

## Podcast #229 Transcription – The CIA Bugout Bag

- Jeff Anderson: Hopefully, by now, you've taken part in one of our online survival workshops, where we talk about the importance of having your own personal go-bag, filled with the items that you and your family are going to need to survive a short-term crisis or disaster.
- Jeff Anderson: Now, hopefully also, you're taking that advice and at least beginning to assemble the gear and supplies that you'll need, and loading them into a backpack that's designed for facing the kind of threats that you'll encounter during the crisis.
- Jeff Anderson: Now as a combat veteran, the topic of bug-out bags is one that's near and dear to my heart, and I'm always in search of other experts' opinions on how their experiences and backgrounds have shaped their own philosophies on what types of gear and plans they've personally put in place for a forced evacuation scenario.
- Jeff Anderson: Now, in the past, we've had all kinds of survival trainers on our show to talk about their preps, from full-time survival experts and trainers, people from television, to military contractors. But, never from the source that we're about to go into today.
- Jeff Anderson: Well everyone, this is Jeff Anderson, editor from 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.
- Jeff Anderson: With us today to give us the CIA perspective on bug-out bags and their gear is former CIA operative Jason Hansen. Jason, welcome back to the program.
- Jason Hanson: Hey, thanks Jeff. I appreciate it.
- Jeff Anderson: Always good to have you on. Man, you've been a busy guy, man. You've got a lot of stuff going on out there and this topic is one that you've really started to dig into, so I'm excited to get your information out there.
- Jeff Anderson: Now listen everybody, Jason, if you don't already know, is a former police officer who set his sights toward the Central Intelligence Agency, spending nearly a decade in the CIA, earning two exceptional performance awards and distinguishing himself among the other CIA ops personal. Now leaving the CIA to spend more time with his family, Jason continued his research and his work using the covert skills that he developed in order to train others in how to be better prepared for everything that they might need to protect themselves

against for themselves and those they love in a violent criminal attack, to surviving times of civil unrest and disaster, and martial law.

Jeff Anderson: Jason's been featured on television, Shark Tank, where he won a deal for bringing his skills and his spy gear to a wider market and his book "Spy Secrets That Can Save Your Life," is a best-seller that should be in everyone's library to help you master escape and evasion tactics for those worst-case scenarios.

Jeff Anderson: Now, Jason also has a new book out called "The Escape Bag Blueprint: 37 Items You Must Have to Survive a Crisis," which is, of course, the reason why we're picking his brain on this topic today.

Jeff Anderson: Now, you can learn more about Jason and his work over at his website, at [www.spysurvivaltraining.com](http://www.spysurvivaltraining.com).

Jeff Anderson: All right Jason, let's go ahead and jump into this. Now, I'm a big believer that the most critical component of any good evacuation plan and a good bug-out bag system is the bug-out bag itself. That comes out of real-world experience of being a combat veteran and being a forward observer in long-range reconnaissance in the 10th Mountain Division where we literally have traveled thousands of miles. That's not an exaggeration. Thousands of miles with a military backpack. I know how difficult it can be and how far out of the range of what most people might expect it to be, it might be, but the bag is always the most critical component of it.

Jeff Anderson: That's where I want to start. In your own planning, regardless of what people might already have for their bug-out bag or whatever, what would you say are the most important common elements, like the foundational elements that people need to be looking at in a good bug-out bag from a covert-operative perspective?

Jason Hanson: Sure. Yeah, I'm going to give you obviously the intelligence operative perspective, so we call it operations bag. Operations bag, a bug-out bag are the same thing. In the intelligence world, the most important thing is that it has to blend in and make sense for whatever your cover story is.

Jason Hanson: If you're posing as a business man, your ops bag might be a very fancy leather briefcase or one of those \$500 fancy leather bags. If you are out and about in a place like Iraq or Afghanistan, you may have a typical military type backpack, etcetera. If you're a bike messenger, posing as a bike messenger, it's got to be a bike messenger bag.

Jason Hanson: Now, the secret there is it's got to be a quality bag. Hypothetically, let's just say that somewhere in the United States there was a place you would go and they have a factory and they have people dedicated to making these types of bags to match whatever your cover story is. They triple stitch these bags, it may look

like a regular cheap bag you bought at Walmart, a cheap messenger bag, but it's really triple stitched. It's really waterproof, this thing could take a beating.

Jason Hanson: Not as important, obviously, if you're not in the intelligence business, but you've got to make sure the bag is quality, it can withstand anything, and you need to make sure it matches your cover.

Jeff Anderson: Yeah, you see a lot. I know more and more people are finally, I say finally here, because it's not just preppers that are truly putting together the survival kits and their go-bags. We've had a year of horrifying different disasters, from wildfires and hurricanes and everything, I don't see it letting up anytime soon, so more the public is starting to get this. You can even now find go-bags, if you will, or survival kits at Walmart of all places. Again, what do you expect from the quality of Walmart? Well I've bought from Walmart, I know what I get from the quality. Whether it's pajamas or whatever, it's not the same.

Jeff Anderson: You're right, you don't want to find out about that quality not being there when you're a couple miles down the road and this thing is falling apart at the seams and that thing.

Jeff Anderson: I want to hear a little bit more also, what's the purpose there, and why would it be a messenger bag? What's the purpose of it fitting into what your projection is, I guess, on a regular basis, if you're a business man or whatever it is. What's your perspective? It seems to fall right in line with the CIA perspective, but I just want to get it from your own words.

Jason Hanson: Let me dive a little deeper, because in the intelligence business, we have three different bags that we rely on. There's the Ops bag, the operations bag, and that gets you to your next bag. The next bag is called the RTB bag, or the return to base bag. Then, if things get really bad, we have an evac bag which is an evacuation bag, which means you're not necessarily going back to base, you may be hunkering down under a bridge for a week. You may be hunkering down in the wilderness.

Jason Hanson: The Ops bag is not a gigantic 50 pound pack that you're going to put on your back and be humping through the mountains. It is simply walking around your everyday life. If you go to work and you've got your laptop bag, that could be your Ops bag when you sit at work, under your desk. It's got the things you need to survive temporarily to get you to that return to base bag, which is gonna have a lot more stuff. That's the more traditional bug-out bag with a ton of food, a ton of water, knives, guns, et cetera, where the ops bag is smaller, really to get you from Point A to Point B.

Jeff Anderson: Gotcha, okay.

Jeff Anderson: Well, one of the things that's often debated for preppers and people that are preparing for an emergency, in what to pack inside of their bag, is food. I have a

video, I can tell you this from experience, I have a video that I put out years ago on YouTube about what survival food to put in your bug-out bag. In my opinion, it's changed since then, but I can tell you I have, every year, a 13-year-old, either true 13-year-old in age or 13-year-old mentality, that gets on there and a bunch of haters that want to debate this. It's a hotly debated topic about what kind of food you should be putting away inside your evacuation bag there.

Jeff Anderson: From your perspective, on what type of food you would put in there and then how much, what are your thoughts from that perspective of the CIA bug-out bag?

Jason Hanson: Sure, so if it's in my Ops bag, it's obviously going to be just a day's worth of food. It's not going to be as many as my return-to-base bag. But I'm going to have a variety of things. I'm going to have some freeze dried food. A lot of companies make the freeze-dried type of stuff. I'm also going to have some stuff from the Number 10 cans. Number 10 cans, we know, can last 25, 30 years. You can have potato flakes, you can have rice, you can have flour, all types of stuff.

Jason Hanson: Now, I'm obviously not carrying around a Number 10 can, so find a smaller package you can pour it into. Again, a Ziploc bag or whatever. Now, that's not going to last 25 years once you do that, but I rotate it out. I maybe have a Ziploc bag or a small plastic container [inaudible 00:08:40] food, and then I'll throw in some of those bars, which the huge weight-lifter guys carry. Some of those bars that are meal replacement bars, but I'm going to go back to saying that I replace it.

Jason Hanson: I don't throw my stuff in my Ops bag and never look at it because in the intelligence business, your mission is always changing. One day you may be here, one day you may be doing this, so one thing that I highly recommend is don't just build your Ops bag and then throw it in your basement or take it to work and never open for the next 20 years. We obviously change, times change, so look in it. Has a water pouch exploded? Do you need to eat that meal replacement bar?

Jason Hanson: Keep up on your stuff, but that's a few of the food things that I have in mine.

Jeff Anderson: You bring up a really good point that we've never covered before. My little town went through a deadly disaster. We had a massive flood, it was like a 45-foot wall of water that came through and washed people, houses, cars, I mean, everything away. I remember working with the disaster teams after that and providing help at some of the aid stations and things like that. You were talking about how, in the CIA, you never know, your mission is always changing. You might be in one place and all of a sudden you get an order, "Hey we're moving out, we're going to be in this location." Same with military too, right? You never know where you're going to be and what resources you're going to need for that.

Jeff Anderson: Some people listening might think, "Well I'm not in the CIA and I'm not in the military," but you bring up a really good point because I can tell you from being at different aid stations, whether it's Red Cross or FEMA, that what happens a lot is, "We don't have any more space here. We're moving half of you over to this location." There may have been food at that one location, and you might look at it and say, "You know what, I don't want chicken soup from the local diner, but I have my stuff in my bug-out bag so I'm gonna eat these bars because it'll taste better than that chicken soup." Or whatever.

Jeff Anderson: All of a sudden, you get the order, now you're on a bus going somewhere to another safety location and they don't have food there yet. Now you just ate your bars and now it's like, well, what do you do? Do you go around begging for food from other people or whatever? I know that we talk about these CIA and military things sometimes, but there is a lot of overlap when people really think about it, or if they've ever really experienced it or even just seen stories about what really, truly happens during and after an actual disaster.

Jeff Anderson: You brought up a point that I don't think we've ever really covered before.

Jason Hanson: One of the things you said that I think was important too is, I know you've gone through it and so have I in training, where most people don't experience several days without food. Most of us are incredibly blessed, we live here in America. We don't have to worry about where our next meal is coming from, but I have gone several days without food. I know how it feels, I know how unpleasant it is. On the flip side, I also know that you can still survive and it's not going to kill you.

Jason Hanson: Yeah, in a crisis situation, your chicken-soup example, I save all my food and I'll eat anything else if it's there for me, 'cause that food is for the emergency and since you don't know where you're going to end up. We just had the wildfires in California, people having to evacuate, they didn't know where they were going to be, so life is crazy.

Jason Hanson: I mean, even though I still no longer work for the agency, I still live the same lifestyle, meaning I still have my Ops bag, I still have a basement, I have a years supply of food for me and my family. I've got bins, so bins that I can usually throw into the back of my car if we need them. Again, even though I'm not living it, I'm still as prepared as ever. I personally have weathered some big storms because of it.

Jeff Anderson: Yeah. Awesome.

Jeff Anderson: Hey Jason, so water is obviously one of those things you can't do without. We've got to have water. But it's also easily one of the biggest challenges you might have during a disaster because, whether it's the infrastructure has gone down, there's no clean water available, in times where, I can tell you even going through a flood, sewage is everywhere. Everything is contaminated. The stuff

that comes out of your water tap might no longer be drinkable, and especially if you're on the run, if you've having to evacuate somewhere, water resources can be really scarce.

Jeff Anderson: What do you recommend in carrying in your evacuation bag in order to provide clean drinking water for you and your family while evacuating on your way to your Plan B safety retreat?

Jason Hanson: Well, because water is so important, and you just mentioned how much it is, I recommend at least having three different ways to filter water. It is just way too important to obviously have one, but so important you need to have more than a backup. The beauty of water filters these days is they're so tiny, they take up virtually no space.

Jason Hanson: For instance, my main water filter is a fancier one, it cost me \$100 and it can filter hundreds of gallons of water. That's my go-to water filter. If heaven-forbid something would happen to that and it breaks down, then I have one of those straw type filters that can still filter a lot of water.

Jason Hanson: If something happens to my straw filter, I have the powder that the military uses and the government uses called Chlor-Floc and that is just a powder. It can only clean up to eight gallons of water, so it's for extreme emergency uses, but I've got that line where I've got three different options to take care of me and my family in a crisis.

Jeff Anderson: Yeah. There's that whole two is one and one is none, so that makes a lot of sense.

Jason Hanson: Exactly.

Jeff Anderson: The other thing is, I know a lot of people think that they're just going to store water bottles in their bug-out bag, but you're so right, because when that's gone, if you don't have a way to capture ... I mean, you can reuse those bottles, but if you don't have a way to make it clean, it doesn't do you any bit of good, so yeah, that's awesome.

Jason Hanson: Let me jump in here and give one tip.

Jeff Anderson: Yeah.

Jason Hanson: I was jump in and give one more thing I have from my bag, and it's not something most people have, but a giant syringe. Not a syringe for shots, but one of those shots where you obviously, can suck up. Because if things got so bad where you found a puddle and you couldn't get your straw down in there or maybe you couldn't get your face down in there, you can stick a syringe, suck out that water, put it in your water bottle and then filter it from there. That is obviously dire circumstances, but get one of those giant syringes.

Jeff Anderson: High speed, that's a MacGyver thing, man. A syringe, a chocolate bar, and a paper clip. You can find and filter any water.

Jeff Anderson: Listen, with your background, I can't not ask you about escape and evasion gear. Since this is what most people think about when it comes to CIA operations and their perspective on bugging out. But I think escape and evasion gear really is important because there are people out there, there's gonna be gangs and looters, and other nefarious knuckle-heads, now they take advantage of people during hard times. They look for victims out there.

Jeff Anderson: Obviously, we don't want to get into a confrontation if we can, but there might be people that are tracking you, there might be people that are looking out for, "Okay, who has supplies that I would need?"

Jeff Anderson: What pieces of escape and evasion equipment would you include in your bag, for the purposes of avoiding a run-in with these types of people?

Jason Hanson: Sure, so yeah, I'll talk about what I keep to avoid a run-in and then if heaven-forbid, somebody did kidnap me, if the worst case scenario happened, I'll talk about the small pieces of gear I use.

Jason Hanson: For escape and evasion, it's the simple answers. The gun. You've gotta have a gun. Obviously, I want to avoid confrontation, I have had to draw my gun on more than one occasion. I've never had to shoot anyone, and I hope I don't, but you've gotta have that gun. I always have it on my person, because obviously I want to be able to draw it quick.

Jason Hanson: I do have a backup in my bag. For instance, I'm a 1911 guy. I might have a 1911 on my hip, and then might have a Sig P250 or a Walther Creed, a smaller gun, in my bag that doesn't weigh as much. I've always got that to get me out of bad situations.

Jason Hanson: Now if, as I said I do get kidnapped, I have an escape and evasion belt and inside that belt, I've got some handcuff keys, I've got a lock pick set, I have a bobby pin and hair barrette for escaping handcuffs. I've got paracord on me, I've got a little razor blade, one of the small, tiny ones. Then in the bag itself, I have a backup of all of those. I definitely want it on my person, but I also have a backup just in case, just for some crazy, who knows what situation.

Jason Hanson: Probably the smartest thing you can do is blend in with your surroundings. That doesn't always mean the gray man. The gray man technique is great. Hey, blend in, don't draw a lot of attention. But let's say everybody is riding and looting, maybe you should pick up a bottle and look like a rider and looter, because if you're just trying to mind your own business, walking like a gray man, it's not going to make you blend in.

Jason Hanson: There are certain occasions, and I'm a huge proponent of the gray man at certain times, but at other times, become the enemy. Meaning, if I've got to get through a huge crowd and there are a bunch of hippie liberals who are throwing Molotov cocktails, for that 30 seconds or that two minutes it takes me to get through that crowd, I will be a hippie liberal. Thankfully only two seconds. Do what you've got to do, blend in, get out of there, so you don't have to throw punches, so you don't have to do shots fired, so you don't have to have any kind of confrontation.

Jeff Anderson: Yeah, that makes total sense for people and that's a mind shift for a lot of people to try and think. Most people try and isolate who they are and what they're projecting out to other people, but for the purposes of, you might have to change identities, if you will. Not put on a Cheech and Chong mustache disguise behind the car or whatever to find a way out of there, but sometimes the actions are what camouflage you out of there.

Jeff Anderson: You brought up a whole bunch of different tools there. A lot of people might this, "Well, why would I need handcuff escape keys and things like that?" It's a disaster for crying out loud.

Jeff Anderson: What are the reasons? You went down a whole list of different things there, can you educate people on why those things might be necessary for people that are whatever, during that kind of a crisis?

Jason Hanson: Sure. Let's talk about handcuffs. Handcuffs is more common overseas, I'll be forced to admit that. There's a lot of corrupt police overseas, not that there's not bad cops here, but you're less likely to run into it, where overseas, especially if you go to Mexico, certain places in Europe, I've run into it. I've had to bribe my way out of the police.

Jason Hanson: That's what you need handcuffs for, the bobby pin and the hair barrette, to get out of those. The other stuff, paracord. Paracord, obviously can be used to tie stuff up, but you can cut through zip ties. You can cut through duct tape, you can cut through rope, and that's what these gang members are gonna use. They're gonna get some zip ties and zip tie you up. They're gonna get some rope and tie you up. That's why you want to have those items.

Jason Hanson: They don't take up much space. I mean, they weigh next to nothing. A little paracord, even a razorblade takes no space and I keep it in my belt. Like everything else, I prepare and I hope it never, ever happens, but I have peace of mind because I know my bag has this stuff that I can take care of it if it does happen.

Jeff Anderson: Yeah.

Jeff Anderson: Jason, let's talk about weapons a little bit more. You talked about some of the firearms that you have on you. Obviously, you want to avoid a confrontation if



you possibly can, but what are some of the things that you have for this kind of scenario? You're evacuating from a disaster or a crisis, but there are people that are wandering around there and the predatory wolves are out there in our society, and if you do come across somebody and do come into a run-in, obviously a weapon is a great equalizer. It can help you really get out of those tough spots.

Jeff Anderson: Can you give us a run down of what you do use for personal protection when it comes to these types of scenarios?

Jason Hanson: Yeah, and again, this is a, I would say gray area, but this is an area that depends on a case-by-case scenario. As I said before, there are certain times you want to be the gray man, there are certain times you want to blend in. One of my buddies, I love how he said it, he's a former CIA officer. He says "We're chameleons." Meaning, we have to blend into whatever situation.

Jason Hanson: This guy told me a great story once, where he's recruiting a terrorist. This terrorist was going to help the United States government. The reason we were recruiting him, he was a low-level guy, and he was trying to get up a chain to where the head terrorist was. I remember him telling me, when he was recruiting this terrorist, "You know, I'm his best friend. We act like we're buddies and little does he know that I'd love to slit his throat because he's a terrorist piece of crap." But he was able to be a chameleon at that time.

Jason Hanson: Again, I kinda got off tangent, but going back to guns. There are certain times where I'm gonna have my 1911 conceal, or my Sig P226 concealed, if maybe there's not craziness happening. Maybe I don't see somebody throwing Molotov cocktails. I'm just trying to move and there's no real threats, even though people are wandering the streets.

Jason Hanson: If I see craziness, I'm the guy, and this is again, my own personal opinion, where I'm going to have my 1911 wide open. If I've got my AR in the car, I will sling my AR and walk down the streets. Now, I live in a gun-friendly state of Utah where I could do that anyway. I can walk around with my AR on my back or slung any day. I could walk around with my 1911 on my hip in the grocery store and people where I live do it all the time.

Jason Hanson: There are certain times where you want to blend in, but there are certain times where if you see a gang, I want that gang to know that I've got an AR-15 on me and they should go pick on everybody else who has nothing.

Jason Hanson: I like the AR, I like 1911s, I'm a gun junkie. I've got more guns than you could shake a stick at, and I do rotate them. I might be carrying my 1911, it might be a Walther Creed, it may be a Sig P250, it might be a Smith and Weston M&P. The only thing I don't carry, and I know it's gonna be blasphemy to most people listening to this, is Glocks.

Jeff Anderson: No.

Jason Hanson: It's because ... Yeah, I know. I know. Listen, in my past life, that was what I used. I had a Glock 19, a Glock 17, but I hate the trigger, I don't like the pointability. I love the 1911 type of grip-style, so I own Glocks, but I just don't carry them anymore. It's going to be some other type of gun that I just mentioned.

Jeff Anderson: Gotcha. All right, that's a good run down. I appreciate the arsenal inventory there. Awesome.

Jeff Anderson: Well, listen everybody. I love getting different perspectives on this topic and there are definitely some things in here that would make you reassess your inventory of what you're currently carrying inside of your bug-out bag. Go back through this and go ahead and check out the cheat sheet as well that you'll be able to get with this podcast. You'll be able to get the transcription as well as the cheat sheet, and really take a look at your own list of what you've got packed away and see what you need to prune away or add to based on some of the things that we've gone over.

Jeff Anderson: Definitely go check out Jason's new book. He talks all about his escape bag, as well as his other bags as well, he's got a bunch of stuff coming out on this topic. You can go find it over at [www.spysurvivaltraining.com](http://www.spysurvivaltraining.com). Until our next Modern Combat and Survival Podcast, this is Jeff Anderson, saying prepare, train, and survive.