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Episode #361 Show Notes
10 Suckiest Bugout Bag Fails

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Jeff Anderson spent ten years in light infantry in the military and is a combat war veteran. Most of Jeff's military service was spent with the 10th Mountain Division – an elite light infantry force of highly trained warriors specially trained for warfare under all conditions – arctic, jungle, desert, mountains, urban terrain – you name it.

After 10 years of military training in additional elite infantry units around the world, Jeff began working as a security consultant and executive protection specialist for private clients and the entertainment industry, eventually earning his industry recognized Certified Protection Professional (CPP) designation. Later, he went on to instruct hand-to-hand combat and weapons combat and eventually organized a unique combatives association focused on all areas of survival, called The International Society Of Close Quarter Combatants (www.ISCQC.org).

Jeff's work has been published in several magazines and expert blogs and his manuals and survival combat training DVDs have long been best-sellers. As the Editor in Chief of Modern Combat & Survival, a publication of the ISCQC that provided focused training strategies for all areas of survival for men and women of all walks of life, Jeff determined the next step: the lifestyle brand **Warrior Life**. To learn more about *Warrior Life* and the way of life it promotes, [visit us online](#).

10 Suckiest Bugout Bag Fails

with Jeff Anderson from <https://www.WarriorLife.com/>

1. Not Big Enough

- “Ultralight” is great, but the bag itself shouldn’t weigh a lot. It’s better to have room and not need it than to need it and not have it.

2. Poor Framing Or No Structure

- Everyone’s body type is different. Frames may not be accommodating to your body structure, and hard frames set the bag farther away from your body, making it seem heavier.

3. No Belt / Poor Belt

- In the 10th Mountain Division I did a 100 mile road march every year. You NEED to carry your weight on your HIPS.
- Without a belt, you’re carrying the weight on your shoulders.
- With a poor belt, the bag will dig into your waist.

4. Poor Shoulder Straps

- Shoulder straps are not for carrying the weight, but the more the pack sways as you walk, the more it’s going to torque your spine and you could quickly throw out your back.
- Shoulder straps must be adjustable to conform to your body, and they must be padded so they don’t dig into you.

5. No Chest Strap

- Stabilizing the shoulder straps helps prevent friction rash, and helps prevent the straps from moving outside your shoulders to cause fatigue. You need a chest strap for this stabilization.

6. Poor Zippers

- Tactical bag companies cut expenses by “cheaping out” on the zippers. Choose zipper pulls made of paracord so you can easily replace the pulls
- For quality, look on the underside of the zipper body for the letters YKK or SBS. I prefer SBS zippers.

7. Poor Back Cushioning

- Canvas can rub you raw. Look for a FIRM, integrated memory foam backing that provides structure like a framed pack... but comfort and breathability.

8. Not Water-Resistant

- A gallon of water weighs over 8 pounds. Wet gear will weigh you down. Include a garbage bag or “dry bag” in your gear, but if you can find a waterproof material for the bag itself, that’s far better.

9. No Hydration Sleeve/Port

- Water is, again, heavy. Carry it IN your pack so you can carry more of it, rather than having canteens or water bags banging around outside and hanging off your pack or belt. An integrated hydration port with an in-line filter and hose lets you drink on the run.

10. Camo Design

- Camo is a HUGE mistake that screams, “I have gear you can steal.” Go with a color that doesn’t make you LOOK like a prepper.

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Hey there. What's up, Warriors? It is Jeff from Warriorlife.com and welcome to podcast episode number 361. So I get to review a lot of bug out bags out gear, and frankly you'd be amazed at the sucky features that even the most expensive bags are using. So, in this week's episode, I'm going to reveal the top 10 suckiest features that you should be on the lookout for. Let's go shopping.

All right, hey there, welcome back. This is Jeff Anderson, executive director of War life.com. And, you know, I've been making a lot of videos on our YouTube channel about bug out bags and survival gear and the comments been pouring in with both questions and a lot of people's like their own survival gear tips. And frankly, I love it. Like I love to re-evaluate my own plans and see what other people are doing and it's making a big difference out. There people are really kind of getting a good reality check about

Out their bags and the gear that they're using and how they're really approaching their entire kind of forced evacuation. Plan are actually their entire survival plans. So, so lots of good stuff happening out there. Now, one of the things that I see in the comments are the specific bags that people are using for their bug out bags and these range from the so-called freebies that you can pick up online. So some people are saying, hey I just got this thing for free. All you do is pay shipping. Other people are using super

expensive ones that are kind of the hot items in the Tactical market. So, being the go bag junkie that I am and a big believer that your bug out bag should form the core of your survival plan. I have bought tested used thrown away more backpacks than I can count, which actually can't be over 20 because that's as far as my fingers and toes go up to, but let me start off by saying before we go into the

Features that you do get what you pay for most of the time. But lately I've been testing out some of the super expensive ones that are on the market and some of their features are sometimes even worse than the lower price ones. So here are the 10 worst feature mistakes that you can use to review your own bug out bag that you currently have or while you're shopping for a new one. So the first mistake I see is the bag is just not big enough. Now look, I'm a huge fan of

Going ultralight when it comes to your gear, that is because of my experience in the military, I was in 10th Mountain division, light infantry. Most of the time we were walking with our gear. Wherever we were going, we didn't have tracks. We didn't have

things like that. That would bring us out there. Sometimes we would get a nice helicopter to bring us out on the mission. And sometimes we were walking all the way back with no helicopter. So we had to do a lot of walking.

So ultralight is great, the more gear that you have, the faster probably going to throw that stuff off to the side when it really starts hurting. But that doesn't mean that you want to go ultralight with the size of your bag. See the bag shouldn't really way all that much it and the material itself is not going away much so it's better to have more room and not need it than not having enough room. When you do need it you might come across things like food.

Food or other supplies that you might be that you might need. And if you don't have room for it and you just end up throwing it in your cargo pants or whatever, it's going to become more cumbersome. You want to be able to keep all that stuff. Very organized and distribute the weight evenly as best you can inside of a bag and what makes that easier is actually having a bag that's big enough. So I recommend that you have at least 30 liters of size all the way up to 50 liters is what I really recommend again. It's better.

Go bigger and not need it. Alright, so I find a lot of these bags especially the freebies that are out there are really just super small bags and people feel like they're they're going ultralight with it but it really doesn't give them the the options that they might need and true use for survival purposes. The second mistakes that I see is poor framing of the backpack or no structure at all. So everybody's Bobby body type is different. You might be overweight underweight. You might

Of a high torso length, you might be shorter, your waist size, might be bigger, where you carry your weight. On your body might be bigger or smaller in certain areas. So, everybody's body type is very different frames. Oftentimes are not very accommodating to body structure their kind of a one-size-fits-all. They Don't Really adjust very well. They're meant to kind of sit in your lower back and and provide curvature there. But even the curvature of people's backs is often times very different

So hard frames are not very accommodating. The other thing when it comes to friends because there are like integrated frames that are that are essentially like some sort of plastic that is built into the pack itself. There are also hard frames which I carried in the early days of being in the military as well, which were kind of the older ones. The older, the older Alice packs that had a metal frame on them. The problem with these it does provide a lot more ventilation.



Is awesome. But it doesn't provide basically sets the, the weight further away from your back, which makes it feel heavier. So, I recommend that you have something that I recommend that you not have framing, but you do need to have something that is going to allow it to conform to your body in the right way and have breathability. I'll go over that here in just a second. So the third feature that really sucks out there is

and this one's huge. I see this all the time and that is either having no belt for the pack itself or a very poorly constructed belt. So again in 10th Mountain division, my days in light infantry, we would do a Hundred Mile Road, March every year and seven miles every week. If we were out of the field and we were in the field, we were doing much, much more than that. We were walking out there, oftentimes about, 10, to 15 miles than doing a lot of marching around with our packs, out out in the woods. And then

And then all the way back usually as well. So a lot of walking around, you really get to know your bug out bag and how to adjust it, how to carry it, and what features really work well without having a belt there? Well, first of all, you need to carry your weight on your hips. So, a lot of the, if a, if a backpack does not have a belt to it, it's just it's the worst design ever, because you're carrying all of that weight on.

On your shoulders which is going to fatigue really fast, it's going to make the pack super heavy. It's going to limit your maneuverability because it's not going to be based upon your it's not going to be centered around your core of your body which is going to be on your hips. So you really you need a belt but most of the ones I see out there also have a very poor belt, it's really nothing more than essentially like a canvas belt. Like kind of like a

Tactical belt where it's just a, it's just a piece of canvas. It's not really padded at all. It just kind of it just kind of goes around your waist and you cinch it down.

That's going to be really a really bad option as well, because it's going to dig into your waist. If you're if it's doing what it's supposed to and taking the weight off of your shoulders, that means you are carrying it on your, on your hips, but it is putting a lot of weight on your hips. So if it's not padded at all, if it's just a canvas belt, then it's going to dig in there and you're going to have welts on the side of your of your body. It's going to hurt like hell. After a very short time period. So you're looking for a very wide strap, you needed for it to

Able to go around your waist. And again, I see a lot of packs out there that just aren't they. Don't the waist. I mean, I get it. There's a lot of people out there that are kind of portly. You need a bag that is going to fit around your waist. But it's also going to have to have to be very wide with its padding. So that it'll really rest like underneath your

hips on your hips and above your hip, so it really gives you a padding in all areas, they're all right, mistake number four, on the sucky features.

Our poor shoulder straps. So again, they're not they're not for carrying the weight. Your shoulder straps are not for carrying the way but the more the pack sways as you walk the more it's going to torque your spine in trying to adjust to the weight shift as you're walking and that can easily throw your back out. Whether that's your lower back or it's just going to keep torquing up near your neck and your upper back everybody. And, you know, like most, a lot of people have have back problems out there. Me included, I mean, I

If I sneeze and brush my teeth at the same time, like I'm going to look like my body's going to look like an S because it's going to throw my back out. And I've got a bulged disc from my time in the military and carrying sometimes a pack that weighed as much as I did and I've got compressed disks from that. So you need to make sure that you're carrying the weight, not on your shoulders, but you also want to make sure that you're not. Torquing your spine as you're walking along as well. Now, the shoulder straps should be able to be adjusted as many ways.

As as possible. So that you can conform the pack to your body, putting the weight, where you need it to be on your hips and be padded so that they don't dig into your skin. Another big problem that I see with some of the bags are out there. All right, sucky feature. Number five is no chest strap. So this is the strap that goes in between your two shoulder straps. It's not a very it's not going to be a very thick strap. It doesn't need to be. It just needs to be something that will keep the to chip the to shoulder straps.

As close as you can around, you're like kind of the shoulder girdle that you have there. And one of the ways that you can avoid friction rash is by stabilizing those shoulder straps, that chest strap is going to keep them from moving around, because it's going to, it's going to kind of bring them together across your chest. Now, this also helps keep the straps from going out to the outside of your shoulders as well because that's where they're most likely going to gravitate toward without a chest strap there. And what that's going to do is it's going

owing to its going to put the weight on the outside of the shoulders and it's going to cause more fatigue on your shoulders and your neck as you're walking along. So the chest strap, kind of keeps those to chest shoulder straps cinched up toward the Middle where you can carry it, more on the traps of your neck and more of the core of your body. Keeping it centered and you're going to be able to kind of really Center where



that is there, okay? So it's going to help you out a lot. So definitely look for a chest strap and what you

All right, so key feature number 6 are poor zippers. Now this is one of the ways that tactical bag companies really cut expenses with, you know, with their packs because I get it. It can, you wouldn't think it would cost very much for zippers but it actually does. And so what they do is they compensate for it with really bad zippers and not too much sucks. More than having the zipper give out on your bug out bag and you're trying to duck tape it together or use 550.

Cord a paracord around it to keep it all together and you have all of a sudden you look back and you find that you've been dropping stuff out of your pack for a while. Those zippers have got to be good quality. Now, first, you want to choose zipper pulls that are made out of paracord rather than metal zipper pulls that way, you can easily replace the pulls if you need to, they're just super durable, that way. A lot of those, those metal or plastic zipper, pulls can break very easily.

So you want to make sure that you are using those those the Paracord if you can because you can easily replace those. If you've got some paracord on you which you do right now for quality of the zipper itself, you want to make sure that you look on the underside of the zipper body. So if you, if you it's the part that connects the zipper zips on the inside, I'm using, you know, basically, you want to look underneath the zipper itself and what you're looking for, are the letters SBS or

Kay those are the two high-grade zipper companies that are out there. I prefer SBS as the one that we use in our in our X Bob packs. They're good quality SBS. Puts a lot of money into their research and development. So you've got to get either one of those will work out. Okay but I personally prefer the SBS, but if they don't say SPS or YKK, don't trust, the zipper, don't trust the zipper. Okay. All right.

Sucky feature. Number 7 is poor back cushioning, so the frameless packs themselves often times. They're just nothing more than raw canvas. Now, this does a couple things one it doesn't it doesn't provide you very much Conformity where you can make the pack kind of kind of conform to your full back. So it might it might lie especially if you're packing a lot of stuff in there. It kind of makes this where it kind of

I say, like it basically balls it up, and you basically, it's like wearing like a giant soccer ball on your back or a giant bowling ball. So it doesn't allow the weight to be distributed around your entire backs to make it feel more comfortable, but also distribute that weight more though. The ones that do have cushioning on them, oftentimes don't have very good cushioning.

Also, if it doesn't have any cushioning at all, you're going to find that it's going to rub your, it's going to rub the back a lot and it's going to have different where spots also because it can't be evenly distributed. So what you're looking for is a firm integrated memory foam backing. So what this is going to do is it's going to provide some structure like a framed pack without the frame but it's going to allow it to be more conforming to your own personal body type. And if it does have different padded,

In there. It's going to give a little bit more padding in the areas that you're going to need it. Most where you're going to have that more, we're kind of more friction areas but it's also going to offer more breathability as well. So it'll provide a little bit of channeling their in between the pads so that it might keep you a little bit cooler on your back and not sweating as much. All right sucky feature number eight is not being water resistant. So look again with an ultra-light approach. You can

And a gallon of water is about eight pounds. And if you are in a rainy environment or a wet environment, or you fall in the water, I can tell you in the military, we had a saying, if it ain't raining, it ain't training because it seemed like it would be nice and sunny until we had to get up and go do something and then all of a sudden it was pouring rain and so wet gear weighs a lot. And it's also going to make you colder at night there.

There's a lot of problems with wet gear. So you want to look for a bag that has water is made of waterproof material. Now this isn't going to necessarily make the gear inside waterproof but it will make it highly water-resistant. So what I mean by that is there might be some a little bit of leakage if you don't have a good quality packet, might come in from the seams themselves or can come in from the zipper. If you don't have good quality zippers, that's why all of this kind of

it's together. But if you have good zippers and you have a waterproof material and what I mean by that is if you look on the inside of the bag, it will be smooth. You won't be able to see the canvas there. You'll see some sort of a waterproof like rubberized material on the inside. That is going to provide you that waterproof ability there. There is one thing you can do around this. If you don't have it, you can use like, it can put your stuff inside of a garbage bag, or you can put it in like a dry bag that you can pack away.

You can pack all of your gear in, but if you can find a pack with waterproof material, these are going to be best. All right. So key feature. Number nine is no hydration sleeve on the inside of the pack, or a hydration Port. So what I'm talking about here is something where you can put a water bladder inside of, and have a hose coming out of it, that you can run down the shoulder strap that you can drink out of as you're walking

along. So the reason for this again is that water is heavy and I see a lot of people carrying

some sort of a know, a lot of people are really into these like water bottles these days. I have integrated filters inside of them, not a big fan of them one. I see these things kind of strapped down to the outside. I like to have my water close to my body and so having a sleet and we have a in the X Y, we have a sleeve, that's right near the back. So it provides a little bit of cushioning there because it goes flat against the back. It also distributes the way to live better. It also

So, allows you to carry the bulk of that water close to your body. So this is going to me, look water again is heavy. So if you can carry two, we usually carry a 2 liter bag or up to a 3 liter bag in the bag itself. So, this is going to allow you to distribute that weight reduce the weight that you're carrying outside of your bag. It won't be flinging around your pack and having to, like, cinch, it down with pair of 50.

Or door bungee cord or something like that, and with the integrated, hydration Port that hose can come out. We put an inline filter in there. So you can, you can have junkie water in your, in your water bladder. But you're drinking clean water and you can do it while you're on the run. So you don't have to take your pack off and and or get to your canteens or anything like that. It's super easy. You can drink on the Run, makes it makes it very, very easy. Okay? And finally suck. You feature, number 10, our camo design. So, look, if you

Follow me any period of time whatsoever. You know that this is, this is my biggest pet peeve. It is the the biggest mistake that I see people make because they want to be tacticool and look like a soldier. And so they oftentimes have some sort of a camo design or an old military pact or coyote brown or something. That is going to look Soldier like out there and look like a military-type bug out bag. I won't go into it too much here because we go over it a lot in our master class that we do.

Do on Military survival Secrets, but bottom line is, you don't want to look like a doomsday prepper. This only puts a Target on your head in environments where there's limited resources, it looks like you've got stuff that look people don't like you're going to stand out, you don't want to stand out. I'm not going to go into the whole gray man, technology and everything. I mean, you know, great man was something that it was a novel concept and now everybody's like pooh-poohing it like it's like it's a bad word or something. You know, I think it's it kind of has like its ups and downs and

The whole point is that you want to blend in. So, the worst thing you can do, is have a bug out bag with like a camo design. All right. So, as most people know, blue, we pick

a very specific color for the X Bob for that reason. We call it the invisible. Bug out bag. Again, I won't go into it. We go into it are master class. I know I get a lot of comments and the YouTube channel. People want to know where where we sell our bag and everything, we don't have a website up for me.

Because we only sell it to kind of people that are kind of on the inside of, of the knowledge thing. I like, I'd say again, we get a lot of questions about it will probably might put up a sales page someday for it, but right now it's only available to those people that kind of go through our master class and really believe in the technology because we put a lot of research and development. It's very we put up we put a lot of money into it and they're not cheap. So we don't we don't just kind of throw them out.

They're not available on Amazon and stuff like that. But anyway, these are the 10 features that I suggest that you go through, with your own bug out bag in your shopping or in evaluating that you have. If you're looking to upgrade, look at these ten areas in the bags that you are looking at. So that, you know, that you're making the right choice. All right, all right. Now go ahead and hit me up on our blog over at we're life podcast.com and let me know what you thought of this episode in the comments section there. And hey, a quick shout-out to

Hired SWAT guy who left us five stars on our podcast and said thanks Jeff. Since retiring, there are three things that I miss a tightly knit team and Friends. Some of the things that we did in training and the exchange of ideas, your podcast fills in the third nicely, it makes me think, occasionally, reconsider, my practices and I enjoy listening. What more could you ask for, right? Keep it up. Well, thank you, retired. SWAT guy, much appreciated for those comments there and if you out there are loving our podcast, please go ahead.

And leave us a badass review. Wherever you listen in you can find us and subscribe on the channels that you listen to other that's iTunes or Spotify. Stitcher wherever you, get your podcast fixed from plus don't forget to check out our YouTube channel over at youtube.com slash Warrior where we release a new video every week, so be sure to subscribe there and hit that little bell so that you don't miss a single episode, and until our next episode of the Warrior Life podcast, this is Jeff Anderson saying, prepare train and survive.