




# BUG-OUT/BUG-IN LISTS AND PREPPING GUIDE

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Bug-out/Bug-in lists and prepping guide extracted from  
Can the Zombie Apocalypse help you survive your IT projects?

The content in this presentation is the sole responsibility of Hans Eckman.



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# Stage 0 – Before the Event

(Define Actors and Use Cases)



- Public becomes aware of pending disaster.
- Actor: Unaware
  - Ignores warnings
  - Takes no action
- Actor: Unprepared
  - Rush, panic buying
  - Stays or flees area with no plan
- Actor: Prepared
  - Evaluates situation, updates and follows plan



# Stage 1 - Disaster Strikes



- Bugging In (Stay in Place)
- Local supplies depleted
  - Panic buying
  - Looting
- Temporary gas shortage
- Loss of power and water
- Private supplies dwindle
- Bugging Out (Flee the Area)
- Traffic jams and blocked roads
- Conditions better/worse at destination
- Shortage of hotels
- Limited supplies
- Limited resupply

## Stage 2 – Resupply



- Companies are able to restock
- Supplies from relief groups or government
- Communities provide assistance
- Repairs to infrastructure restore services
- Supplies stolen from secondary sources
  - Non-retail businesses, warehouses, and public buildings
  - Residences and vehicles

# Stage 3 – Secondary Collapse



- Hoarding creates artificial scarcity
- Additional infrastructure failures
- Disruption of public and private services
- People become more desperate leading to organized gangs
- Disease
- Starvation



\*13

# Stage 4 – Recovery



- Restoration or replacement of:
  - Food, clean water, and medical
  - Power
  - Transportation
  - Sanitation
  - Commerce
  - Residences



\*14

# Most Common Mistakes

- Waiting too late to prepare or take action
- Where to Bug Out: The mall, unfamiliar areas
- Lone wolf: Works for short duration only
- Weapons = Safety
- Resupply: Retail stores or distribution centers
- Relying on government or relief groups
- Underestimating consumption
- Rural = Food
- Pharmacies/Hospitals for medical supplies  
(use veterinarian offices)
- Loss of communications



# 3 Day Survival Pack

- Backpack
- MRE or Freeze dried food
- Flashlights
- Batteries
- Hand-crank radio
- Multi-tool
- Knives (folding and fixed)
- 550 paracord
- Clothes and shoes
- Water purification tabs or filter
- Multi-vitamins
- First aid kit
- Survival handbook
- Hygiene necessities
- Fire-starting materials
- Emergency blankets
- Bug repellent
- Compass
- Map
- Signal mirror
- Sun block
- Safety whistle
- Ziploc bags
- 150 grain alcohol
- Tarp
- Water bottles
- Moleskin
- Roll of duct tape
- Camp stove
- Can opener (small)
- Machete
- Prybar
- Folding shovel
- Saw
- Poncho
- Solar charging kit
- Cash
- Personal defense
- Medications
  - Anti-diarrhea medication
  - Anti-inflammatory
  - Pain
  - Decongestant
  - Prescription
  - Anti-fungal
  - Anti-inch
  - Honey

# 3 Weeks – 3 Months Survival

See Web Resources for detailed lists

- Expanded consumables
- Full backpack
- Solar recharger
- Water purification tablets, bleach and high flow water filter
- Camp toilet
- Cart, wagon, bike, etc. to collect/move supplies
- Firearms and ammunition (safety and barter)
- Improved shelter
- Water/rodent proof containers
- Sleeping bag
- Machete
- Prybar
- Extra boots
- Gas cans
- Fuel syphon or lightweight hose
- Alternate fuel supplies
- 2 way radios with multiple bands
- Handheld scanner
- Aluminum foil (cook, cover windows)
- Binoculars
- Night vision optics
- Additional medications

# Weapons for Survival

- Good fixed blade knife
- Machete (not swords)
- Light weight pry bar (defense and entry)
- Rifle:
  - 30/30 lever, 30/06 or .308 bolt action
  - .22LR rifle (Ruger 10/22)
  - AR-15 5.56/.223
  - Pistol caliber carbine matching your pistol
- Pistol:
  - .357/.38 revolver, 9mm/.45 semi-auto, .22LR
- Shotgun:
  - 12 or 20 gauge pump (Mossberg 500)
- Most common ammunition (resupply):
  - Government: 5.56x45 (.223), 7.62x52 (.308), 9mm
  - Private: .22LR, 30-30, 30/06, .223, .308, .38, 9mm, .45

# Don't Fear the Zombies

- Zombies
  - No scientific basis for the animated dead being able to exist or persist
  - Encounter = Death, especially fast zombies
  - Survive 3-6 weeks, plague will burn out
- Stages of Decay<sup>\*7</sup>
  - Rigor mortis after 3-24 hours, hardening of the body
  - After 36-72 hours, muscle tissue relaxes and tissue begins to decompose and liquify
  - Full skeletonization usually in 2 weeks to 2 years

# Web Resources

## Preparation Organizations and Resources

- [ZombieSquad - http://zombiehunters.org/](http://zombiehunters.org/)
- [SurvivaBlog.com](http://SurvivaBlog.com)
- [Food Supply Guidelines for Survival Preparedness](#)

## Bug Out Bag and Survival Lists

- <http://www.ready.gov/build-a-kit>
- <http://frugaldad.com/2010/02/10/bug-out-bag-essentials/>
- <http://www.survivalhour.com/Articles/bug-out-bag-checklist>
- <http://www.amazon.com/Bug-Out-Bag-Essentials/lm/R3GJVHW6V2NAZV>
- <http://www.howtosurvivestuff.com/survival-gear/bug-out-bag-checklist-essentials-for-your-tactical-supply-and-survival>
- <http://www.survivalblog.com/newbies.html>
- <http://www.thesurvivalistblog.net/category/bugging-out-bags-kits/>
- <http://inchsurvival.com/site/2012/12/bug-out-bag-checklist/>
- <http://www.bugoutbaglist.com/>

# Reference Materials: Non-Fiction

- How to Survive the End of the World as We Know It: Tactics, Techniques, and Technologies for Uncertain Times by James Wesley Rawles
- Survival Wisdom & Know How: Everything You Need to Know to Thrive in the Wilderness by The Editors of Stackpole Books
- When There Is No Doctor: Preventive and Emergency Healthcare in Challenging Times by Gerard S. Doyle (Author)
- Medicine for the Outdoors: The Essential Guide to First Aid and Medical Emergency, 5th Edition by Paul S. Auerbac
- How to Shit in the Woods, 3rd Edition: An Environmentally Sound Approach to a Lost Art by Kathleen Meyer
- The Hot Zone: A Terrifying True Story by Richard Preston
- Parasite Rex: Inside the Bizarre World of Nature's Most Dangerous Creatures by Zimmer, Carl

# Reference Materials: Fiction

## Books

- World War Z: An Oral History of the Zombie War by Max Brooks
- The Zombie Survival Guide: Complete Protection from the Living Dead by Max Brooks
- One Second After by William R. Forstchen
- Rot & Ruin by Jonathan Maberry
- Warm Bodies by Isaac Marion
- Patient Zero: A Joe Ledger Novel by Jonathan Maberry
- Apocalypse Z: The Beginning of the End by Manel Loureiro
- 77 Days in September by Ray Gorham
- The Moon Is a Harsh Mistress by Robert A. Heinlein
- Atlas Shrugged by Ayn Rand

## Movies

- I Am Legend
- 28 Days Later
- Day of the Dead
- World War Z
- Warm Bodies

# Citations

- Zombie title slide image: [http://artescritorio.com/wp-content/uploads/2011/01/zombies\\_by\\_sunnydarkside.jpg](http://artescritorio.com/wp-content/uploads/2011/01/zombies_by_sunnydarkside.jpg)
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# Stay Connected, Learning is Infectious



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