



My Personalized Survival Blueprint

S.B.O.B.

Cheetsheet

(Survival Blueprint Out Bag Checklist)

SURVIVALBLUEPRINT.NET

It's YOUR survival. We can help.



Survival Blueprint Go Bag (S.B.O.B) Overview

This list, like everything we teach at Survival Blueprint should be considered a guide to developing your own personalized Survival Blueprint Go Bag, depending on your specific needs based on your location, climate, family size, physical condition and to a great extent, the emergency or disaster that you want to be prepared for. This list should be considered the minimum resources that you will need in a variety of emergency situations.

Of course, your own personal preferences should be considered here as well. Ideally, each member of your family will have their own unique S.B.O.B., that fits their unique needs and to help distribute “group” resources so that all your preparations are not dependent on a single point of failure (loss of a single bag, etc.). In many cases it is wise to double or triple up on some materials or resources, again to minimize your exposure to single points of failure, and spread your resources amongst the group.

If you are just starting to build your S.B.O.B., we suggest that you follow this list in order, to get maximum preparedness for generalized disaster situations and then work your way into more specific disaster and preparation. No doubt, you may purchase some items that you find later that you don’t really need, and you will also learn things that you need to go back and supplement to your S.B.O.B. – think of this as a “work in progress” as it will change depending on your situations and needs.

Having said this, use the checklist to guide you in your decisions as it will help you prevent unnecessary purchases that may “look good” on the store shelf or online – but will have limited function later when you really need it. At times, at our main website (www.survivalblueprint.net) we provide product reviews, demonstrate the use of different products, and give our opinions about different products that will go in your S.B.O.B. and other supplies you will need.

As you go through the S.B.O.B Checklist, most items will be obvious and apparent as to their use. However, there may be some items that you may not understand the importance of at first glance. We will be covering these in depth on our site, helping you to understand the multiple uses of each item, where to get the best deals on these products and how to use them to your advantage in a variety of emergencies, from vacations or hunting parties gone awry, localized tornadoes or flooding, regional events like hurricanes or earthquakes and also larger scale events like EMPs, solar flares or large scale breakdowns in civilized society.

So let’s get started building your personalized S.B.O.B. and developing skill sets in using these resources, so that you will KNOW HOW to use it when it counts, and have the confidence that you can face the situation – no matter how grave it may be – and have the positive mind set that is the NUMBER 1 thing that you absolutely HAVE TO HAVE as a survivor.

Thank you again for friending us on Facebook, following our Twitter feed and subscribing to our blog/website. We want to help you with a variety of your survival needs and welcome your feedback, suggestions and comments as we continue to explore, learn and put to practice the skills and equipment we recommend.

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Survival Blueprint Go Bag (S.B.O.B) Overview

1. S.B.O.B and Clothing

- Backpack (Military or Neutral Colors)
- Waterproof River Bag Packliner
- Assorted Smaller Mesh Bags
- Tactical or Hiking Boots
- Inner Socks – Moisture Wicking (3 Pair)
- Outer Wool Hiking Socks (3 Pair)
- Synthetic Thermal Underwear (2 pair)
- Underwear (3 pair)
- Ripstop B.D.U. Pants (2 pair)
- Paracord Belt
- T-shirts (2-3)
- Cotton Long Underwear Shirt
- Long Sleeve Outer Shirt
- Polar Fleece Long Sleeve
- Full Set Rain Gear (Top / Bottom)
- Bandana or Shemagh (2-3)
- Boonie Hat or Ball Cap
- Wool or Polar Fleece Skull Cap
- Gloves (Mechanix or Nomex)
- Wool Gloves/ Mittens
- Sunglasses with Lanyard

Optional Clothing

- Camo Poncho (Military Surplus)
- Cold Weather Parka or Coat
- Cold Weather Gloves

Notes:

2. Shelter & Fire

- Jungle Hammock
- Tent Stakes (10)
- 15'x15' Camo Tarp
- 550 Paracord (200')
- Sleeping bag (rated for your climate)
- Sleeping Pad & Inflatable Pillow
- Disposable Lighters (10)
- Water Tight Case Zippo Lighter (1)
- Extra Zippo Flints and Fluid
- Emergency Candles (3)
- Waterproof Matches (50)
- StrikeForce Firestarter
- Road Flares (3)
- Firesticks (12)
- Vaseline Soaked Dryer Lint
- Small Sterno Fuel Cans (2)

Notes:

3. Water & Food Supplies

- 2 Qt Water Bottle (2)
- Collapsible Canteen
- Water Purification Tablets (500)
- 1 Qt. Ziplock Bag of Gatorade Drink
- Instant Coffee or Cocoa (5-10 servings)
- 3-5 Days Dehydrated Food
- High Energy High Protein Bars (6)
- Salt & Pepper (small camping shakers)
- Cajun Seasoning (small shaker)
- Personal Camp Cookware
- Personal Eating Utensils
- G.I. Can Opener

Notes:

4. Hygiene, Medical & First Aid Supplies

- Basic Personal First Aid Pack (Large)
- Small Hand Towel
- Anti-bacterial soap
- Disposable Razor
- Toothbrush & Toothpaste
- Hair Comb
- Betadine or Merthiolate Scrubs
- Neosporin Ointment
- Ibuprofen
- Imodium Anti-Diarrheal
- Cortizone 10 Cream
- Benadryl Tablets
- Benadryl Topical Cream
- Epipen
- Insect Repellent
- Sunblock (SPF 50)
- Lip Balm
- EMT Scissors
- Powdered Cayenne Pepper
- Super Glue (5 tubes)
- Maxi Pads (5)
- Toilet Paper or Small Tissue Packs
- Assorted Sewing Needles (10)

Notes:

5. Tools & Equipment

- Fixed Blade Knife (5-6" Blade)
- Filet Knife
- Course/Fine Knife Sharpener
- Quality Machete & Sheath (18' Min length)
- Camp Axe & Cover
- Small Mill File
- Small Binoculars
- Wire Saw
- Folding Shovel
- Multi-tool
- LED Flashlight
- Small LED Headlamp
- Glow Sticks (3)
- Compass
- Handheld GPS
- Topographical Map of Area (Laminated)
- Duct Tape (1 roll)
- Extra Batteries

Notes:

6. Hunting, Fishing & Security

- 12 ga Tactical Shotgun w/ Sling
- Bird Shot (100)
- Buckshot (50)
- .22 Rifle w/ Scope & Sling
- .22 Ammo (500 rds)
- Small Gun Cleaning Kit
- Spool of Fishing Line
- 100' Trot Line with Inflatable Floats
- Assorted Fishhooks (sm-lg size)
- Assorted Bobbers and Floats
- Small Backpacker's Fishing Rod/Reel
- Catfish Bait (Small & Sealed Pack)
- Pre-made wire small game snares

Notes: