

## What Is The Difference Between All the E-Kits and Bags & What Do I Need?



Just about everyone will have a different answer to this question, however as a general rule of thumb try this:



A mini survival kit kept in a medium tin box



A **72-hour bag** or **Go-bag** is the bare minimum needed for at least one person/pet for 72 hours or 3 days.



Off the shelf Red Cross preparedness kit .



Baby E-Kit



A **B.O.B. (Bug-Out)** or **G.O.O.D. (get out of dodge) Bag** is for 5 to 7 days for at least one person/pet. These tend to be larger and heavier.



A **Survival Kit** (modeled after **boating** and **aviation emergency kits**) is for at least one person/pet for 7-10 days. Besides holding the items in the above bags, these also contain some of the items needed to “live off the land” (fishing, snares, etc) until rescued or one finds a place to “stake a claim” for the long haul.



A **Disaster or Emergency Kit** is for more than one person/pet and usually for a home or vehicle for 5-7 days. These also tend to be larger and may hold some special items like say a gas or water wrench, hand-crank radio or flashlight and the like. Should one need to vacate the structure or vehicle, these are still mobile despite their larger size and weight.



All of these bags are basically a “portable” kit that contains the items one would require to survive for a specific time frame and take into consideration mobility needs (either to get to one’s retreat or to evacuate).



This means that the items are basically: *non-electric, small, compact, lightweight and multi-functional*, much like a backpackers camping backpack.



A **Fixed-site Disaster Supplies Kit** is an extension of a *Survival Kit* and does **not** take into consideration mobility. These necessities to life items are kept in a special place in a home, cabin or “crisis retreat”, as well as containing all the other food, clothing and tools, etc that are needed for an extended time without all of our modern convinces. Your shelter in place Food Storage Pantry is part of this kit.



These are my interpretations of the above terms. With this in mind I decided to put the items often listed into a spreadsheet that also contains backpacker and camping lists, along with the usual Go-Bag lists.



Keep in mind that the camping lists *assume* that one has some kind of transportation to assist in hauling these things around and any backpacker list means that all this stuff is *On Your Back*.

What Is The Difference -Continued



Some of these sites have downloadable PDF checklists, so if you see one you like go to it and download the PDF. One site (Backpacker Checklist - 27-Pound, 7-Day Backpack <http://www.backpacking.net/27-pound.html>) lists the actual weights to each item in his list – if you are like me and can no longer carry more than 20lbs on your back this is site is for you!



Keep an eye out for where I listed only one Category of items. This was done when I got lazy from re-listing stuff about 10 times over, yet this particular category seemed unique and appropriate.



Also included is a government list or two, just so we can see what they consider we should do. Pay attention because a few of them actually contradict themselves in the same sentence. Take a close look at *It's a Disaster ... what are YOU gonna do about it-A Disaster Preparedness Prevention and First Aid Manual* by the District of Columbia (DC) Emergency Management Agency. It is a 300+ page document for the citizens of DC. Humm ...

Part of one Military (Air Force) Vehicle checklist is also included. I didn't list all because it is 7 pages long, very detailed and contains some items that we civilians can't legally get our hands on.



I also listed the items in a way that you can sort by: Item, Category of Item and "Outing" Type; as well as the Source for further research if you so desire.

So when you sort By Item, you will get an idea of just what to consider for an Individual Pack, Household Pack and Vehicle Pack. On top of that check out the Family and Base Camp stuff for say a truck, RV or cabin that you are considering pre-stocking. These give you great ideas. Basically, the more often you see an item listed, the greater the need probably is.



First Symbols



ISO First Aid Symbol Alternate version of the first aid symbol



Symbol of the Red Cross



Star of Life

**First Aid supplies** are on their own tab in the workbook. I listed a few of the more comprehensive checklists for this. You can purchase premade kits just about anywhere. Then add your personal items and prescriptions. A good kit is one that is waterproof and doesn't "hide" amongst the other stuff in a purse, trunk or backpack, etc.

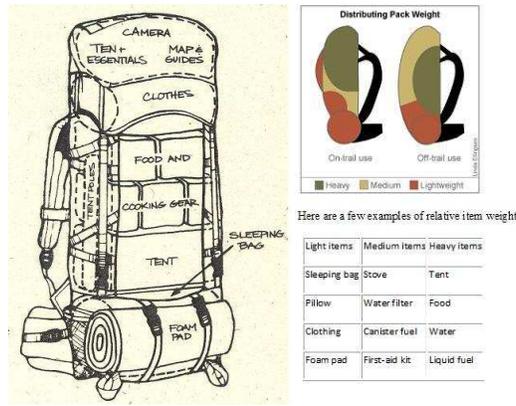


First aid pack of the French Army



**KEEP-IT SAFE FIRST AID KIT** Dimensions: 2.7" W x 4.3" H x 1.3" D (Red Translucent or Red Solid). Comes stocked with all the items needed to treat minor cuts and scrapes. Protected by a latching system and waterproof seal, your supplies will be kept together, dry and ready for use. Nylon cords.

"How to Pack your Backpack" and some examples of a couple of these "backpacker specific" items are listed on the *How-To* tab in the workbook.



If nothing else this spreadsheet should get your mind going to determine what kind of bag you need and items you want in your bag.



[Left to right: canning tools; more canning tools; food chopper; grain and meat grinders; and Squeeze strainer.]

You can always check out Survival Blog's *List of Lists* spreadsheet @ <http://www.survivalblog.com/listoflists.xls>

**As a side note:** I have backpacked all over the Americas and parts of Europe, from the Appalachian Trail (thru hike), Mount Washington in New Hampshire (the last quarter mile was nicknamed Agony Ridge), U.S. and Canadian Rockies and a Cloud Forest in South America. Although wildlife was always on our minds, and current sign was present, we had very few face to face encounters. In fact creepy crawlies, raccoon, deer, elk and moose were our biggest problems in camp followed by coyote or two, 3 snakes (not at the same time of course) and one bear. *Yeppers, these guys were NO Yoggie, Smoky, Rocky or Bullwinkle!* So with all of this under my belt I was rather surprised *not* to see some items listed more frequently.



Not part of backpacking, but I have to wonder why a wrench for turning off gas and water was not listed more often.

For instance I never went backpacking, hiking or camping without a multi-tool or Swiss Army Knife. I keep one in my purse at (almost) all times and our First Aid Kit included a Snake Bite and Dental Kit.

Before Space Blankets we carried a good sized rolled up piece of plastic or heavy duty garbage bags and plenty of ZipLoc bags.

Aluminum Foil (heavy duty) folded and stored in a ZipLoc bag is a great emergency tool, we never went without.

We all carried a Combat (Pocket or Wire) Saw and 50-100ft of parachute or all purpose rope.

Before GPS and Personal Location Devices we carried a whistle and signal mirror, along with a good trail or topo map and compass.

We always packed based on keeping things and ourselves dry and if canoeing, rafting or the like chose stuff sacks that had some kind of floatation assistance built into them on top of being waterproof.

When it came to clothing we rarely packed shorts *and* pants/slacks or *both* short *and* long sleeved shirts. Instead we used pants and shirts where we could roll or tie up the pant legs and sleeves. Undershirts on the other hand were both long and short sleeved. For jackets we chose the kind that you can remove the sleeves so that it could be a vest or jacket. Of course now days one can purchase pants, shirts and jackets that un-zip or un-velcro.

We always carried two types of water purification methods – tablets and filter. I must say that I love the new lightweight stainless steel water containers vs the old aluminum and plastic canteens or current reusable plastic containers. Water tastes soo much better!

We didn't have MRE's so we used dehydrated and freeze dried food packets. To this day I still prefer these to MRE's because with MRE's *what you see is what you get* and with the other, once rehydrated they are almost double the size. Plus they are lighter to carry.

First Aid Kits: In my mind the most comprehensive, with the most bang for the dollar, can be purchased at Campmor.com. I have a small, lightweight kit for my individual & vehicle go-bags and a larger exhibition sized kit (used to be our family camping first aid kit complete with splints, CPR kit, inflatable neck brace and folding backboard) in the household go-bag.

**Important Reminder:** *Aspirin, Ibuprofen (Motrin) and Naproxen sodium (Aleve) are anti-inflammatory and will reduce swelling, as well as a general pain reliever and fever reducer. Acetaminophen (Tylenol) is NOT an anti-inflammatory, but will reduce other pain and relieve fever.* Aspirin in low dose, can reduce the effects of a heart attack; Cayenne Pepper is good for stopping bleeding; Super Glue can be used in place of a butterfly bandage or suture for some cuts – it stings but works (*Do Not* use for puncture wounds or deep lacerations).

Whenever we traveled to a tropical or sub-tropical equatorial area we always carried Malaria prevention and treatment medications and mosquito netting, as well as salt tablets. We also carried salt tablets when we were backpacking or hiking in arid or dessert areas.

Last but not least – GORP. To us this was a food group all by itself. We all made our own and exchanged recipes. Today you can purchase: food, energy, granola, nutrition bars and various Trail Mixes. To this day I prefer my old fashioned Gorp.

Overall our Backpacker creed was: *Be prepared, Compact, Lightweight, Multi-functional and Leave No Trace* - I believe that this is just as true for Preparedness people and our Go Bags – AND – Leave No Trace works if one *doesn't want to be found*, if you get my drift ;-}

So scan the spreadsheet, sort it by Source, or Category or Item, then build some bags and or kits that work for you: individual, household and vehicle; mobile and stationary. *What Is The Difference Between All the E-Kits & Bags and What Do I Need-Preparedness Bags Checklist Compare.xls* can be found at:

<http://www.scribd.com/doc/41973071/Preparedness-Bags-Checklist-Compare> (Must be downloaded in Excel format to see all tabs)

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