



Prepping Your Bug-Out Bike

with Jeff Anderson for www.ModernCombatAndSurvival.com

Biking Your Way Out Of Danger

When bugging out in an emergency, a vehicle is always better than going on foot. If you encounter an impassable traffic jam, you run out of fuel, or your car or truck breaks down, what will you do then? Your best back-up option, before hoofing it, is a bicycle.

- Bicycles are small, maneuverable, and never run out of fuel.
- Bicycles can help you carry your gear.
- You can move farther and faster on a bike than you can on foot.

Choosing The Right Bike For Bugging Out

Not all bikes are created equal. For bugging out, you need to consider the weight and the rigidity of the frame.

- You don't need a carbon-fiber mountain bike; there are some lightweight steel and aluminum-framed bikes that will work just fine. Look for around a 30-pound bike.
- You should be able to lift the bike easily with your gear on it. You're going to be pedaling all that weight.
- Get quick-release tires if you can.
- You want as many water bottle cages as you can get.
- Your pedals should have straps so you can pull with your feet on the upstroke.

Where The Rubber Meets The Road

Mountain bikes typically have very knobby tires for off-road terrain. You don't want to go off-road if you can help it, though. You want as much traction on the road as possible.

- Trade out your mountain bike tires for hybrid-bike touring tires. This will give you better road traction.
- Remember, the off-road knobs on mountain bike tires create resistance in road travel.

Expand Your Gear Storage Options

You want to distribute the weight of your gear onto the bike and let it do the work. Trying to bike with a heavy backpack on is NOT easy.

- Add pannier racks to distribute the weight of your module bugout bag.
- This is a great reason to buy one of our XBOB module bug-out bags, because it can be distributed onto a bike that has these racks.

Consider Bike Trailers

There are trailers made specifically for bicycles. You should consider getting one.

- You could carry another bugout bag or weapons in the trailer.
- You could even carry a child in the trailer.

Pack A Tool Kit

Make sure you are carrying a tool kit on your bug-out bike.

- Bicycles can break down just like any other piece of machinery.
- Flat tires a very real possibility, so you'll want tube sealant (fix-a-flat and any other bicycle-specific tools).
- Your tool kit should also include basic tools for other problems you might encounter.

Prepare. Train. Survive.