the electrolytes that you are sweating out of your body.

You should consider snacks that you have used in the past such as protein bars, jerky, nuts, and dried fruit. Try out the foods before you depend on them during a bug out.

If you choose to use Meals Ready to Eat or MRE's they should meet military specifications. Avoid imitations. Unfortunately, MRE's are bulky, and have a relatively short shelf life when compared to commercial brands of freeze-dried foods. Mountain House is the most common commercial brand of freeze-dried individual meals. Purchase the Pro-Pak versions. Freeze dried food is the most expensive. The packaging says it contains two servings but in reality, it is only enough for one.

- **Tuna in a vacuum sealed pouch**-(*Bumble Bee, Chicken Of The Sea, Starkist*)
- **Salmon in a vacuum sealed pouch**-(*Chicken Of The Sea, Starkist*)
- **Chicken in a vacuum sealed pouch**-(*Sweet Sue*)
- **Dried pasta**
- **Instant rice**-(*Minute Rice*)
- **Dehydrated soup mixes**
- **Couscous**
- **Lentils**
- **Drink mixes**
- **Instant hot cereals**
- **Dehydrated eggs**
- **Pancake mix**
- **Granola**
- **Breakfast bars**
- **Hiking meal bar**-(*Greenbelly*)
- **Powdered milk**
- **Protein shake mixes**
- **Peanut butter powder**
- **Dried fruits**
- **Fruit powder**
- **Fruit leather**
- **Ramen noodles**
- **Instant soup**
- **Instant stuffing**
- **Instant potatoes**
- **Instant oatmeal**
- **Instant grits**
- **Instant tea**
- **Instant coffee**
- **Freeze dried meals**-(*Mountain House Pro-Pak*)
- **Meals Ready to Eat MRE's**

**Salt is essential.** Plan on 1 teaspoon per day normally. The hotter the weather the more salt you will need. Pack some of your favorite spices such as pepper, onion powder, garlic powder, cayenne, and cinnamon. You can also take individual packets of honey, sugar, creamer, ketchup, mayo, mustard, picante, and soy sauce.

## 8. Clothing

Clothes suitable for hiking are different from what you might wear most days. Your bug-out bag should include rugged clothing suitable for hiking including an extra pair of socks and underwear. Comfortable hiking shoes should be included as well. Whenever you leave the house try to imagine that you might be walking home that day and night. Pack suitable rain and cold weather gear. A hat that shades your face will help prevent sunburn. Other clothing to consider are work gloves, a bandana, and a scarf.

## 9. Accessories

- **Mil-spec paracord or 550 cord**-Buy only mil-spec cord. It should have at least 7 strands each constructed with 3 plies. One of the strands should be colored to designate the manufacture. The sheath around the strands should be tight when rolled between the fingers. Cut ends will need to be sealed by burning with a lighter.
- **Military surplus poncho**-Should be large enough to fit over your body and a backpack. It will have metal grommets and reinforced stitching. Two ponchos can be snapped together to make a tent.
- **Sleeping bag**-Choose one that is light weight, compressible, and adequate for the weather.
- **Goretex bivy sleeping bag cover**-A sleeping bag can be slid inside protecting the bag from ground moisture and light rain. It can be used without a tent in mild weather creating a concealed place to sleep.
- **Emergency blanket**-Exterior should be olive drab and the blanket should be slightly quilted.
- **Folding handsaw**-A good folding handsaw replaces the need for an ax. The Silky brand makes the best models. A slightly curved blade will cut better than a straight blade.
- **Survival hand auger**-Weyland 1 ½ inch Bushcraft Settlers Tool.
- **Whistle**-Windstorm safety whistle
- **Compass**-Make sure to buy a high-quality clam back compass. The brand used by the U.S. military is Cammenga and is highly recommended.
- **Maps**-Topographical maps are helpful to hike through the woods. Road maps help you navigate around threats and obstacles you may encounter on the road during your journey. Alternate routes should be studied in and out of large cities.
- **Sewing kit**-Include needles and thread to repair clothing.
- **Automatic fishing reels**-(Fisher's Yo Yo fishing reels and lures)
- **Potassium iodide tablets**-These are needed if you are near a nuclear power plant or exposed to radiation from a nuclear explosion.
- **AM/FM/SW Radio**-(EMP protected)
- **Black trash bag**-Can be useful to cover yourself or your equipment when raining.
- **Personal hygiene items**-Soap, deodorant, toothbrush, toothpaste, etc.
- **Weapon suitable for your circumstances**-Pepper spray, walking stick, baseball bat, firearm
- **Important papers**-Driver's license, passport, copy of a property deed
- **Money**-Paper currency, silver rounds