

60 minutes...



If I had 60 minutes...

60 Minute Timeline - If you start with your previously completed bugout bag you save 15 minutes immediately, giving you more time to decide what else to take.

Checklist	Action
1	Stage your gear (bugout bag and/or a security kit if you have one) where it is immediately in sight or sling it over a shoulder.
2	Grab an extra pair of boots and socks, a jacket and gloves (work gloves may come in handy in an emergency)
3	Recon and 'toss' your medicine cabinet, taking things of interest. 'Toss' is cop talk which translates into conducting a rapid search.
4	Grab frozen food ('safe' proteins like beef or precooked meats, or frozen vegetables) and pack it into anything you can in order to keep the other fridge items cold. Proteins like cheeses, yogurt, and non-poultry lunchmeats are prioritized because they give more long term energy and are hard to replace.
5	Fill up water containers or take as much water as you could carry once other items are packed. Remember the guide of one gallon per day per person.
6	Grab critical paperwork such as birth certificates, social security cards, insurance documents, car titles, etc.
7	Go through dirty clothes and set aside what was coming with, clean or dirty. Preferred: wool socks, really effective and expensive layers like sports performance clothes.
8	Quickly 'toss' the pantry and spices, picking food items to bring. Same for the medicine cabinet.
9	Think about tools which you could take. Things which could be important might be axes, crowbars, rope, automotive tools in a tool bag.
10	Fill up water containers or take as much water as you could carry once other

	items are packed. Remember the guide of one gallon per day per person.
11	Check your car and assemble your items for packing up.

After Action Considerations for '60' minutes:

Examine your items and think about what can go into your bugout bag and what would go into your car. Next, assemble your items you need the most and include them into your bugout bag / security kit if that's where they belong. If you don't put these critical items into the bag, write down where they are. See if creating a list helps your time. These could also be used as the foundation for your first 72 hour bag, popularly known as an 'Earthquake Kit' or 'Hurricane Kit'.

Bugging out should be considered strategic, not permanent. Creating a layup point (LUP) in advance near where you live can mitigate your risk of traveling long distance in one leap. Also consider having items staged outside of a specific area you live in, perhaps at a friend's home, a storage unit. It can be as simple as a well wrapped package stuck into a hole in the ground.