

Urban Get Home Bag

A "Get Home Bag" (GHB) is specifically designed to provide an individual with emergency preparedness supplies to make it home safely during an emergency. While "Bug Out Bags" are stored at home and used to evacuate ones dwelling to relocate to a safer location, a GHB is usually stored in your vehicle or even at work since these are likely locations for you to be at when an emergency situation arises. The size and weight should vary depending on the maximum distance that you are regularly away from your home. For example, if you only work a few miles away from your home, your GHB could be very minimal. Regardless, a typical GHB should be lightweight (less than 25 lbs / 11.3 kg) to allow for quick transport.

Since there are multiple locations where you might want to store a GHB, it is beneficial to build them in bulk to save on cost and allow for redundancy in various storage locations. In an effort to save on cost, the majority of the items included in this bag cost less than \$20 (USD) and no single item costs more than \$35. Even though price was a factor, quality was not sacrificed and all products included receive positive reviews by consumers. Designing a cost effective GHB allows this bag to be easily replicated. It is definitely possible to reduce the cost even further while still maintaining the same functionality with a little bargain hunting shopping. The following document lists all of the categories and individual supplies that I have in my personal Get Home Bag(s). Since I work in downtown Seattle, Washington and live in an urban environment, my GHB is specifically tailored to my personal needs and region.

In an effort to maximize the organization of the supplies in my GHB, I use a specific color coordination for the various modules included in this bag. These colors were determined based on the results of a survey I conducted on YouTube. This survey asked the participants to match a specific primary color to a specific category. By labeling and color coordinating the various modules based on the majority of peoples most likely color association, I believe that this will aid someone to quickly find a particular item in the GHB by instinct during an emergency situation.

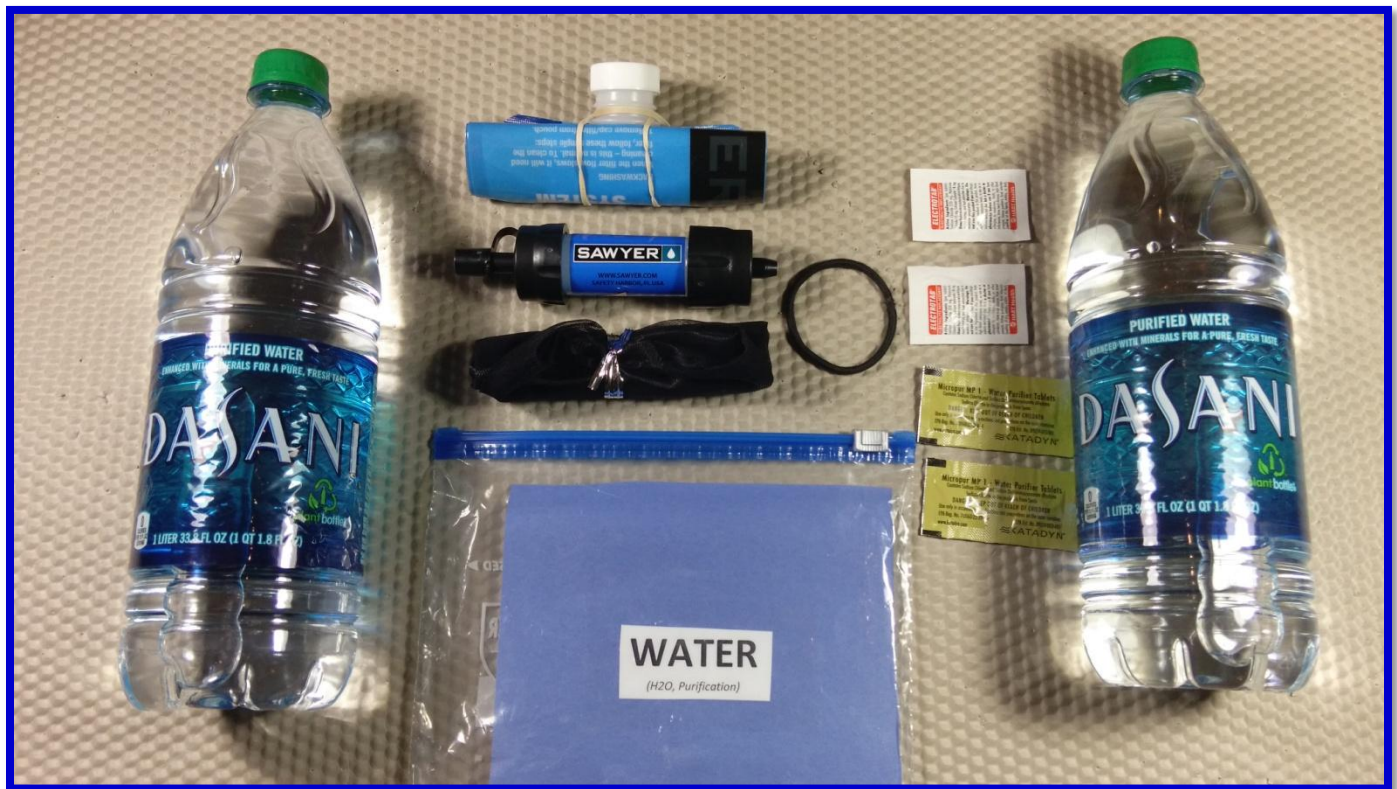


[SwissGear SA1923 ScanSmart Backpack](#)

WATER

The human body can only survive 3 days without water. Thus, water is the most important module included in any emergency preparedness kit. A US liquid gallon of water weighs about 8.34 pounds or 3.78 kilograms. To lighten the overall weight of the bag, only a few liters of liquid water can be carried. Any additional water will need to be obtained and purified. The water module covers various purification methods in addition to actual liquid water.

ITEM	TYPE	COST	COMMENTS
Bottled Water x 2	Water	\$2.00	<i>Water in glass bottles stores better, weight permitting</i>
<u>Katadyn Micropur Water Purification Tablets x 2</u>	Water	\$0.50	Water purification on the go
<u>No See Um Mesh</u>	Water	N/A	<i>Used to filter water for purification</i>
Rehydration Tablets x 2	Water	\$0.50	Beneficial for avoiding dehydration
<u>Sawyer Products SP128 Mini Water Filtration System</u>	Water	\$19.00	<i>The best bang for your buck water filtration system</i>



FOOD

In an emergency situation, you will probably not have ample time to prepare a hot meal. However, eating enough calories is necessary for having enough energy to travel great distances. All of the items included in the food module do not require any cooking and can be eaten while walking. Rather than go with food items that have a long storage life but aren't the best with regard to flavor, the majority of the items included in the food module are tasty and popular amongst avid hikers. They need to be rotated out once a year to ensure freshness. Buying these food items in bulk is the best method for building this module affordably.

ITEM	TYPE	COST	COMMENTS
Good Earth Sweet & Spicy Tea	Food	\$1.00	<i>Caffeinated for alertness</i>
GU Energy Gel	Food	\$4.00	<i>Rotate once a year</i>
Honey Stinger Organic Waffles	Food	\$3.00	<i>Rotate once a year</i>
Justin's Nut Butter Classic Peanut 1.15oz x 3	Food	\$3.00	<i>Rotate once a year</i>
Kind Nuts and Spices Bars Maple Glazed Pecan & Sea Salt x 3	Food	\$4.00	<i>Rotate once a year</i>
Pack of Gum	Food	\$1.00	<i>Rotate once a year. Good for taste variety, morale and alertness.</i>
S.O.S. Rations Emergency 3600 Calorie Food Bar	Food	\$8.00	<i>Kind of gross alone, but OK if you supplement with other items. Calories!</i>
Tanka Bar Natural Buffalo Bar x 3	Food	\$5.00	<i>Rotate once a year</i>



SHELTER

While Shelter belongs in “The Big 3” of prepping (Food, Water, Shelter), it is not as important in an urban environment as it is in a rural environment. In an urban environment, almost any structure can be used as shelter; a building overhang, freeway overpass, park structure, etc. The shelter module for my Urban GHB is minimalist yet functional. While all of the items (tarp, bivvy, emergency blanket) are inexpensive, they are still highly rated and have proven effectiveness. In most scenarios, it would be best to use an urban structure as a means of shelter since it will most likely provide more protection from the elements and requires no additional setup.

ITEM	TYPE	COST	COMMENTS
Adventure Medical Kits SOL Emergency Bivvy	Sleeping	\$11.50	<i>Good bang for the buck. Reusable.</i>
Husky Contractor Garbage Bag	Shelter	\$1.00	Multiple uses: Poncho, Tarp, Storage
Emergency Tent by Emergency Zone	Shelter	\$9.50	<i>Shelter importance slightly less in Urban environment due to buildings and other pre-existing structures.</i>
SE EB5182 Double Sided Emergency Blanket	Sleeping	\$10.00	<i>Extra warmth or ground tarp</i>



FIRST AID

In most emergency situations, some level of first aid will be required for aiding injured individuals. Ideally, a GHB's first aid kit can be made in bulk to help save on cost. Since most people have limited time to construct a fully stocked first aid kit (FAK) piece by piece, I often times start with a well made preassembled kit and then add to it. [Adventure Medical Kits](#) and [AMP-3](#) both make high quality first aid kits with great functionality. In this particular FAK, I have simply added a good quality tourniquet to an AMK FAK to provide added blood stopping capabilities. With space permitting, it is recommended to add additional blood stopping supplies to an add on Trauma kit that can be included in a GHB.

ITEM	TYPE	COST	COMMENTS
Adventure Medical Kits Adventure First Aid 2.0	First Aid	\$20.00	Basic First Aid Kit, Good quality.
Nitrile Gloves	First Aid	N/A	First Aid, Hygiene
<i>Prescription Medication (if needed)</i>	Medication	N/A	Include 3 day supply
Tourni-Kwik 4 (TK4) Tourniquet	Trauma	\$8.50	Used for mass bleeding



FIRE

Fire is one of the most important capabilities in a survival situation. The most common uses are to provide warmth, boil water and cook food. However, it also can be used for signaling (via smoke) in addition to increasing moral. Due to the importance of fire, it is recommended to apply “The Rule of 3” to this module. In other words, you should have three different methods for starting a fire. I choose to use a BIC lighter, water proof matches and a magnesium fire starter.

ITEM	TYPE	COST	COMMENTS
Magnesium Fire Starter (The Friendly Swede)	Fire	\$5.00	<i>Mandatory Item: Fire Starter</i>
Mini BIC Lighter	Fire	\$1.00	<i>Include on Paracord spool tool</i>
Wet Fire	Fire	\$0.75	<i>Fire starting tinder. Highly rated.</i>
Coghlan's Waterproof Matches	Fire	\$0.50	<i>Effective in sun or rain</i>
Cotton Balls	Fire, Hygiene	N/A	<i>Inexpensive fire starting tinder</i>



COMMS / NAVIGATION

I like to think about Comms (Communication) as capabilities for sending and retrieving information. The most common form is through HAM radio. However, I also believe the other ways of sending information is through signaling devices. I include whistles, flashlights and marine signaling (day and night) in my communications module. In an urban emergency, one might be trapped in a building and requiring help, which is where having multiple signaling capabilities is extremely important. In addition to Comms, having Navigation capabilities is also extremely important. In an emergency situation, the local terrain may look altered or even completely different (e.g., volcanic, debris). The most tried and true way is to use a good old fashioned map and compass. I recommend having a wide area map (e.g., state) in addition to one specific to your region (e.g., county).

ITEM	TYPE	COST	COMMENTS
<u>Baofeng UV-5RA Ham Two Way Radio</u>	Comms	\$31.00	<i>Obtain and transfer intel</i>
<u>Chemical Light Sticks (x3)</u>	Illumination	\$3.00	<i>Illumination for shelter and potentially rescue. Also morale for children.</i>
<u>Coghlan's Map Compass</u>	Navigation	\$5.50	<i>Good quality for the price</i>
<u>Etón NFR160WXR Microlink Self-Powered AM/FM/NOAA Weather Radio</u>	Radio	\$25.00	<i>Obtain intel from multiple sources</i>
<u>Lighting EVER Adjustable Focus CREE LED Flashlight</u>	Illumination	\$10.00	<i>Backup Flashlight to EDC. High output for the price.</i>
<u>Map</u>	Navigation	FREE	<i>Area map for navigation</i>
<u>Orion Orange Smoke Signal</u>	Signaling	\$17.00	<i>Signaling at daylight</i>
<u>Rayovac DIYHL3AAA-B Headlamp</u>	Illumination	\$10.00	<i>Hands free illumination</i>
<u>Orion Red Signal Flare</u>	Signaling	\$6.00	<i>Signaling at night</i>
<u>Whistle (Generic)</u>	Signaling	FREE	<i>Mandatory for communication</i>



TOOLS / WEAPONS

In an urban environment, having a minimal set of tools can assist greatly during an emergency situation where escape and repair may be necessary. The most common tools for emergency bags are a knife, multi-tool and paracord. In addition to this base tool set, I also wanted to include tools for water retrieval, prying and self-defense. While I consider firearms to be just another tool, I have omitted its inclusion in this GHB due to its storage location at my office. I believe that firearms should either be 1) on your person or 2) in a safe; not sitting around in a backpack that you may or may not be with 24/7. Everyone's philosophy regarding this topic varies and this particular module simply reflects my personal needs for urban tools and weapons.

ITEM	TYPE	COST	COMMENTS
550 Lb Paracord 50ft	Tools	\$8.00	<i>Mandatory Item: Multiple Uses</i>
Coghlan's Backpackers Trowel	Tools	\$3.00	<i>Sanitation, Survival Cache Retrieval, etc</i>
Cold Steel Survival Knife	Tool, Self-Defense	\$22.00	<i>While inexpensive, this fixed blade knife can sure take a beating.</i>
Dead On Tools AN14 Annihilator Wrecking Bar, 14-Inch	Tools	\$26.00	<i>Escape, Rescue, Self-Defense</i>
Fiskars Recycled 8 Inch Strait Scissors	Tools	\$3.00	<i>Multiple Uses</i>
Jones Stephens J40-005 Four Way Key	Tools, Water	\$5.00	<i>Urban Water Retrieval</i>
Leatherman Wingman Multi-Tool	Tools	\$27.00	<i>Awesome all in one tool set</i>
Miscellaneous Nails	Repair, Shelter	FREE	<i>You never know...</i>
Paracord Spool Tool (5COL Survival Supply)	Tools	\$17.00	<i>Expensive, but great functionality for keeping your paracord organized</i>
SABRE RED Pepper Spray (Police Strength)	Self-Defense	\$10.00	<i>This stuff hurts!</i>
Survival Sewing and Repair Kit	Repair	\$14.00	<i>Great for repairs</i>
ZIP Ties	Repair	FREE	<i>Repair</i>



HYGIENE

In an emergency situation, your main objective is to make it home quickly and safely. Outside of hand sanitizer, most hygiene items are probably not absolutely necessary. However, if one were to ever use their GHB in an emergency situation, there is a good possibility that something terrible has happened. Because of this, I believe that additional hygiene capabilities should be included to help boost morale. In a depressing situation such as an evacuation, you may gain a boost in morale by having clean teeth, face and hands. The items in my GHB are simple and small in size yet provide these morale boosting capabilities.

ITEM	TYPE	COST	COMMENTS
<u>Repel 100 Insect Repellent Pump Spray</u>	Hygiene	\$4.00	<i>Keep those bugs away!</i>
Toothbrush	Dental Hygiene	FREE	<i>Good for Hygiene. Great for Morale.</i>
Toothpaste	Dental Hygiene	FREE	<i>Good for Hygiene. Great for Morale.</i>
Floss	Dental Hygiene	FREE	<i>Could be used for extra cordage</i>
<u>Wet Ones x 4</u>	Hygiene	\$1.00	<i>Stay clean and healthy</i>
<u>Sawyer Sunscreen</u>	Hygiene	\$3.00	<i>Sun protection in hot weather</i>
<u>Coghlan's Toilet Paper Campers</u>	Sanitation	\$1.00	<i>Even in survival situations, you should still wipe. Backup use as a firestarter.</i>



COOKING

Get Home Bag's differ to Bug Out Bags with regard to cooking. The main goal is to make it home quickly. A GHB will thus be tailored to provide aid within a set distance. It is recommended to food that does not require cooking so one can stay on the move. Regardless, I still feel it is beneficial to have some method of boiling water. The items in the cooking module provide supplies to allow one to quickly boil water with minimal effort and storage required. As an alternative, one could use a stainless steel water bottle instead of a stainless steel pot.

ITEM	TYPE	COST	COMMENTS
Esbit Ultralight Folding Pocket Stove	Cooking	\$10.00	<i>Small, lightweight, efficient and affordable</i>
REI Spoon	Cooking	\$1.00	<i>Not necessary, but just in case needed for cooking</i>
Stanley Adventure Camp Cook Set	Cooking	\$25.00	<i>Great quality and functionality for the price</i>



CLOTHES

The clothing module has the most cost allocated to it due to its importance in protecting your physical body from not only the natural elements but also foreign. Due to my location in the Pacific Northwest, one emergency that I am concerned with is regarding volcanic activity. This is why I have allocated extra funds towards protecting my eyes and lungs. This can not only be used to protect you from volcanic ash but also smoke from fires, dust debris from damaged buildings, airborne sickness and possibly from man-made airborne agents. All other contents of this module are for added warmth, rain protection and visibility.

ITEM	TYPE	COST	COMMENTS
Bandana	Clothes	\$1.00	<i>Many, many uses</i>
Carhartt Men's Fleece Hat	Clothes	\$10.00	<i>Keep your head warm and dry</i>
Custom Leathercraft 125M Handyman Flex Grip Work Gloves	Clothes	\$12.00	<i>Important for work and warmth</i>
Neiko High Visibility Neon Orange Safety Vest	Clothes	\$7.60	<i>Symbolic for Safety; First Responder</i>
Stormtech Packable Poncho	Clothes	\$17.00	<i>Rain Protection</i>
Recon Wrap	Clothes	\$10.00	<i>Hat, Mask, First Aid</i>
Wool Socks	Clothes	\$5.00	<i>The most important clothing item!</i>



PERSONAL / MISCELLANEOUS

In addition to the general "survival" categories, it is beneficial to include some personal items with a Get Home Bag. These items include office supplies, entertainment/informational items such as a book, documents and other items that are custom to your specific needs. In today's age, an important item is to include a method of keeping your smartphone fully charged for 72 hours. Most likely, this will be your main means of communication to the outside world (cell/satellite permitting) in addition to the functionality it is capable of providing with regard to navigation via GPS coordinates. A fully charged external battery can provide days worth of power to your smartphone and other electronic devices at a reasonable cost. Another important category to include in this module are items for morale and money (vending machines, pay phones, bartering).

ITEM	TYPE	COST	COMMENTS
\$20 Cash	Money	MARKET VALUE	<i>Small denominations; Possible Barter</i>
\$3 Quarters	Money	MARKET VALUE	<i>Pay Phone, Vending Machine</i>
P100 Respirator Gas Mask	Lung Protection	\$14.00	<i>Fire, Volcanic, Terrorist, Pandemic</i>
Panasonic Enloop AAA Rechargeable Batteries (8-pack)	Power	\$19.00	<i>Simplicity: One battery type used for GHB.</i>
Pen (x2)	Office	FREE	<i>"Donated" by work</i>
Poweradd Pilot 2GS 10000mAh Dual USB Portable Charger Backup Battery Pack	Power	\$24.00	<i>Must keep phone charged for 72 hours</i>
PROKNOT Outdoor Knots	Information	\$5.00	<i>Informational and entertainment</i>
Rite in the Rain All Weather Tactical Pocket Notebook	Office	\$4.00	<i>Best paper for outdoor note taking. Buy in bulk.</i>
SAS Survival Guide	Information	\$5.00	<i>The best pocket sized survival guide</i>
Sharpie	Office	FREE	<i>"Donated" by work</i>
Uvex S3970DF Stealth OTG Safety Goggles	Eye Protection	\$14.00	<i>Fire, Volcanic, Terrorist, Pandemic</i>
Whiskey (50 ML)	Beverage	\$4.00	<i>Used for morale, sleep aid and barter</i>

