

Podcast 187 Transcription – 5 New Bugout Bag Items

Buck: It bothers me every time I see it. I'm talking about the movie *The Road*, in which a father struggles to keep his son and himself alive while they make their way through a post-apocalyptic hell. I keep thinking about the things I'd want to have with me in a bugout bag if I found myself in that situation, and it bothers me.

It bothers me because you and me, and every prepper everywhere, is going to be staking his or her life on the contents of a bugout bag. Is it going to be enough? Will you have what you need? What are you forgetting that might be critical? When it comes to survival, failure by definition is not surviving. It's death. That's not an option. Not for me, anyway. And not for you when it comes to protecting your family.

Hello, everyone. I am Buck Greene, Operations Director for *Modern Combat and Survival Magazine*, 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 our editor, Jeff Anderson, about the stuff he carries in his bugout bag. I've never met anybody more passionate about bugout bags than Jeff. And that means there's nobody I would rather talk to about this subject than him. Hello, Jeff.

Jeff: Hey, Buck. I think fanatic is probably a better word. But yeah. I'll work with passionate. That's fine.

Buck: If you don't know—Jeff rarely lets us talk him up, but I'm going to. You may or may not already know this, but as a lifelong student of what he calls "survival arts", it was Jeff Anderson's military training that led him to seek out strategies that would protect not only himself on the battlefield, but also provide for his family's own self-reliance in any sort of disaster, crisis or collapse.

After ten years of military training in elite infantry units around the world, Jeff began working as a security consultant and executive protection specialist for private clients and the entertainment industry. Specializing in military style hand-to-hand and weapons combat, Jeff offered classes and seminars based on practicality and battlefield effectiveness.

In Jeff's survival training, it was in his service overseas and in combat missions that he was able to get a firsthand glimpse of what a city gripped in collapse and without rule of law is like for its citizens. That's the sort of thing we talk about here all the time. He uses his unique experience to inject a more realistic view of what to expect in survival scenarios and provide practical solutions, even in extreme environments for true survivalists like you and me.

Ultimately his training and experience led him to create the digital media channel for *Modern Combat and Survival Magazine*, which is fueled by more than 100 of the world's top instructors in law enforcement, military and civilian survival schools. That's why we're here today with Jeff to talk about what he's recently added to his bugout bag.

So Jeff, what's the first thing you've chosen to add to those all-important bugout supplies?

Jeff:

I actually have five things that are relatively new on my list. I've been meaning to talk about these for quite awhile and add them to the program that we have on what to actually put inside of your bugout bag. I'm getting tips from a lot of our readers. You know this as well as—putting the magazine together and everything, we oftentimes have a “share your tips” and things like that. Or we'll get people that will leave comments on the blog or on our Facebook page. I get some of my best advice from our readers and from our listeners.

So I guess I want to start out by saying keep the tips coming, because this is always a process of fine tuning. Whether it is you're fine tuning for your own personal threats that you face, or whether you need to just kind of do spring cleaning in your bugout bag and make sure that there's nothing that's expired in there. If you have antibiotics or other medications, or things like that, that you can kind of update those things. So you should always kind of do a fine tuning. I always look at it as a work-in-progress.

There are five things that I recently have added to my bugout bag that I wanted to share with people, that are currently not inside of our bugout bag book. So the first one that I'll share with you is actually Goop. By Goop I mean that as the—it's the name brand for an adhesive. You can find it in any grocery store, hardware store, anything like that.

I'll give you a mini story here that will explain why I say this. I actually have another little tip for this. I recently was in Florida for a charity golf event. By the way, I'm a sucky golfer. I shouldn't even call myself a golfer. I suck that bad. But for those of you who have been following us for awhile, you know that we started a couple years ago our Save Our Soldiers mission, “Operation Save our Soldiers”, which our goal is to eliminate combat-related PTSD and stop the 22 suicides a day that are happening from our soldiers that are coming back from warzones.

So we supported a charity golf event in Florida. I flew out there, and had a few people that are listeners that came and golfed with me. I put a call out and they golfed with me. Again, I'm not a golfer. But I own golf clubs and I own golf shoes. So we had, I think, about 150 people there. We went out there. We did a speech on combat-related PTSD. It was on a military base in Florida.

We were getting ready to go off to our holes to start the tournament. I pulled my golf shoes out of my bag, which have not been touched by human hands in probably about

seven years, I want to say. As soon as I pulled my golf shoes out of my bag, the sole just fell right off of my golf shoes. Fell right off of them.

So I ran into the clubhouse. I bought the cheapest pair of golf shoes I could find. But it reminded me of why I have Goop inside of my bugout bag. Because if you do have to get to the point where you head off in your vehicle and it breaks down, or you hit that virtual parking lot in the highway and you have to use an alternative means of transportation, one of the things that we recommend is that you have a bicycle with you, because you can go farther on a bike than you can just throwing your bugout bag on your back.

But things can happen. Your bike can get a flat tire and you aren't prepared for it. Or some toddlers come and throw spitballs at you, and knock you off of your bike and steal your bike from you. Whatever it is, if all you have are your LPCs, or your leather personnel carriers, to be able to get you to safety, then that's all you've got.

Just like you have to take care of your car, you have to take care of your bicycle, you have to take care of your moped. Or whatever you're using, you've got to take care of your shoes too. It's quite possible that your shoes can come apart. I've had brand name—I won't name the names, because I don't use these hiking boots anymore. But they were extremely expensive hiking boots, and they didn't last but a few months before the stitching started giving out on them.

So anytime that you need to do some sort of repair, having Goop—and what I'm going to tell you here is a tip—is that there are these—they're not trial packs. They're mini tubes of Goop. The one I'm specifically talking about you can even get online at Amazon or anything. It has four different little tubes in there. One is called shoe goo, then there's a goop for household, there's a goop for plumbing and there's a goop for marine.

The shoe goo is really helpful for things like repairing the soles of your shoes, filling in any sort of hole that's in there, because it will adhere to everything. It will dry. You can weatherproof your shoes even with it, by taking a small amount of it and just rubbing it around shoes. So if your boots weren't waterproof and it's raining or whatever, you could actually turn them into waterproof boots with some of this Goop. You can do that. The household little tube is just kind of general purpose. You can use it for pretty much adhering anything, as any sort of a glue or adhesive or anything like that.

The plumbing one is especially used for vinyl, glass, plastic, like PVC pipes and things like that. So that's really handy if you are using it for any sort of PVC weapons that you want to make, whether that's some sort of a spear or you make some sort of a bow out of it. We've done broadcasts on that before, how to make a bow out of PVC. So it comes in really handy there. The plumbing one is also really good for things like tarps, tents. We recommend people have a military poncho, basically, to use as a tent. So that's good for that.

The marine one is like the other ones, except that it's UV-resistant. If you have to make any sort of repairs where you are going to be in the sun, the sun can take a lot of adhesives and it can crack them. The adhesive will crack and then it's not adhesive anymore. So the marine one is specifically UV-resistant. Maybe if you've got a hole in a tent or your poncho, or something like that, and you live in a desert area or something, you can put that adhesive on there and it will be more resistant in the sun.

So those are four little tubes. They take up very little room. They don't weigh anything. So you basically just put these in your bugout bag, and it's going to give you that catchall adhesive for various uses that you might find that you need them for on your bugout route to safety.

Buck: **It's funny, Jeff. You mentioned our Facebook page. I am one of the people who has the privilege of posting to that page quite a bit and interacting with folks that follow us on social media. I learn a lot from them as well. I have also recommended our bugout bag book to a variety of people in my own family, because it is such a great compendium of information. So knowing that you're always adding to and evolving the bugout bag is a good reminder that it doesn't stop when you put that bag together and then throw it in the back of your closet.**

You mentioned five things. We've talked about one, which is the Goop, which I'm going to go on Amazon and buy some of right now, actually. What's the next thing?

Jeff: By the way. I should tell everybody that we will have a cheat sheet for this. You can get that at www.MCSMagazine.com/187, and that will get you the cheat sheet. So you don't even need to take notes on all this stuff. But also, in the resources for this blog post that will have this in there, I'll put in links there for the product that I'm talking about here so you can go and check them out, and you'll be able to get them on Amazon or something like that. So go ahead and check that out too.

Item number two is actually one that I did get from one of our readers, which I thought was really cool. That is a small pencil sharpener. The reason why is—actually there's a few reasons why. I'm not talking about the electric one. Obviously not the electric one. I'm talking about the little hand ones that you have in elementary school.

I recommend that you get a good quality one, though, because the cheap ones are going to break very, very easily. I actually saw one this past weekend that was all metal. I know you can get these at an Office Depot or something like that. They're a little bit more expensive, but they're more durable. This one that I found was really small, but it's \$25. I'm not saying you need a \$25 pencil sharpener. But I'm just saying find something that doesn't look like it just came out of the gumball machine.

But what you can use it for are sharpening sticks to be able to use for anything that you might need a sharp stick for. Any sort of trap, whether you're making an animal trap or whether you are making an improvised net for fishing, like a fish trap basically, where the

sticks are pointing out there. Anything that you need a sharpened stick for, these are a really easy way to make them. Obviously you could use a knife as well, but this makes a really nice round, pointy part to it if you need that for anything.

But the other reason to use it is that it makes really good kindling. Anybody that's trying to make a fire out there, or anybody that's ever really tried to make a fire with challenged materials, knows that it's all about the kindling. So the shavings that come off of just taking a stick and running it through the pencil sharpener, you can make a ton of really good kindling very easily from that, better than you can with a knife. Easier than what you can with a knife and it will be paper-thin, so it will ignite really well. It's going to be really good tinder for making a fire. That's item number two.

Buck: Nice. That's yet another item I'm going to have to go out and get. I do remember the post that you're thinking of where that was recommended, too.

Jeff: That was [Nate Allison](#), by the way. I want to give credit where credit is due. So Nate Allison was the one that gave us that tip. Listen, everybody that's out there. Again, I can't tell you enough. Send us your tips because anything that we use, whether it's in our magazine or we use in our podcast, I always give credit where credit is due. If we use yours, we'll send you a thank you gift in the mail. I believe in asking for tips as well as thanking people for tips. So send them to us.

Buck: All right. So you promised five. That's two. We've got the Goop and we've got the pencil sharpener. What's the third thing?

Jeff: The third thing goes under the food procurement area. It's really interesting that you gave the intro for *The Road*. If nobody's ever seen *The Road*, it's one of the most heart-wrenching disaster movies out there. It's kind of hard to watch, but it's also probably the most realistic, true the end of the world as we know it, type movie and what happens to human beings, outside of *The Walking Dead*.

It's one of those things where if you have a bugout bag—obviously we tell people to plan for 72 hours, because your whole goal isn't to wander the wasteland trying to avoid zombies and shooting the *Mad Max* characters that are rolling up in their spiked SUVs. But it's really just to get to safety. Under most circumstances, obviously, all you're going to need is just a few days worth of extra food, so that you're not reliant on trying to go to a grocery store that could be picked clean and things like that.

But there are certainly circumstances where it could be life-changing events. We talk about these in our book. This almost sounds like a shameless plug for our book. But you can actually get a copy of our initial guide for this over at [SurvivalGearSecrets.com](#). But one of the things that we talk about there, there are five real life events that could literally change life as we know it overnight. That's not paranoia. It's not anything like that. These are real live things that could drastically change our lives.

So you have to be prepared. I recommend that you be prepared with your bugout bag, with just some simple means to be able to get food if you can. Most people know if

they've been listening to me for awhile, I'm not an expert in wilderness survival. I know that I can survive in the wilderness, but it's not my thing. In the military it was urban survival environments. We were out in the woods a lot, but we didn't have to survive out in the woods, off of the land or anything like that. So I can't tell you what plants to pick that you can eat. I can pick out a few. I can graze on grass and probably be okay. I can eat crickets and grubs. I've done those things. But finding food is something that you might have to be able to do.

Buck: **My best food survival tip—I posted it on the Facebook page not that long ago—is how to eat wild mushrooms for survival, which is don't eat wild mushrooms for survival because you'll die.**

Jeff: That's right. I did see that post. That was funny. But I think this is one of those myths, right, that people talk about. We're getting ready to do a broadcast with Kevin Estela on Wilderness Survival Myths, and I know one of them we're going to talk about is food procurement.

Because another friend of mine, Tony Nester, who also does survival classes, I was actually out in Arizona and we were having breakfast together, and he was telling me about his class that he does. He does these desert survival classes and knife-only classes and things like that. I said, people that are studying wilderness survival, what's the biggest myth that you think they fall prey to? He said it's definitely that you can just set an animal trap and you're going to catch something.

In fact, he said that—he's done this a bazillion times. He has to set—and this is an expert, by the way. This is somebody who has truly lived out in the desert off the land. He said he has to set a hundred different traps, between snares and deadfalls and things like that, in order just to get one kill. A hundred traps for one kill. People are not going to do that. If you're trying to get to safety, it's not like you're setting up camp. But putting out a hundred traps, that's a full day of just trying to get one kill.

I've always wondered about that, because these pictures of snares that you see, I just can't imagine some stupid ass bunny rabbit sticking his head in there like, "Hmm, I think I'll..." It never made any sense to me. I'm not saying it can't be done. I'm not saying it doesn't work. So leave all the hate mail alone. I'm sure you've killed bears with your snares before, everybody out there. So save me the emails, please. But I believe in going the easier route, the easiest route that you possibly can.

So item number three—with that giant lead up—is a Conibear 110 trap. A Conibear trap is a spring-loaded trap that is very flat. So it will fit inside of one of your tactical pouches. If you've got one of our X-BOB's, you should have one that will fit inside of there. It's meant for trapping. It's designed for trapping animals. So all you have to do is just spread it apart. It's not one of those bear traps you see on *Looney Tunes* cartoons, where you step in the middle and the teeth come up and chop off your leg. There's no teeth on this at all. It's basically just a—there's a lot of tension to it. So it's just a hair-trigger. It's already built into it. You just spread this thing apart, put the latch on it and

then you can put bait on the little trigger part. And then this folds back up with extreme pressure.

So any rabbit, any squirrel, chipmunk, birds, people have caught birds with them before. Is it possible you could get a small fox, or maybe a cat or something like that? A cat you could definitely do it. Mm. Yummy, cats. It's not really meant for big animals. But a squirrel is a pretty good meal for you, or a possum or something like that. You could get something like that with it.

This is one of those things where it's so much easier to bait a trap. Let an animal come to you. Let the trap do what it's designed to do and get yourself a meal out of it. So number three is a Conibear 110 trap.

Buck: All right. So just to recap. We've got Goop. We've got a pencil sharpener. You've got your Conibear 110 trap. I find myself wondering just how many of our listeners remember *Looney Tunes*. Because I do, I know that doesn't say good things about my relative gauche.

Jeff: Am I dating myself? I am. Right?

Buck: I think we are a little bit. Yeah. I've gotten to the point now where there's so many people I interact with I can't take for granted that they know these references. But that's just how it is.

All right. So what's item number four, before I dwell too much on how I'm getting old.

Jeff: All right. Item number four, it's a new item that I just recently discovered. You can get this on Amazon. Again, I'll put a link in the show notes for this. It's called a Pocket Bellows. We're going back to fire starting here. Anyone that has ever tried to build a fire—whether you had matches, a lighter, a blow torch, whatever you had—knows that once you get that kindling started, then you've really got to blow strategically on the tinder to be able to get that flame going. It doesn't just stop there. Then you've got to get the wood going.

My son and I—I think I told everybody—but last summer, in 2017, he and I went up in the Adirondack Mountains. It was just me and him and a canoe, and our X-BOB bugout bags filled with all of our regular—we took it out to test all of our stuff. I believe everybody has to do that. You've got to go out and test it all out. Get used to wearing it. See where the friction points are. Learn your mistakes before you're forced to learn the mistakes. We took it out there and it rained almost the whole time. So we were building fires out there with wet wood, wet tinder. Using the dry stuff we might have from lint or kindling. Finding dry tinder was something that we did each time. But I had to blow on that thing a lot more than normal.

The Pocket Bellows, it looks a lot like the old telescoping antennas that were on the cars. I'm dating myself again. In the fancy cars when you turned on the radio, the

telescoping antenna, you could watch it go up in front of you. Then when you turned off the radio, it telescoped down. This should just be the old folks podcast. This is really just an old folks podcast.

Buck: **We're going farther back in time now. You're supposed to be bringing us forward into the—when I was your age, there was a lever I had to roll in a circle to make the windows go up and down.**

Jeff: Oh yes. Oh yes. Anyway, this is probably what all of the manufacturers of telescoping antennas—somebody probably just looked at it and say, “Hey, I’ve got a better use for that.”

So it looks a lot like that. It's only about a foot-and-a-half long. But it folds up. It breaks down into only about three inches long. It's really skinny. All it is, is a telescoping tube. What it does is you take the big end and you put it in your mouth, and you blow through the small end, which means that you don't have to basically knock yourself out unconscious by trying to blow on something. This micro focuses your breath, the oxygen coming out, to be able to get the fire going a lot easier. It will create a hotter flame for a longer period of time, without making you black out from trying to blow out all the candles on our cake. It's the same type of thing.

So this is a really cool little tool. It's in my fire starting kit now. I love this thing. It works really, really well. It's called the Pocket Bellows. Again, I will have a link to this in the show notes too.

Buck: **That part about the cake just hurts. All right. Well, so we've covered four items so far: Goop, a pencil sharpener, the trap and the Pocket Bellows. I had not heard of that one before, and that sounds like a neat little device. What is the fifth new item you have added to your bugout bag?**

Jeff: The fifth item is something that I actually got from my wife, who is not a prepper at all. Again, if you've all listened to everything, my wife hates guns and she hates survival stuff. She can because I've got it all covered and she just knows that she's protected. So I've given up trying to convert her. It's not going to happen. But this is something that I got from her, so she can be proud of this.

If anybody has ever gone camping, or gone out and tested out your bugout bag, you know that anytime you need little things they always seem to be either in the bottom of the bugout bag or you're chasing them all over the place. But little items that you have are hard to manage. It's like hurting cats sometimes.

I'm talking about things like matches, prescription medication bottles or things like that. Bartering items that you might have, little lighters, little pocket knives, things that you can use for bartering, any sort of small item. Most bags don't have any sort of organization system to it.

I noticed on one of my trips that my wife had this handy-dandy new makeup bag that she got from the makeup store. Basically it rolls up. When you roll it open, it has all these little see-through pockets in it, zippered up. It's made out of vinyl, at least the one that I got from the place that she got it from. It's weather-resistant, I would call it. I wouldn't call it weatherproof. But there are plastic bags that you can put inside of there. The plastic that they use for the little compartments are a heavy gauge plastic.

So I have to say that when you roll this thing up it's going to make it pretty weatherproof. These little things are great for organizing all these little items. You can go ahead and section things off. You can have your fire-making stuff, your tinder, your lint and all those things inside of one little pack in there so you can keep it all organized in there. You can use one other pack for medications and stuff like that, that you want to keep dry. It can be bandages or whatever.

Anything that's small will roll right up inside of this and go right inside of your bugout bag. Or you can roll it up and you can put it in the top and strap it to the outside. Nobody can see what's inside of it because it's not clear on the outside. But this thing has become one of the handiest things that I have for my bugout bag. It's just a great addition to help organize all your stuff.

Buck: **It's funny. Because in keeping with our theme of old guy stuff, I used to use empty film canisters to organize small items like matches and things like that. For those of you who don't know what film is, we used to put it in our—it was roughly the size of a prescription bottle that you get at the drugstore, except that it wasn't see-through. It was opaque. I suppose a prescription bottle actually could do a neat job of standing in for those little plastic containers. But I like the idea of the makeup case even better because you can carry more and you can see everything that's in there. So that's a really good idea.**

Jeff: Yep. Works for me. But yeah. Those are the five items that I've recently added and put into this stuff. Again, I just want to put a shout back out to everybody. Let me know. What are some things that you've recently found inside of your bugout bag? If you would, just go ahead and leave them in the comments of the blog page for this podcast over at ModernCombatandSurvival.com and let us know.

Because I would love to do a whole page, or two pages if we get enough tips, of new stuff that we haven't heard of before or we haven't written about before. If you've got something new, we want to know about it. We'll put it in the next magazine and give you credit for it, and we'll reach out to you also and get your address. If we use your stuff, then we will go ahead and send you a thank you gift.

Buck: **That would be awesome. I love that when we get to contact people and give them stuff. They're always so happy. All right, Jeff. Thank you so much for sharing your new bugout items with us.**

Jeff: Yep. All right. So again, thanks everybody. I really appreciate all your time and all your support and everything. Go check out the blog. Go subscribe to the podcasts. If you have not done it yet, make sure that you don't miss a single episode. Just go on over to iTunes, or check it out on our blog and just go over there and you can subscribe there.

Until our next Modern Combat and Survival broadcast, this is Jeff Anderson and...

Buck: **Buck Green.**

Jeff: Saying prepare, train and survive.