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# Build The Perfect Bug Out Bag: Your 72-Hour Disaster Survival Kit



## Synopsis

Be Ready When Disaster Strikes If an unexpected emergency or disaster hits, are you prepared to leave your home--fast? You will be if you follow the advice in this book. This book shows you how to create a self-contained disaster preparedness kit to help you survive your journey from ground zero to a safer location. Survival expert Creek Stewart details from start to finish everything you need to gather for 72 hours of independent survival--water, food, protection, shelter, survival tools, and so much more. You'll find: A complete Bug Out Bag checklist that tells you exactly what to pack based on your survival skill level Photos and explanations of every item you need in your bag Resource lists to help you find and purchase gear Practice exercises that teach you how to use almost everything in your bag Demonstrations for multi-use items that save pack space and weight Specific gear recommendations for common disasters The book even includes special considerations for bugging out with children, the elderly, the physically disabled, and even pets. A disaster could strike your home at any moment. Are you prepared to face the devastating aftermath? Protect yourself and your family by building a Bug Out Bag today!

## Book Information

Paperback: 208 pages

Publisher: Betterway Books; 4/25/2012 edition (May 18, 2012)

Language: English

ISBN-10: 1440318743

ISBN-13: 978-1440318740

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 13.3 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 695 customer reviews

Best Sellers Rank: #13,939 in Books (See Top 100 in Books) #8 in [Books > Sports & Outdoors > Survival Skills](#) #22 in [Books > Reference > Survival & Emergency Preparedness](#) #28 in [Books > Sports & Outdoors > Hiking & Camping > Instructional](#)

## Customer Reviews

"How to Build the Perfect Bug Out Bag is the perfect Kindle book to help you with the building your own Bug Out Bag!" --Before It's News.com

Creek Stewart is the author of *Build the Perfect Bug Out Bag*, *The Unofficial Hunger Games Wilderness Survival Guide*, *Build the Perfect Bug Out Vehicle*, and *Build the Perfect Bug Out*

Survival Skills. Creek regularly publishes articles relating to disaster preparedness in numerous magazines. He owns and is Lead Instructor at Willow Haven Outdoor--a survival, preparedness and bushcraft school located in central Indiana. Creek specializes in disaster preparedness and has consulted with individuals, corporations, non-profits and government agencies all over the United States about a myriad of preparedness-related subjects, projects and initiatives. He has been featured on Fox & Friends and is host of Fat Guys in the Woods on the Weather Channel.

While many books about bug-out-bags are full of lists with little in the way of detailed information, this book bucks the trend! The amount of information contained in this book about the various aspects of the bug-out-bag is dizzying. The author doesn't just provide lists, but for each item, he explains its purpose, your options, and alternatives. He discusses the pros and cons of the different types of each particular piece of gear like stoves, packs, shelters, etc. He explains the situations where each option might be superior to the other. The author is not dogmatic about one particular method, setup, or piece of gear. He offers up the information for you, the reader, to make an educated decision. This book even includes information about bugging out with children, pets, or handicapped persons. Fantastic illustrating photos are found throughout this book. They are well sized and formatted so that they perfectly complement the commentary and help to clarify exactly what the author is explaining. Highly recommended for: - Preppers or survivalists who want to be ready to go on the move in a disaster or emergency situation - Anyone who wants to tweak their BOB and make sure they aren't missing an important piece of gear - Anyone with questions about the contents of a Bug Out Bag If you enjoy reading about survival and prepping, I also recommend "Ultralight Survival: Make a Small and Light Bug Out Bag That Could Save Your Life" for specific advice on creating the lightest and most efficient bug-out-bag possible.

How to Get the Most Out of B.O.B. "Build the Perfect Bug Out Bag: Your 72-Hour Disaster Survival Kit" by Creek Stewart is a well-thought-out book that is clearly formatted and illustrated to help convey the information within. The format of this book reminds me of another excellent book titled "Build the Perfect Survival Kit" by John McCann, that I also highly recommend. This book is excellent for the novice and experienced Prepper, as well as the conventional camper and survivalist. This book provides an excellent blueprint for compiling components for a Bug Out Bag (BOB), as well as selecting the perfect BOB to carry all the discussed gear and components. The gear discussed in this book covers everything from field camping tools (pocket tools, ax, shovels, etc.), hygienic items, various environmental clothing, lightweight shelters (tarps, etc.), field bedding

(sleeping bags, hammocks, etc.), water purification, rations and ignition systems for fire making. All the equipment discussed in this book predominantly focuses on the items being lightweight and provide multiple use items, which is a common theme when selecting items for survival situation. Additionally, this book provides a host of inset text boxes providing valuable survival tips, in addition to the information instructing you how to develop your own BOB. This book also had a few interesting chapters that stood out to me that I think are worth mentioning. Chapter 13 covers information on protection and self-defense, with some discussion of the self-defense mentality. Although this chapter was very brief it did however cover all the salient points, as this topic alone could be its own book. Another interesting chapter covered some basic information about bugging out with pets. This is a topic I have not seen covered in other books and found it enlightening. Finally, chapter 17 on mental and physical preparedness was another chapter providing the reader basic information on the topic, which is not generally covered in book of this type. I personally believe this to be one of the most important chapters in the book, without a strong body it is hard to keep a strong mind. And the mind is the most important tool the Prepper or survivalist will ever have. Overall I highly recommend this book and believe that the experienced and novice will learn something from this book.

This was an easy to read book that made me rethink my personal needs for a bag out bag (BOB)/scenario. I am the father of three girls...one older and two younger. I lost my 16 yo son last year and it turned my world inside out. Him and I had always discussed and shared lots of ideas and "what if's" and we were both always aware of his mother and the other girls at all times. It didn't matter whether we were on a country hike, at the park, or in the mall. If I had point he had my back and vice versa. Now I seem overwhelmed keeping my eyes open and on my family. I also had to rethink a bug out scenario as he was definitely a very strong part of the support system. Creek Stewart's book helps compartmentalize and outline every part of a well supplied bag...one that is designed perfectly for me and my family. Probably the biggest thing I learned is that your bug out bag is dynamic not static...it changes with you and your families needs and the seasons of the year. I have also purchased Bug Out Vehicles as I am modifying an 05 Excursion and Bug Out Survival Skills. I am just getting ready to begin reading them, but I already know they'll be a valuable resource. Thanks Creek Stewart.

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