

72 Hour Jump Bag

This is the bag that will help you survive adverse conditions for the first 72 hours after an emergency evacuation. The contents of this bag should be versatile, changing with the seasons, or as your life conditions change.

A **72 Hour Jump Bag** may be kept in your house or vehicle, but any perishables need to be kept with you in a **Daily Bag**, which stays with you, *never* in a vehicle. These two bags are your lifesavers, and your life could depend upon them (*see the Daily Bag hand-out*).

Putting together a *72 Hour Jump Bag* is easier than you might think. In fact, you may already have many, if not, most items, on hand already. A short determined effort assembling items for a bag and fine tuning them over time, will make you a Survivor, ready to evacuate safely and rapidly.

This guide is written for the coastal climate of the Mendocino Coast, so if you reside elsewhere, adapt items as necessary. This is only a guide, as you have to personalize your *72 Hour Jump Bag* and *Daily Bag* to really make it your own, put some serious thought into it, but don't over think it either.

The Bags:

Until you have your personal *72 Hr* and *Daily* survival items collected, don't be too concerned about choosing bags just yet. But, eventually you may find that a small to medium sized rucksack type bag, or small, frame-less backpack, will be a suitable size.

It must be robustly built, with quality zippers, fasteners, and stitching, not a cheap item, this is what will carry your survival gear, do not cheap out with this one thing. Try to find rucksack type bag or backpack with multiple zippered pockets, otherwise all your gear will be difficult to find.

Shelter:

Focusing upon shelter is the most important part of survival under adverse conditions (cold, wind, rain) during an evacuation, everyone needs a place to warm up while resting or sleeping. You may have a tent in your Vehicle Kit. But you may have to flee on foot without a tent, so you'll need something small and light to use as a makeshift shelter.

Plenty of sources recommend a **Space Blanket** without a further thought, and you, the Survivor, thinks, "*great*", and purchases one, after-all, they are really cheap. And they are great to keep warmer during cold times, like at a ball game, concert, or other outdoor event.

But this type of blanket has *no way to seal the edges*. So under cold and adverse conditions, the danger of hypothermia could still be an issue. Instead, I recommend another product from the same company.

It's called the **Space Emergency Bag, Grabber**. It may save your life, if you keep one in your jump bag, they are available for less than \$20.00.

Do get a brightly colored gold or silver one, not a camouflage color, you want to be seen by potential rescuers, not hide from them.

Claimed to *retain 90% of radiated body heat*, it will help keep one warmer in a cold situation, especially if one is already wearing warm clothing, and/or has a sleeping bag.

Unfortunately, there are two drawbacks to this almost ideal solution.

Space Emergency Bags and Space Blankets, being made of reflective plastic, are quite **noisy**. *Crazy crinkly*. So don't expect to sleep well if you have noise issues. And, expect to awake warm, but wet, as your own condensation will drip upon you. But you won't care, you'll be glad to be alive.

Tent:

If your backpack is large enough and you can physically carry the extra weight, then do carry a tent, you'll stay warmer in the cold, and dry in the rain.

You don't need to spend more than \$200.- for a suitable tent, but do your homework, many cheap tents are poorly made, you don't want a flimsy, leaky tent during a stressful evacuation, and do make sure all the seams are properly treated with a waterproof sealant.

Of course, once you get a tent, set it up a few times and even climb into it, so you're familiar with setting it up, taking it down and packing it back up. Practice, practice, practice, it will come in handy if you ever need it in a stressful situation.

Bivouac Bags and Sleeping Bags:

A *Bivouac Bag (Bivvy Bag)* is like a lightweight sleeping bag of the mummy design, very light weight, they often don't have zippers and are quite snug, but they can add up to 20 to 30 degrees to one's temperature during an emergency.

Of course, if one has the space in their *72 Hour Jump Bag*/backpack, a proper sleeping bag is always the gold standard for a good nights sleep in the outdoors when it's cold, so research one with a good cold weather rating and good reviews from people who have actually used it in the cold.

Then theres the age old question, Synthetic or Goose Down insulation? Your choice, synthetic will keep you warm when it gets wet, but is very bulky and quite a bit heavier than goose down, but goose down becomes a soggy mess when wet, providing zero insulation, but when dry it packs down to a tiny package and is very light weight.

Light:

Light is next. A few 6 hour, Cyalume Snap-Light Green Light Sticks kept in your *72 Hour Jump Bag* are easy to find by feel in the dark, or low light situation. Toss a couple into your *Daily Bag* too, to go along with the LED flashlight already in it.

If weight isn't an issue, it may be a good idea to have a small AA battery sized LED flashlight in both your Bags, it will make life easier in the dark to easily find a light source.

Footwear:

Do you have an old pair of boots that are still serviceable, but have already been replaced? Those may be perfect to keep next to your *72 Hour Jump Bag*, otherwise, find an inexpensive waterproof boot to use, even lightly used thrift store boots may be suitable.

Consider choosing boots with higher ankle support over shoes, as you may be hiking over rough terrain during an evacuation, and a sprained or broken ankle could be life threatening.

Don't cheap out on socks though, spend the money on good thick wool/synthetic/cotton blend hiking socks, and size your footwear to those. Robust footwear with good socks will be welcome if long distance hiking is involved in an emergency evacuation.

Do cover your sturdy boots that you keep next to your *72 Hour Jump Bag*, if they're sitting upright, because after an earthquake, small shards of broken glass can easily fall into them, causing a bloody painful surprise, during an already stressful evacuation. Not at all what you need.

Clothing:

Depending upon when an emergency evacuation occurs, you may be lightly clothed or naked if tubbing or showering, so readily available clothing is a must to add to your *72 Hour Jump Bag*.

No special clothing is required, but for wet weather, you'll want a raincoat or poncho, do get one that's sturdy and wind proof/resistant, otherwise, you'll be wet and cold in your tattered gear. Don't cheap out here, hypothermia is a serious threat, it's your survival at stake.

Depending upon your survival or evacuation situation, your clothing may wind up a total loss, so don't spend money for new items for your *72 Hour Jump Bag*.

I use clean older T-shirt, flannel shirt (the collar is ragged, but the rest of the shirt is fine), and jeans that are past their prime for daily wear.

A warm jacket is invaluable, especially if it's wind resistant, waterproof and light weight. But any jacket that meets those specifications will be helpful.

Food & Water:

Do pack high energy snacks like nuts, jerky, sweets, or anything that won't spoil easily, and avoid salty or spicy snacks.

Do have a water filter straw or equivalent, in case you need to drink from a stream, but also carry as much water as you possibly can, because you may not have a safe water source along your evacuation route.

Important Documents:

Do have waterproofed copies of all your important/vital documents, I.D., financial, medical, and such. Also any crucial computer back-ups on a flash drive.

End Notes:

A *72 Hour Jump Bag* along with your *Daily Bag*, is all that will divide you from others who are unprepared, so if an emergency strikes, follow your preconceived plan, don't stop to help others.

As callow as it may seem now, it may cost you your life. You'll have no idea until the emergency is over. Don't take a chance with your life. Be prepared, and follow through.

Save yourself and family, be a Survivor.