

# BUG OUT OR BUG IN DECISION CHECKLIST

## The 60-Second Decision Framework

### 72-HOUR ESSENTIALS CHECKLIST

#### WATER

- 1 gallon per person per day (3 gallons minimum)
- Water purification tablets or filter
- Collapsible water containers

#### HEAT & SHELTER

- Emergency blankets (mylar)
- Propane heater or alternative heat source
- Sleeping bags rated for season
- Tarps or emergency shelter

#### LIGHT & POWER

- Flashlights (2+ with extra batteries)
- Headlamp (hands-free)
- Battery bank for phones
- Hand-crank or solar radio

#### COMMUNICATIONS Fully charged phones

- Battery-powered or hand-crank radio
- Whistle for signaling
- Written emergency contacts

#### FIRST AID & MEDICAL

- First aid kit (bandages, gauze, tape)
- Prescription medications (7-day supply)
- OTC pain relievers
- Trauma supplies (tourniquet, QuikClot)
- Personal hygiene items

#### FOOD

- 3 days of non-perishable food per person
- Can opener (manual)
- High-calorie bars
- Electrolyte packets

#### TOOLS & DEFENSE

- Multi-tool or knife
- Duct tape
- Paracord (50+ feet)
- Fire-starting kit (matches, lighter, ferro rod)
- Self-defense tools per your training

#### DOCUMENTS

- ID copies (laminated)
- Insurance documents
- Cash (\$500+ in small bills)
- Local maps (paper)

### THE 5-TRIGGER ASSESSMENT

Run through these 5 triggers. Check YES or NO for each:

#### 1. THREAT PROXIMITY YES NO

Are evacuation orders in effect OR can you see fire, flood, or chemical danger advancing toward your area?

#### 2. GRID COLLAPSE YES NO

Are power, water, and communications down with no restoration expected for 3+ days?

#### 3. ROAD CLOSURE WINDOW YES NO

Are your escape routes open NOW but likely to be gridlocked or blocked within 2-4 hours?

#### 4. SHELTER FAILURE YES NO

Does your current location LACK heat, water, sanitation, or security needed for 72 hours?

#### 5. FAMILY RISK YES NO

Is moving your family (considering medications, mobility limits, children) SAFER than keeping them at your current location?

### LEAVE NOW ACTION BOX

- Grab pre-packed BOB (bug-out bag)
- Load family into vehicle
- Follow primary escape route
- Head to the pre-planned bug-out location
- Monitor conditions via radio/phone

### STAY PUT ACTION BOX

- Secure all entry points
- Activate backup power if available
- Deploy water/food reserves
- Set up communication protocols
- Monitor the situation for changes

### DECISION RULE

- 2 or more YES = BUG OUT NOW
- 1 or fewer YES = SHELTER IN PLACE

### SURVIVAL LIFE REMINDER

Print this checklist. Post it where your family can see it. Run the 5-trigger test BEFORE it's too late.

