

Podcast #181 Transcription – Bugout Vehicle Prepping

Jeff: You've seen it in countless survival and disaster movies. Volcanoes are erupting. Great chasms are opening up in the earth. Fire and brimstone and plagues of frogs are raining down from the sky. But don't worry. Here comes the hero, *Strong Jaw McHandsome Face*, riding to the rescue in his pimped out monster truck complete with roof rack, snorkel and mounted .50 caliber machine guns.

There isn't a prepper on the planet who hasn't fantasized about creating the ultimate bugout vehicle to plow through the zombie hordes and arrive safely at his survival bunker. But for the average Joe and Jane, who still want to be able to drop the kids off at soccer practice without being labeled the neighborhood doomsday prepper whack job, there's a better way.

You see, it's more about how you outfit your current vehicle for your obstacles that you may face in a forced evacuation than it is building out the ultimate *Mad Max* mobile. So let's make that happen for you.

Hello, everyone. This is Jeff Anderson, Editor for *Modern Combat and Survival Magazine* and Executive Director of the *New World Patriot Alliance*, with another podcast to help you better prepare for any threat you may face in your role as a protector and a patriot.

Today we're talking with survival and tactical expert, Ryan Lee Price, to find out what you may not know about tricking out your bugout ride. Ryan, welcome to the program man.

Ryan: Thanks for having me. I appreciate it.

Jeff: It's really good to have you on here. We've been seeing your articles in the magazines, and definitely this is a topic that's really interesting to a lot of people. It's one of those areas where I think people are either not preparing for, or they're doing things and not thinking about either repercussions or other things they should be doing to kind of better set them up. So I'm really looking forward to this.

Listen, everybody. Chances are very good that you've read some of Ryan's work. Ryan is a prolific freelance journalist who specializes in outdoor adventure, emergency preparedness, and for the benefit of this podcast episode, the automotive industry. He's contributed to multiple publications for survival, including *Survivor's Edge* and *Real World Survivor*, and is a longtime hiking and camping enthusiast. He currently resides in California with his wife and his two children.

So Ryan, this was kind of a challenge that we set out for you. Because again, I think that a lot of people out there that are trying to prepare for an evacuation—

and obviously, there's a doomsday prepper crowd that might think that you just put your bugout bag on your back, you grab your AR-15 and you start walking across the wasteland. But of course, if you want to get as far as possible, as quickly as possible, your vehicle is going to be the primary way that you get there.

But I do think that a lot of people maybe don't have the best perception of what they're doing, or whether it's the right place to start. And actually, it freezes a lot of people up because they think it's so daunting because they do need the *Mad Max* mobile.

So what I did was we challenged you, in your work with survivalists and these people, what are the five things that you think people really don't either understand or aren't preparing for that they should?

But I think before we get into your top five list. For those people that are thinking, "Gosh, if I don't have the *Mad Max* mobile I'm kind of screwed," what would you say is kind of a starting point for somebody really looking at their evacuation transportation, in how they need to look at it, or maybe the biggest misperceptions that they have about bugout vehicles in general? What's that starting point that we should look at?

Ryan: Well, I think you said it. I think the biggest misperception is that people feel they need to have that *Mad Max* vehicle. They need to have the 4x4 lifted 12 inches to be able to climb over everything. But that's just not exactly true. The best place to start is in your garage right now with the vehicle you currently own. If an emergency happened, maybe it will happen tomorrow, you would need to be prepared, and you're not going to be able to run out and buy a 4x4 or some sort of lifted truck. So I think, like I said, the best vehicle is what's in your garage.

It depends on a lot of factors, of course: how many people are in your family, or in your party, or in your group that's going to be heading out with you; how much gear you have to put in your car, or your truck, or your SUV; and then what terrain you're going to be encountering. It depends on—if there's an earthquake and your neighborhood is leveled and you need to just go a few miles down the street, then any car will do of course. But if you've got a specific location in mind, say a cabin in the woods, that sort of thing, you may need something a little heavier, maybe a 4x4, something along those lines. However, you've got to work with what you have in your current arsenal of cars.

Jeff: Yeah. Absolutely. So let's go ahead and jump right into your top five list here. I'm just basically handing this over to you, but we'll take them one by one. So again, my challenge to you was what are your top five list of things that people are preparing wrong for when it comes to their bugout vehicle, or they're not preparing for at all that they really need to pay closer attention to. So let's start off with tip number one. What is the first thing that's on your list?

Ryan: I think the first thing on your list is being able to physically get there. If your car, or your truck, or your SUV isn't equipped to handle the road, or isn't equipped to handle the terrain, or breaks down, then it doesn't do you any good, and you're going to be stuck and you might be even in a worse situation than when you started.

So what I have in my truck—I've got a Ford F-250 4x4. It's my daily driver, of course. But it's also my go-to bugout vehicle if that situation arises. You need things to take care of the vehicle itself. So you're looking at air pumps to get your tires inflated, the jacks to replace tires, oil and gas and radiator fluid. Say if you're out in the middle of nowhere, and you come across an abandoned car, you need a siphon pump to get that car's fuel out. Jumper cables, if your battery goes dead.

A couple things I keep in my truck is—Escaper Buddy, these traction mats from MAXSA Innovations. They will get you out of sand traps and other things where you're spinning your tires. Then of course to lift it all up if I have to, if I replace a tire, is a Hi-Lift Jack. So it's things like that to keep your truck or your car actually physically moving, because a lot of good it will do you if it breaks down.

Jeff: **Yeah. That applies whether you're driving a Pinto or whether it's your Ford F-250 and everything too. So that is really good advice for people, even if they don't have a four-wheel drive. You're still going to hit obstacles, and so all of that equipment applies no matter what. So good information.**

All right. So what's number two on your list of the bugout vehicle mistakes that people are making, or perhaps they should be making?

Ryan: The next thing on the list, of course, is to take care of the people inside the car. So you're looking at food and water. You've got to stay hydrated and you've got to stay well fed. Otherwise, it's going to be a pretty short trip. You can last for a couple of weeks without food, and you're not going to really enjoy your trip. But you're only going to get a couple of days, or three or four days, without water before it becomes a serious situation.

So in my truck I've got food for three days for each person. It's not as much as you might think. On the market there's nutritional bars that you can do that have 2,500 calories, or a block of them that can feed a group of people. Granted it's not great eats, but you know what, you're going to stay well fed.

Also, I include water. Three gallons is what I have in my truck, which isn't a whole lot. But it's in a collapsible three-gallon container. The trick is—usually they say one gallon per person per day. But that also includes for hygiene as well, which of course is important. But if you're in an emergency situation that's going to only last three or four days, then you can cut back on that. Plus water is real heavy, so you can't necessarily take a lot of it.

Then also, you need ways to cook the food that you bring. You need to boil water if you're bringing rehydrated food. So I have a few ways of starting a fire. Matches, of

course, and lighters, and then even with a couple tricky things like a parabolic mirror and things like that. So I think it's important—the next thing is to take care of the people in the car.

Jeff: **So you're talking about having this—this should always be stored in your—you're not talking about having this in the garage and then, "Oh no. Earthquake happened. Let's get back home to load this up." You're saying this is stuff that you have right now ready to go.**

Ryan: Actually, yeah. Everything on this list I currently have in my truck at all times. The water and the food, that is semi-perishable. It's usually five years. You make note of it. I always rotate it out. The water specifically, because I've got a bunch of it in just water bottles, which isn't necessarily the best way to do it. So I rotate that out, like you should do.

Jeff: **I think this is important also, because I do know—I've met a lot of preppers who, they keep all of their supplies, their bugout bag and everything, back home. They've got their little bat cave there. They just kind of store away everything. Then they just figure, okay, the grid goes down, or whatever it is, Kim Jong Un is flying ballistic missiles over here, "I'm going to get home, grab my stuff and go to where my five-mile underground bunker is going to be." You might not have that opportunity. Right? Your house could be destroyed with a tornado, all of your stuff is just gone there. You might just only have what's in your vehicle, if you're at work or something like that. So yeah. It makes total sense.**

Ryan: And think about how much time you actually spend at your home, if you work and then you commute and then you do other things after school, your kids have activities, or if you're out shopping or you've got all these other things you do. Think about how much time you're actually physically at home. Then think about the odds of something happening while you're gone. So it's a great idea to keep a whole load of stuff in your garage ready to go in a box, specifically say by the door ready to go. However, that's only good if you're there to get it.

Jeff: **Yeah. Right. All right, Ryan. So we've got a good list going here. What is number three on your top five list for bugout vehicle prep?**

Ryan: Number three is first aid. So again, it goes along with the one prior to that. You've got to take care of the people in your car. More than likely if something is going to make you or force you to leave your home it's going to be something fairly horrific, say an earthquake or a tornado, or something that's going to destroy your home, which is the reason to leave it. So more than likely, unfortunately someone's going to get hurt, so you'll need first aid, or a decent first aid kit, to help the people that are hurt along your way. Because maybe you're not going to be able to go to a hospital or there won't be emergency services to come help you. You'll have to take care of yourself.

So I keep a couple of different first aid kits in my car. One specifically is the SOLKOA Survival System. It's a big three-in-one sort of. It's got a bunch of survival components in

it, but it's got a decent first aid kit. Then another one is an Echo-Sigma trauma kit. That one's a little more robust. It can treat anything up to gunshot wounds. So that one is a pretty good one too that I keep.

As long as you have something to handle cuts and burns and bruises and things that will happen normally. Ninety percent of the accidents you'll get will be cuts and burns in an emergency situation. So as long as you have something along those lines to take care of those things, then I think you'll be fine. A suture kit wouldn't be a bad idea, as well as say a tourniquet for those things too.

Jeff: And of course, make sure you can back up the gear that you're also carrying. That goes with everything when it comes to survival gear. People get very focused in on having the gear, they become gizmo people, but don't necessarily have the skills to put behind it. Whether it is a fire starter and you don't really know how to use the fire starter, or especially when it comes to first aid stuff as well.

Because you put on a tourniquet, especially if there's no emergency personnel to do anything once that tourniquet is on, if you didn't need a tourniquet you might just be taking off somebody's leg thinking like, "Oh. There's bleeding there." It doesn't necessarily need a tourniquet. You strap one on there thinking it's a tourniquet and the person loses their leg. So you've got to back all this up.

I've seen a bunch of people get IV bags in their suture kits and things like that, and have no idea how to put in an IV, other than what they've seen the nurse do at the hospital or whatever.

Ryan: Some will just say, "Well, I've got a first aid book. That will tell me how to do it." Well, as the person's bleeding out are you going to find the right page to get to it, to find out what you need to do? So just owning a tourniquet is not enough. You've got to learn how to use it. And you've got to learn how to use it quickly and properly, of course, like you said.

Jeff: Yeah. That's a really good point. So I guess the flipside of that is if you're sitting there bleeding, do you want the person doing work on you breaking out a book and trying to figure out how to stop the bleeding? Not a good situation to be in.

Ryan: Not a good situation. No.

Jeff: All right. So let's go ahead and hit number four on your top five list for bugout vehicle preps.

Ryan: Number four is an easy one, shelter. You've got to stay somewhere. You could easily say, "Well, I'll just sleep in my truck," or, "I'll sleep in the back of my car." But say you have four people in your car. Full gear for four people, there's not a whole lot of comfortable places to sleep the night. You can get away with it for a couple of nights. But what if you have to abandon your vehicle? What if it's stuck in the snow, or stuck in the mud, or stuck in somewhere, or it's stuck behind a barricade you can't get around and you've got to abandon it, but you've got to keep moving?

So you'll need some sort of tent or some sort of emergency shelter, a sleeping bag or just an emergency tube tent would work great, or a tarp with some paracord that you can fashion a tent out of. I think that's also important.

But along the lines of shelter, I'd include in there is keeping warm, having a certain warmth element, a sleeping bag. I also have a couple of inexpensive packing blankets, because they're this thick wool that they use for packing furniture and whatnot. I keep those in the back as well, because you can use it for insulation against the doors if you're stuck in the snow, or you can just wrap up in it which is great.

Jeff: This is an important factor too, because I think—what we always talk about, just from my past military experience and things like that, is to always try and pare down the size and weight of everything that you do. Travel light, freeze at night. That was our motto. Right?

But in a vehicle, obviously you can carry extra stuff. So that family tent—a campground, a KOA campground, might be a good temporary stopping point along the way. Hotels fill up. People have no place to stay. It might be that you could be at a place like an out-of-the-way campground for a night or two, or something like that.

But in those cases, yeah, a family tent, as heavy as it is, you're not carrying it on your back. Having it with your vehicle could be a great option there, for more or less luxury bugout camping if you would. However, but like you say, if you do have to for some reason hoof it, with nothing but you and your family and your bugout bag, you're not going to want to bring that.

So having something like a tube tent or a tarp or a poncho, or something like that, is going to be much less weight. You can abandon the full-sized condominium tent that you might have, but having something as backup that you might have to bring with you and carry would be a good thing to have as well. So shelter. It sucks to be wet and cold. I've been there.

Ryan: I think that's an important point you brought up is having redundancy in all of these things. So you've got one way to start a fire. Bring two ways. Bring three ways. Again, you're in a car and a four-ounce lighter doesn't matter for anything. So bring a couple of them, or bring a different type of tent or a different type of tarp. I think I've got two in my truck. I've got a ground cloth and just a regular—the blue tarps that can work wonders for a variety of situations. So redundancy as well.

Jeff: Yeah. Awesome. I think we're on number five. What's number five on your list for bugout vehicle preps?

Ryan: We've covered everything else, so number five is emergency tools. When things happen, you've got to be prepared. So what I have in mine is a recovery kit for the truck itself, with the winch. So in case I get stuck in the mud, I can hopefully winch myself out. I have extra lights, flashlights, some headlights for people. I have tools for digging out.

The Rugged Ridge has a pretty good steel-handled tool that's got four interchangeable heads. It's got an axe and it's got a pick and a sledgehammer and a shovel. The whole thing weighs 40 pounds. But again, it's in a truck so it doesn't matter. It comes with a big carrying bag. So that's great for a variety of tools, kind of compacted into one. So I'm not carrying a full shovel. I'm not carrying a full axe. I've got it all together.

So as well, Echo-Sigma has their Get Home Bag, which is full of a lot of personal hand tools. It's got gloves and it's got masks and it's got—actually, it's got a ration of food as well, so you can just grab the bag and go if you really had to. But it's got a flashlight, some paracord and zip ties.

But in addition to that, I've also augmented my truck with bolt cutters, in case you have to go through a chain link fence. Or I've got wire cutters too, in case you come onto another type of fence you need to get through it, or something gets stuck. As well as a complete set of hand tools, wrenches and pliers and screw drivers, and all those things that you would need eventually.

So there's a lot of different things you can include into that big heading of emergency tools, as well as things like personal items like toilet paper and other things for other people in your party if they need them.

Jeff: You bring up an important point too. I think no matter what it is—we talk about firearms training, we talk about self-defense, we talk about all this stuff—the biggest obstacle I think a lot of people have is they're always thinking best case scenario. Right? I'm going to get in my vehicle. Most people know now that they're likely to hit a virtual parking lot once they hit the major highways, if it's a mass exodus it's out of the area and stuff like that. So I think people get that.

But if you take a different route, they don't necessarily think of, "Oh gee. I just hit a chain link fence," or, "I just hit a tree in the road because it's a natural disaster, and I have nothing to chop my way out of that. Now do we have to turn back around and go back toward a disaster or back toward that virtual parking lot?"

So people really need to stop thinking more in terms of best case scenario and think, okay, let's just spitball all the things that could possibly go wrong and let's make a plan for those things. Let's have a tool for those things. Now, what's the best way to store that in the vehicle, so it's always there if we ever have to use it? So I think that's a really important point.

Ryan: I agree.

Jeff: Awesome. Ryan, I really appreciate you taking some time for us today for this. You have kind of that unique—you're from the automotive industry, as well as the survival industry. I was really looking forward to the information that you had in pairing those two together. So I really appreciate it.

Listen, everyone. Check out any of Ryan's writings. Go ahead. You're going to start seeing his name. Now that you've listened to him, you're going to start seeing his name as you're pulling off the magazines, like *Survivor's Edge* and things like that. So go check it out. Get some more training from him.

Until our next *Modern Combat & Survival* broadcast this is Jeff Anderson saying prepare, train and survive.