

# **BASIC B.O.B.**

## **Tools, Tips & Techniques**

By - Gunny

This is a class/discussion on the basics of how to build/equip and use a basic emergency kit.

With this knowledge you can build a kit for your car, home or work.

Tailor your kit to your situation and needs – large, medium or small.

### **Your Basic Needs – regulate your temperature & get to or return to safety**

- Stay warm enough/ cool enough
- Stay hydrated
- Keep your energy up

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Plus-

- The tools that can best help you do the above
- If lost; getting found

### **We will cover:**

- **Cutting (tools and their uses)**
- **Cover (clothing and shelter)**
- **Containers (water – carrying it and cleaning it)**
- **Calories**
- **Combustion (fire)**
- **Cordage (keeping things together and tying things up)**
- **Cloth (why you need one)**

With a little bit of – compass and communication - thrown in.

1. **Cutting tools** – The importance of your cutting tool, knives, multi tools, clippers, machete & hatchet. Safety, sharpening, cutting, batoning. SAFETY - What to cut and how to cut it. Breaking VS cutting

2. **Cover** – The importance of proper coverings. The dangers of improper cover (hypothermia, heat stroke, etc). Dressing appropriately, pants, shirt, shoes, hat, gloves. Cover from: Sun (too hot), rain & wind (too cold). Longer term cover: mylar emergency blanket, poncho & tarps. Easy set up & uses.

Improvised cover/shelter – Natural (cave, trees, etc) Constructed (lean-to, wikiup, andy-gump, etc)

3. **Container** – Water. The importance of clean water. Really sick, really quick! Carrying it, cleaning it, capturing it.

Your container choices (stainless, plastic, can, bags, bottles and cups) and their uses (cooking, collecting, purifying) Wire bail mod. Ways to clean water,

4. **Calories** – Food. Easy to carry, easy to prepare, snacks (granola, trail mix, hard candy) Comfort and energy

5. **Combustion** – The importance of fire (cooking, cleaning, comfort, warmth/drying)

Combustion tools and techniques (lighter, matches, magnesium, striker, steel wool)

Helpers – candle, fire wool, etc.

Building a fire from the ground up. (fluff, toothpicks, pencils, sticks and branches)

Large vs small (shape and size) SAFETY!

6. **Cordage** – The importance of tying and binding (quick work and easy construction, shelter, 1st aid, snares, carrying, etc)

Types – nylon, cotton, natural (sisal, hemp, etc.)

7. **Cloth & Clothes** – The bandana and why you should have one.

Types – regular, large, the shemagh. Uses – Head cover, 1<sup>st</sup> aid, grip, dust mask, etc, etc. Clothes- practical footwear, extra socks, weather appropriate!

#### **Other considerations (and Cs)**

**Compass** – Know where you are going, tell others, map and compass

**Communication** – Signaling for help, whistle, mirror, pencil and paper, cell phone/charger

**Compress** – 1<sup>st</sup> aid. Bandages, Kling gauze, Neosporin, etc.

**Coinage** – Have cash available.

## IN A REAL “BUG-OUT”...

If you really do have to Grab & Go you will need/want:

- 1 – A place to go, an actual destination. Where are you going and how will you get there? A plan to get there & phone #s of hotels along the way.
- 2 – Extra every-day clothing. Shoes, socks, underwear, shirts, pants, jacket. Think – a week of clothing.
- 3 – Food & Water. Not just beef jerky. Two weeks is a long time. Think – will you have water to rehydrate your pasta? Canned goods are fast & easy, but they’re heavy.
- 4 – DATA! Copies of: drivers license, bank statements, insurance statements, your passport, everything you need to **prove** – who you are and what you own/have.
- 5- Family photos, albums and your most cherished keepsakes.
- 6- CASH – BECAUSE \$ TALKS.

***KEEP THE ABOVE –  
TOGETHER, ACCESSIBLE AND READY TO GRAB!***

**Kit show and tell – Small (water carrier kit) & Medium (camel back kit)**

Why the above items are relevant in disasters, and other emergencies.

Questions and Discussions

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Thank you –

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