



Bug Out bag / Grid down Survival Course

Duration: 1 day

Schedule: This course is a one day course, and is also the first day of the Urban Survival course which increases the number of times this is available.

July 6th, 7th, 27th & 28th. **August** 3rd, 4th, 17th, 18th & 25th. **September** 6th, 17th & 24th.
October 1st, 6th & 29th. **November** 3rd, 17th, 19th & 26th. **Dec** 1st, 10th, 15th, 17th, 22nd & 29th.

There may be a time in the future when only you can rely on you. Your decisions may be the difference between life and death, not only of yourself, but of your family and loved ones. Preparation and training will likely be the key. As graduates of the military basic, advanced, advanced, special S.E.R.E., water, and jungle survival courses, we bring our lessons learned to the table and share them with you. This course is based on real world skills and experience.

Preparing for the worst can make a bad day survivable. We've all heard the motto "Live to fight another day," but there may come a time when the fight is different, just one to exist and carry on. This course is entry level preparation training to give you the essential tools to become familiar with the equipment and methodologies of survival.

We review the basic bug-out kit, and a recommended list of gear you should always have, your food stores and methodologies of either sheltering in place or moving down the road, giving you the basic skill sets to survive. We cover such things as shelters, first-aid, hunting, fishing for food, and dealing with the stresses of your situation. We recommend you bring your Bug Out bag / Survival kit to this course.

Survival Mindset: Survival psychology and the mindset of successful survivors. Lessons learned in survival situations. When to stay put in your home and when to bail out. Pre-disaster planning and establishing rendezvous points with family members. Prioritize; identifying the most severe threats, so that you can prepare for them first. Make evacuation plans for yourself and each member of your family. Planning is important, but rehearsal is when you will test your plan and identify flaws. Training: your best weapon is your mind. Staying invisible - the gray man.

Bug Out Bag: How to construct a personal Bail-Out Bag (BOB) for the home, office, and vehicle. The various types of bags and kits. Clothing; socks, t-shirts, jackets, gloves & hats. Signaling devices. Maps, compass and navigations tools. Eating & drinking utensils. Cooking utensils. Cordage, twine & 550 cord. Lightsticks, LED Flashlight with batteries. Crankable survival radio. Personal hygiene items. Spare eyeglasses. Personal documentation.

Shelter & Fire: Sheltering in place, Home fortification. How to use man made shelters. How to make your own shelters. Using mother earth as improvised shelters. Improvising shelters from objects along the way. Fire making devices. Matches, disposable lighters, flint & magnesium. Tinders, steel wool, & various types in containers. Sleeping bags & pads. Survival ponchos.

Food & Water: Home food and water storage recommendations. Water purification methods. Freeze dried lightweight food. High calorie survival food bars. Finding food from mother earth. Hunting, fishing and forgering. Cooking your food, stoves, and fires. Collapsible bags and water storage devices.

Tools: Types and use of multi tools. Weapons making. Fixed blade knife. Hatchet and machete. Whistle. Small sportsman's Binoculars. Shovel and entrenching tool. Folding hand saw. Large garbage bags & small plastic shopping bags.

First Aid: Equipment for your medical kit. Hands on equipment usage. Circulation, Airway & Breathing. Survival Medicine in Wilderness. Circulatory & respiratory system. Body assessment & HCAPER. Hemorrhage management. Open and Closed chest wounds. Burn & Blast Injuries. SHOCK review & treatment. Cervical Spine Injuries. CPR & Artificial Respiration. Internal injuries & Impaled objects. Carry drills & hot zone carries.