

- Phone charging cable and external battery
 - ◆ A phone has many uses besides just communication, but if you have service and can communicate with family, it's important to do so as long as you can.
- Ready to eat food
 - ◆ Such as protein bars, tuna pouches, jerky, individual bags of crackers, etc.
- Compass & map
 - ◆ Just in case you have to go on foot and don't know your way around or need an alternative route and you can't use your phone
- Tarp/emergency blanket
 - ◆ Just in case you need to stop to get out of extreme weather or sleep for the night
- Paracord
 - ◆ In case you need to use the tarp or emergency blanket to make shelter
- Small fire starting kit
 - ◆ This is a just in case scenario again.
- Sillcock key
 - ◆ Retrieve water from the side of any building, as long as water is flowing, you can get water with this key
- Water straw/water purification bottle
 - ◆ You'll need to get water quickly, do this with a water straw or with a bottle that has water purification straw inside of it.
- Flashlight
 - ◆ Headlamp would work great to keep your hands free
- Water bottle(s)
 - ◆ In addition to having a water straw or purification bottle, you'll want to carry some water bottles for quick access to water.
- Small first aid kit
 - ◆ A small first aid kit for cuts would be a good idea.
- Personal protection
 - ◆ Most people keep their personal protection items on them at all times, but if you don't, then be sure to include it.
- Gum/caffeine/hard candy
 - ◆ You may need to keep yourself focused, gum or caffeinated gum/mints or some hard candy, will be great options.
- Hat
 - ◆ If you live somewhere hot, you'll want to keep a hat handy inside. If you live somewhere cold, maybe keep an extra beanie inside.

Optional:

- Comfortable shoes
 - ◆ If you wear high heels everyday, you may want to throw in a pair of sneakers
- Baby/toddler/child supplies

- ◆ If you will have a baby, toddler or child with you then you will need to pack the appropriate supplies for them, but just enough for a day or two.
- Pet supplies
 - ◆ If you travel with pets frequently, you'll want to put some treats in your bag, and a collapsible bowl for water.
- Colder wear
 - ◆ In cold places, you may want to keep some extra mittens, hand warmers, extra pair of socks or anything else.

Important notes: The get home bag is meant to get you from point A (wherever it is you're at when an emergency or disaster happens) to point B (your home, friends house or bug out location). It should be packed for a max of 1 or 2 days. Even in big cities, you should be able to get home within a day or so, on foot. You could also consider some sort of wheels, such as a bicycle, skateboard, rollerblades or something else, if a vehicle isn't available. Make sure you move quickly to get to your destination, make very little stops and make sure that when you do stop, it's in a safe place. Always have vigilant awareness. Take off any jewelry, try to cover any tattoos, cover up logos and generally don't bring any undue attention to yourself. Having a non-tactical bag can help be the grey man as well.

If you ever need to bounce ideas or need help in anyway, I'm here!

Contact me:

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