



GHB – GET HOME BAG CHECKLIST

SLO Camp N' Pack
341 Higuera St
San Luis Obispo, CA 93401
(805) 541-8006
www.SLOArmyNavy.com & www.CNPTactical.com
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This kit is designed to give you basic gear to walk home or to family during an emergency. This is only designed for someone who would be traveling 25 miles or less and within 36 hours during a disaster.

ESSENTIALS:

- Convenient way to carry your gear:** A Small backpack is the best option but a small cargo or sling bag is fine.
Keep it small and compact. The larger it is, the less likely you are to keep it handy.
- Water:** Bottled, Packaged or frequently rotated Canteen or Nalgene Bottle. 48oz of water or more is suggested.
- Food:** (Datrex ration bars, MREs, Energy bars, etc). 1-2 Days worth to keep energy levels high. Datrex bars are the most compact and do better in hot areas like your car.
- Fire-starters:** Waterproof matches, fire-steel striker, magnesium, lighter, etc. A Lighter and fire-steel is typically the best combo.
- Emergency Mylar blanket or Bivy:** The AMK Emergency blankets are the best lightweight option available. These can work as a signal marker, shelter or improvised rain gear. A Bivy is better for windy areas and retaining more heat.
- Knife:** Folding and or fixed blade. A fixed blade can do more, but also weighs more and takes up more space.
- First Aid Kit:** Choose or build a kit which is small and light. Just get stuff to cover basic wounds, bleeding, blisters, etc.
- Metal Cup or Bottle:** This allows you to boil water for purification or bringing up body core temperature. Get something compact and light but big enough to get you the amount of water you may need at once.
- Rope or Cord:** 550 parachute cord is the best multi-use line around. 20-50ft is good for this kit.
- Light Source:** Flashlight, headlamp or light sticks. 1 battery operated light or 2 light sticks minimum.
- Duck Tape:** Great for gear repair or first aid. 5-10 yards.
- Radio:** Pack one which has AM/FM and preferably with NOAA weather stations.

OPTIONAL, CONVENIENT & SUGGESTED:

- Spare Batteries:** Pack enough to replenish ALL items which use batteries. Buy quality brand batteries.
- Pepper / Self Defense Spray:** There are many small spray options available. SABRE makes a great selection of styles with a great 3 in 1 blend (OC, CS Gas and UV Dye).
- Dust Mask:** Basic dust mask or bandana.
- Rain Gear:** Poncho or light compact jacket.
- Multi-tool:** Leatherman, Gerber and SOG all make quality models which work great.
- Gloves:** Gloves can easily save your hands from potential injuries.
- Money:** As much as possible in small bills (\$5s, \$10s & \$20s).
- Communication:** Cell phone or other communication devices (CB, FRS/GRMS or HAM Radios).
- Signaling:** Signal Mirror, Whistle, Panel Marker etc.
- Heat Source:** A basic camp stove or Hot Hands can provide you with extra heat if you're in a colder area, especially when used with an AMK/Mylar blanket.
- Navigation:** Compass, GPS and Maps of local area and areas you may need to travel.
- Water Filter / Tablets:** Something basic and lightweight is ideal. Filters are great and can filter a lot of water, but may not protect against viruses. Chemical treatment will typically kill viruses and can be used in conjunction with a filter.
- Toilet Paper:** Just a small roll or some rolled around a pen will be sufficient.
- Contact Information:** Have a complete list of family and friends phone numbers and addresses.
- Face Masks/Cover:** Simple Cloth Mask or Bandana or Gas Mask (most reliable and safe option).
- Whistle:** Whistle. A whistle can be heard for miles in the right conditions and uses much less energy than yelling.
- Walking shoes:** Keep a comfortable pair of shoes with your kit if you don't wear shoes you can walk far in comfortably in.

NOTES:

This checklist is designed as a basic kit guideline. All survival kits must be customized for each person to accommodate any special needs. Keep in mind, no matter how much stuff you gather, planning and common sense are just as important.