



Bugout Gear I Just Threw Out

with Jeff Anderson for www.ModernCombatAndSurvival.com

1. Survival Knife

A good survival machete will serve you better.

- There is nothing a survival knife can do that you can't do with a machete or a pocketknife.
- A survival knife is a relatively heavy piece of gear by itself.
- If you don't need it and won't use it, then why carry it?
- The total weight you can carry is part of the assessment, though.

2. Mosquito Net

I've advocated mosquito nets in the past based on my experience in the jungle, but it takes up a LOT of room.

- All the space in your bag is valuable.
- You can swap out the full-size mosquito net for a head net, which is more compact.
- As long as the rest of you is covered up, all that matters is being able to protect your head. This will allow you to sleep but doesn't occupy much space in your bag.
- Wear a ball cap or "boonie hat" to protect your head with the head net.
- The head net can still be used to make a fishing trap, too.

3. Winter Coat

It sucks to be wet and cold, so I would carry a jacket for cold as well as one for wet weather. These are very bulky in your bugout bag.

- Polypropylene underwear keeps you warm.
- A breathable, rainproof "wind shirt" keeps out wind and rain, but is very light and compact.

- The combination of these things will keep you warm and dry, but takes up much less room than a heavy winter coat or rain coat.

4. Combat/Hiking Boots

As a soldier, I know boots, and I've logged a lot of miles road-marching.

- Heavy boots can create blisters. In the military, we would wear tennis shoes to keep marching without boots.
- When you're bugging out in a real survival scenario on foot, nobody's looking at your feet.
- I switched to "trail runners," which are breathable sneakers meant for running. I have a pair from xeroshoes.com.

5. Suture Equipment

You should have some sort of means to do suturing in your medical kit, right? Everybody wants to be able to stitch up a wound in case of a serious injury.

- I ditched my suture kit in favor of ZipStitch (<https://zipstitch.us/>).
- It's a surgical quality wound closure device available without a prescription.
- You stick it to the wound and then pull the skin close together.
- It's not a permanent solution, but it can keep a wound closed until you get to medical attention.
- You can combine this with super glue or another bandage. The strips are very adhesive. It protects the wound and stops the bleeding so you can get to more "official" medical care.

Prepare. Train. Survive.