

Bugging Out Versus Staying Put! *Knowing the difference and the needs of each can better prepare you for a SHTF situation.*

Bugging Out Versus Staying Put!

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About this book

Let me start by saying that I am not a Prepper or Survivalist but just someone who is concerned with the state of our world and our country and because of that I have started to educate myself on as many topics as I can dealing with prepping and survivalist as knowledge is POWER.

This is not a “How To” book but just a topic that I was thinking about and thought others may not have given much thought to yet should as the decisions you make could be the deciding factor of whether you survive or die. If you have lots of money then clearly this book is not for you but even if that’s the case it could still help you make better choices which are always a plus.

This is for the everyday person who doesn’t have much disposable cash but wants to have the best options possible whether staying put or if having to get out of Dodge in a hurry.

Even though what I discuss works for the person(s) staying put I am more concerned with the person(s) needing to leave and be on the road.

The basis of this book was I to see what food supplies I could afford on a budget that would meet certain nutritional goals and not be a serious weight problem. In a Bug Out situation how much you can carry is extremely important and needs to be carefully planned out.

You may or may not like or even agree with my choices and you are free to do so but for me this is what I found to be the most effective in cost, nutritional needs and weight.

Even if you don’t like my choices, I can at least give you some important criteria to follow when making your choices.

The goal is to make you think.

Best of luck, much success and may God bless us all.

John Cabral

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About the author:

John Cabral is Certified Personal Trainer, Certified Sports Nutritional Consultant, former L.A. Fitness personal trainer for almost 2 years and has been studying fitness and nutrition for over 10 years.

He was a Beach Body coach and was very active on their forum helping those who needed help with their fitness and nutritional questions.

He has also been a single full time dad for almost 14 years.

He has written articles exposing the myths and fallacies in the fitness and nutrition field for a website that he owned and ran. He has challenged fitness and nutritional online Guru's and exposed their lies. He also reviewed fitness and nutritional programs being sold online.

He has read over 300 studies dealing with fat loss and weight training.

He is also into politics and Islam and has been debating both for years.

Why You Need To Know The Difference.

So you are reading this and asking yourself why should I need to know the difference between Prepping to Bug-Out versus Prepping for a location (home or bug-out safe location) and my answer is simple, each has its own needs that must be addressed and can be the difference from being prepared or finding yourself in really deep shit situation.

Prepping or preparing for each situation is not the same yet is the same but there are differences that need to be addressed or some serious consequences can take place that could even kill you and your loved ones.

The items that you will need for one will not be the same for the other, yes the basics are the same but what your choices are will not be the same.

In a Bug-Out situation you have to deal with how much weight you can carry for a given time and distance, this is not a factor when you are staying put in your home or safe location as you won't have to lug X pounds for X time for X distance. Your biggest obstacle for staying put is money and storage space.

Your age, health and fitness level will play a major factor in determining how much you can carry and for how long.

The distance will also determine how much food and water you will need to have. Is it 1 day, 2 days, 7 days or is it more? This will depend on how far you have to travel and how many miles you can travel in a day.

Remember besides food and water you will have to carry other items such as clothing, ammo, medical supplies, sleeping bag and or a tent etc.

Will you need to cook your food, that will require having cooking utensils and being able to start a fire. That requires you to carry those items which will add to the weight factor.

Another limiting factor is how big your Bug-Out bag is. These are some of the factors that you will need to address that you do not need to address if you are staying.

Nutritional Needs

Regardless of what you are doing you will still need to figure out what your **minimal nutritional** needs are and by that I mean how many calories, grams of protein, carbohydrates and fats you will need to function.

This is **minimal not optimal** as this is not a typical day where you have unlimited access to food. There won't be any Burger King or Wendy's. You just want to get the minimal that you can and still do your everyday functions. Realize that you won't be working out at the gym and trying to build muscle or running a marathon.

Protein and calories will be the challenge here as you want to make sure you are getting enough of both, you don't want the body breaking down to much muscle tissue.

Your body can not make protein(amino acids) or fats but it can use stored fat and breakdown your muscles to obtain the needed amino acids it needs to function, this is why I place protein at the top of the nutritional list.

My guideline for protein is 50% of your bodyweight in grams so if you weigh 200 lbs and we took 50% of that you get 100 grams. I can tell you that most folks have no clue how much protein they eat per day and I would say most fall short of even 100 grams.

As for fats I would say around 50 grams for women and 60 grams for men as the minimal. So what are left are carbohydrates. Contrary to what you have been let to believe the body doesn't not need carbohydrates for creation of glycogen/fuel as it has its own built in system to create it. Don't get me wrong carbohydrates provide other needed nutrients like vitamins, minerals and fiber.

Now moving on to calories, for your average male and female I would say that males should eat minimum 1800 calories and 1100 for women. Again this is minimum no optimal. You will be happy to get that on a daily basis.

If you can get more then great as depending on your activity level you will burn more than the minimal which will lead to weight loss. Of course for some folks that might actually be a positive thing as we have a serious issue with overweight and obesity.

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These are my guideline and you are free to tweak them based on your situation and preferences, after all who knows you better, me or you?

Prepping For Staying Put

If you have decided to hunker down, whether at home or in your safe location or with a group you have an advantage over the person who for whatever reason has to leave his home and seek out an alternate location.

This could be for a numbers of reasons such as:

Safety (unrest such as rioting and roving gangs)
Lack of resources (food, water or shelter)

Staying at home or in a safe location eliminates the worry of weight and your restricted food choices, something that becomes a major concern if you are forced to leave.

Even if you stay put, there are still some factors that will need to be considered such as cost and storage space. Do you live in a house or apartment? These will determine how much and what types of food items you can store and if you will need some way to cook them. Granted this assumes that the power is out and you don't have say appliances that use natural gas or maybe you don't have a solar and or wind power setup. If you do you are way ahead of the game. Even with natural gas you still have the problem of running out and not being able to refill your tank.

Okay earlier I went over the basic nutrition requirements so let's look at some food options based on meeting those nutritional requirements, cost, storage life and preparation needs.

Here is my favorite list. I know it may not be your favorite list but this is based on meeting nutritional, cost and storage needs.

1. Protein powder. I can get a 10lb bag with 138 servings of 26 grams of protein for about 66 bucks or less than 50 cents a serving. You can get a 20lb bag for about 114 bucks. For meeting your protein needs I can't find anything that comes close to it, based on cost per serving and ease of use you just beat it. All you need is water and you are done.
2. Maruchan Ramen Noodles. 25 cents per packet and sometimes even 20 cents. Great source of carbohydrates, salts and some other factor. Salt is one of the drawbacks but you

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can avoid this by either only using $\frac{1}{2}$ of the seasoning packet or use other flavoring substitutes.

3. Peanut Butter or nuts. Excellent source of protein, fats and calories. It's a calorie dense food that provides close to 200 calories per serving and 6-8 grams of protein. This will be used mostly as a calorie and fat source.
4. SPAM under \$3, probably the most expensive item on my list. Great standby food and loaded with calories and fats. Not most cost effective choice and not on top of my list of Bugging Out due to weight unless your trip is of a short distance. For Bugging In I think it's great addition for the other reasons I listed.
5. Coconut Oil. 8 cents a serving. This is basically going to be a fat and calorie item as after all it's just a fat. After all 1 gram of fat provides you with 9 calories. One serving is about 120-125 calories. Word of caution here, do not over do it or you will regret it. I would stick to 1-2 servings and not more than 3 unless you can tolerate it.
6. Quick One Minute Oats. 12 cents a serving. Another great source of complex carbohydrates and fiber. Its quick cooking and if need be you can just let it soak in water and drink it like a slushy.

While these are my top 6 picks you do not have to use same if you so choose. I want you to at least make sure what you chose meets the minimal nutrition requirements.

Now your cost may vary depending on where you buy those items. This is why I created my Peppers Cost Excel spreadsheet which does all of this for you.

With it you can see just how much your cost will be per serving / per day along with calories, macros (fats, protein and carbohydrates) and weight.

Remember weight will be important if you have to leave the comfort of your home. Not only that but you can tell it how many people and how many days and you will have all the information at your fingertips.

I have included a screenshot.

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Per Serving Data														
	Total Servings	Weight Ounces/ Serving	Total Cost	Cost per serving	Serving Size	Per Serving				Day Servin				
						Calories	Protein	Carbs	Fats	g	Calories	Protein	Carbs	Fats
American Pure Whey Chocolate Flavor	138	1.2	\$ 66.00	\$ 0.48	1 cup	121.00	26.00	2.00	1.00	3.00	363	78	6	3
Maruchan Ramen Noodle Roast Chicken Flavor 1 Pack/2 Servi	2	1.5	\$ 0.25	\$ 0.13	1	187.00	5.00	26.00	7.00	-	-	-	-	-
Skippy Natural Peanut Butter - 32g	34	1.2	\$ 7.00	\$ 0.21	2 Tbsp	188.00	7.00	4.00	16.00	4.00	752	28	16	64
SPAM Oven Roasted Turkey 2 oz or 56 grams / 6 serving	6	2.0	\$ 2.79	\$ 0.47	2 oz	80.50	9.00	1.00	4.50	-	-	-	-	-
Water 1 Gallon	16	21.3	\$ 0.80	\$ 0.05	8 oz	-	-	-	-	5.00	-	-	-	-
Kroger Quick 1 Minute Oats	30	1.4	\$ 3.49	\$ 0.12	1/2 cup	138.50	6.00	23.00	2.50	3.00	-	-	-	-
Food Club Refined Coconut Oil	60	0.5	\$ 5.00	\$ 0.08	1 Tbsp	126.00	-	-	14.00	-	378	-	-	42
										Total:	1,493	106	22	109
										Ratio:	100%	28%	6%	66%
Number of People					2									
Number of Days					7									

	Lbs	Ounces	Total Servings	Day Servin	7 Days / Person	Per (2) Person Needed	Total Needed	Cost 7 Day(s) \$38.62	Per Rnd				
									Ammo Weight Calculation	Oz	Number	Total Oz	
American Pure Whey Chocolate Flavor	3.04	48.70	\$ 0.48	138	3.00	21.00	42.00	0.30	\$ 20.09	9MM	0.30	500	150.0
Maruchan Ramen Noodle Roast Chicken Flavor 1 Pack/2 Servings	-	-	\$ 0.13	2	-	-	-	\$ -	-	22LR	0.10	500	50.0
Skippy Natural Peanut Butter - 32g	4.12	65.88	\$ 0.21	34	4.00	28.00	56.00	1.85	\$ 11.53	15 rnd Glock 19 mag loaded	8.70	2	17.4
SPAM Oven Roasted Turkey 2 oz or 56 grams / 6 serving	-	-	\$ 0.47	6	-	-	-	\$ -	-	17 rnd ProMag G19 mag loaded	7.90	3	23.7
Water 1 Gallon	35.00	560.00	\$ 0.05	16	5.00	35.00	70.00	4.38	\$ 3.50	Glock 19 Unloaded 1.5 lbs	24.00	1	24.0
Kroger Quick 1 Minute Oats	-	-	\$ 0.12	30	-	-	-	\$ -	-	-	-	-	-
Food Club Refined Coconut Oil	1.31	21.00	\$ 0.08	60	3.00	21.00	42.00	0.70	\$ 3.50	-	-	-	-
										Ounces	265.1		
										Lbs	16.6		
										Per Person	21.7		
										Food plus Ammo	60.04		
										Per Person	30.02		

That is my top 6 go to food items I would store up as it will meet the nutritional, cost and storage needs.

Now if you are staying at your home or have a safe location you obviously are not restricted to those 6 items although I would suggest keeping the protein powder as it is a very cost effective way to make sure you are getting enough protein plus all you need is water and you are ready to go. I would also get peanut butter and coconut oil.

What other food items you pick will depend on how much you have to spend, the more money you have the more options you will have versus someone on a limited budget. Your taste buds will be a contributing factor.

Regardless of your budget you still need to adhere to your nutritional requirement.

Remember to pick items that are high in protein per serving and carbohydrates. Now I am not a big fan of carbohydrates but I know some people just can't do without them.

I will give you some other items that you can store up on such as:

1. Dried or canned beans. Two of my favorites are black beans and dark red kidney beans. Both pack 7 grams of protein, 7 grams of fiber and about 14 grams of carbohydrates per serving. For one 15.5 oz can you will get about 21 grams of protein, 21 grams of fiber and 42 grams of carbohydrates. Now you may want to stay clear of others... Just a little humor.

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2. All varieties of nuts. Good source of calories and good fats. I would limit them to no more than 2-3 ounces as that is between 400-600 calories
3. All types of rice.
4. Canned soups
5. Canned meats such as Tuna, Salmon, Sardines, Chicken
6. All types of cereals

Again these are just some ideas and not meant to be all inclusive. As long as you follow the guideline of picking items that are high in protein and fats what you get is up to you and your budget and taste buds. It will also depend on if you have a power source or way to cook.

This book assumes the worse and that most will not have power in their place and will have to find an alternative method for power and cooking.

This is not meant to cover every topic under the Sun but to show you the difference of preparing based if you are staying put or have to go on the road. There are many good books out there on Prepping and Survivalism that you can get. This is not the intent of this book.

Oh don't forget water. Regardless if you are staying in or going on the road you can live about 3 days without water but depending on your fat stores you can live a lot longer without food before you die of starvation. Make sure you have plenty of water or water sources and a means of filtration and purification to make the water drinkable. Last thing you need or want is to get sick from the little nasty things in water that you find. It can kill you or make you very sick and in a SHTF situation there might not be an ER around or medical assistance.

Here is a hint; if you have a regular water heater you have up to 40 gallon of usable water. That is enough for 120 days for 1 person drinking 40 ounces a day. Of course you may need some for cooking, cleaning utensils and some for hygiene. So checking abandon homes for this source of water can be a life saver. Back of toilet is also another source of water. I know yuk. Please make sure the home is abandoned, last thing you need is to get shot for trespassing.

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I would suggest boiling it if you can or use some sort of purification/filtration system just to be on the safe side.

So you are Bugging Out

So something has gone wrong and you are now forced to leave your home which I will assume is either in a major city or close to it.

You have no power and the city is getting dangerously crazy and resources are running low as people have begun looting all the stores and because there is no power and gas is running low those resources don't look like they will be replenished anytime soon or if ever. Remember stores usually only have 3 day supplies at hand. When that is gone all hell will break loose in the city. Might be time to get out of Dodge.

Once the city has run out of resources people will take to foot or whatever means they have available to them to try and find other resources and the first place will be all the surrounding residential areas that are close to the city. That means that you are now in the danger zone and have several options, stay and try to protect your home, family and your stored resources or leave.

You may be leaving because you see what is coming and you don't think you can defend your family and resources or you have a safe place or group somewhere or you have run low on resources. Unless you have a group of people staying in at this time wouldn't be advisable.

So whether it's because you have a safe or safer place (you may belong to a prepping group close by you) you now need to decide what your best option in foods are and how much you can carry along with everything else you will need to carry.

This can be an easy or daunting task. Remember how earlier I talked about weight and how it's a major factor when you have to leave, well you are about to find out about that factor.

I will assume that you and everyone in your family are in decent health and shape and not disabled, elderly or sick which will make the trip extremely hard. Young kids are also an issue.

Water will be your most daunting factor as it weighs a lot depending on how much is needed based on how far you need to travel. A gallon of water weighs 8 pounds and if you use 40

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ounces a day it will last 3 days per person. This is just for drinking and doesn't include cooking, cleaning utensils or hygiene.

If you have to travel more than 3 days you will need to carry more or be able to find other suitable sources of water and have the knowledge on how to make the source drinkable so you don't end up getting sick. Regular bleach, Iodine or purification tablets will be great to have. I would also suggest getting some of those water filtration straws that can filter a few hundred gallons of water before having to replace it or discard. You can also learn how to make your own in a pinch from everyday household items like cotton balls and charcoal.

So what items are best to carry that meet all my criteria? You guessed it, my top list contains 4 food items that you will carry that doesn't cost a lot and gives you the calories and macros and doesn't weigh you down.

I will use 3 days as an example.

	Per Serving Data														
	Total Servings	Weight Ounces/Serving	Total Cost	Cost per serving	Serving Size	Calories	Protein	Carbs	Fats	Day Servings	Calories	Protein	Carbs	Fats	
American Pure Whey Chocolate Flavor	138	1.2	\$ 66.00	\$ 0.48	1 cup	121.00	26.00	2.00	1.00	3.00	363	78	6	3	
Maruchan Ramen Noodle Roast Chicken Flavor 1 Pack/2 Servings	2	1.5	\$ 0.25	\$ 0.13	1	187.00	5.00	26.00	7.00	-	-	-	-		
Skippy Natural Peanut Butter - 32g	34	1.2	\$ 7.00	\$ 0.21	2 Tbsp	188.00	7.00	4.00	16.00	3.00	564	21	12	48	
SPAM Oven Roasted Turkey 2 oz or 56 grams / 6 serving	6	2.0	\$ 2.79	\$ 0.47	2 oz	80.50	9.00	1.00	4.50	-	-	-	-		
Water 1 Gallon	16	21.3	\$ 0.90	\$ 0.06	8 oz	-	-	-	-	5.00	-	-	-		
Kroger Quick 1 Minute Oats	30	1.4	\$ 3.49	\$ 0.12	1/2 cup	138.50	6.00	23.00	2.50	2.00	277	12	46	5	
Food Club Refined Coconut Oil	60	0.5	\$ 5.00	\$ 0.08	1 Tbsp	126.00	-	-	14.00	3.00	378	-	-	42	
											Total:	1,582	111	64	98
											Ratio:	100%	28%	16%	56%
Number of People					1										
Number of Days					3										
	Lbs	Ounces	Total Servings	Day Servings	3 Days / Person	Per (1) Person Needed	Total Needed	Cost 3 Day(s) \$8.45	Ammo Weight Calculation		Per Rnd Oz	Number	Total Oz		
American Pure Whey Chocolate Flavor	0.65	10.43	\$ 0.48	138	3.00	9.00	0.07	\$ 4.30	9MM	0.30	-	-			
Maruchan Ramen Noodle Roast Chicken Flavor 1 Pack/2 Servings	-	-	\$ 0.13	2	-	-	-	\$ -	22LR	0.10	-	-			
Skippy Natural Peanut Butter - 32g	0.66	10.59	\$ 0.21	34	3.00	9.00	0.26	\$ 1.85	15 rnd Glock 19 mag loaded	8.70	-	-			
SPAM Oven Roasted Turkey 2 oz or 56 grams / 6 serving	-	-	\$ 0.47	6	-	-	-	\$ -	17 rnd ProMag G19 mag loaded	7.90	-	-			
Water 1 Gallon	7.50	120.00	\$ 0.06	16	5.00	15.00	0.94	\$ 0.84	Glock 19 Unloaded 1.5 lbs	24.00	-	-			
Kroger Quick 1 Minute Oats	0.53	8.40	\$ 0.12	30	2.00	6.00	0.20	\$ 0.70							
Food Club Refined Coconut Oil	0.28	4.50	\$ 0.08	60	3.00	9.00	0.15	\$ 0.75							
	Ounces	154									Ounces	-			
	Lbs	9.6									Lbs	-			
	Per Person	9.6									Food plus Ammo Per Person	9.62			

Okay so using just protein powder, peanut butter or nuts, coconut oil and quick 1 minute oats you will get 1582 calories, 111 grams of protein, 64 grams of carbohydrates and 98 grams of fat. Yes I realize it's short of 1800 calories but this is just to show what the program does.

For a 3 day hike it will cost you about \$8.50 and that includes water of 40 ounces per day. The weight is about 9.6 lbs and 78% of that weight is just the water or about 7.5 lbs.

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In reality it will be 8 lbs since we are talking about almost 1 gallon so total weight will be just over 10 lbs.

Now remember that is not all you will be carrying as you will need clothes, flashlight(s), extra batteries, first aid kit at a minimum.

I specifically picked those food items because you do not need to cook or heat water. The protein can be mixed directly in the water and as for the oats, if you put them in water for a few hours it will become soft and drinkable slush. If you choose the peanut butter then you will need a tablespoon or you can put the needed servings in a snack bag and also do same with the coconut oil although it could leak and is messy so I would keep those in the original container.

You do have to remember that coconut oil will become a liquid at above room temperature so plan accordingly for how you will store it. Since the number of servings of peanut butter and coconut oil are the same you could mix them together.

Better yet just carry a small jar of each. A 40 ounce jar of peanut butter and a 42 ounce jar of coconut oils will bump up total weight to 13 lbs instead of 10 lbs.

You will have at end of your 3 days trek 51 servings of coconut oil and 25 servings of peanut butter left over. Your total cost for all of this will be about \$18.

Now as I have mentioned before, depending on where you need to go and how far it is from where you are now will determine your food supply needs.

I don't have any concrete numbers of how many miles a person can hike per day but I have seen up to 20 miles of course this will vary from person to person based on age, sex and physical condition and how much weight you are carrying so you may not see 20 miles but maybe 10.

This is important as if you know the distance to where you are going you can get a rough idea of how much water and food you will need. Now if you have no specific location this becomes harder.

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For me if I was to have a safe place I would make sure it's not more than 100 miles from your current location if at all possible.

At 20 miles a day you are looking at a 5 day hike or 10 days at 10 miles per day so figure somewhere between 5 and 10 days. I would go for the 10 days. Better safe than sorry.

Where you will run into a problem is the water situation as you will need 25 lbs or just over 3 gallons of water at 40 ounces per day if it takes you 10 days to get to point B. You may need more water if the weather is hot due to sweating.

With the food items you are looking at 35 lbs. That does not leave much room for your other items such as clothes, first aid kit, flashlight(s) and extra batteries for them and other electronics you might be carrying.

I also haven't addressed the issue of protection while you are travelling on the road. It will not be safe and you never know who will approach you and try to take your resources or try to hurt you and your loved ones.

People have a tendency to do things they wouldn't under normal circumstances but this will not be a normal scenario, not to mention the bad elements out there who won't think twice about killing you even if you hand over your resources.

What will be your form of protection? Will it be a knife, crossbow, gun or rifle? For me a firearm would be my first choice.

Say you own a gun, how many bullets can you carry, remember its weight. A 9MM round weighs about .3 ounces while a 22LR is .1 ounce. I don't know about the other calibers as those are the only two I own.

This is not a problem when you decide to hunker down at home or a safe location but it's a big problem when you have to hit the road.

At home you could have thousands of rounds but when hiking you are limited by weight. It's not about how many rounds you need but how many you can carry. Say you have 10,000

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rounds at home but if you have to leave then what? That's about 188 lbs, not likely you can put them in your backpack.

Let's say you can hike 10 miles a day with a 50 lb bag we know that if you carry enough water for 10 days and with the food you will be at 35 lbs so now you have to figure out what those 15 lbs will be.

I will use my Glock 19 as an example as that is what I have. An empty Glock with no mag is 1.8 lbs throw in 2 loaded 15 round mags with 3 17 round mags, throw in 500 rounds and you will be at 46 lbs. Wow that leaves you with 4 lbs. Huston we have a big problem because you will need other items that will probably add 15-20 lbs.

Now you can take less ammo if where you are going is stocked with ammo or you can take less water and hope that you can find some sources along the way. Remember you can last about 3 days without water so if you took 1 gallon that would be good for 3 days but then you have 7 more days to deal with.

Water and ammo are both important so what do you do? Reducing water to just 1 gallon saves you 17 lbs.

Now you could opt to have a 22LR pistol or rifle as the ammo is .1 ounce and if you took 1500 rounds of 22LR and 100 rounds of 9MM plus the Glock and 5 mags with only 1.5 gallons of water you would be at 35 lbs.

Well depending if you opted for a 22LR pistol or rifle that will add an additional 2 to 6 lbs so really you are looking at 37-41 lbs, better but not great. My GSG 522SD Tactical 22LR is around 6 lbs.

Now the advantage to a 22LR firearm is of course the fact you can carry 3 times the ammo versus the 9MM but is a 22LR just as good as a 9MM and IMO I say yes and no.

While the 9MM is a much bigger bullet and will offer more stopping power than any 22LR a 22LR can kill you with well placed shots, doesn't take much more than one 22LR round to the head or a few rounds to the heart to kill you.

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It's also great for hunting small game and I have even seen people take down wild hogs with 22LR rounds depending on the type of round you use but rabbits, squirrels, turkey will not be a problem. It's also has less recoil and makes less noise.

I am not going to tell you what you should do as you are an intelligent person and even for me that is a hard choice to make as I own both and hey I am partial to both.

Some things to think about are:

1. Are you going to a place where you have supplies like food, weapons and plenty of ammo? Remember once your ammo runs out you will most likely be SOL if you have no means to restock.
2. How far are you travelling to get there? Is it a few hours, a few days or God only knows? If you don't have a safe place to go where you have supplies stored up this is even more critical.
3. How many are in your group? 2 people can carry more than 1 so the more people that are with you, you can divide the weight between each other. If it is just you, you may be able to carry 40-50 lbs but if there were two now you can divide that and it becomes 20-25 lbs each. You can now carry more. Say each can carry 30 lbs you have basically increased your carry load by 10-20 lbs over what you alone could carry. Basically you increased what you can take.

The ideal situation would of course be number 1 and having it not be that far from your current location as then you know you are going to a place that has resources so you can be less concerned with how much you need to carry. Your major concern then becomes getting from point A to point B without any incidents.

This could be a place you have somewhere or a group that you belong to that is hiding out in a location that the group decided on. There you will have more support and resources which will lessen what you will need to carry. Remember weight can make or break it. Let's face it how many of us can strap on a 50 lb Bug-Out bag and start walking miles, I would say not many and that includes myself. 20 or 30 lbs would probably be more realistic for me.

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How far you have to travel to get to point B will also determine what you need and how heavy it will be. The climate will also be a factor. Cold weather requires heavier type clothes than say summertime. You need to have protection from the elements as well.

Next would be how many days will it take and what the terrain will be like as that is very important water wise. Do you know where other water sources are and how long would it take you to find one? Are there very little water source or a lot? Knowing your state and what is available is very important. Get a map.

If you are lucky to live in a location where water is everywhere like say Florida then that becomes less of an issue and you only need to be concerned with making it drinkable.

Southern states would fare better than say Mid to Westerner states. If you can get a map of your state showing water sources like rivers and streams that would be an extremely valuable tool. Heck, get one for all states that surround yours, you can never go wrong with more information.

Knowing where other water sources are is like winning the lotto.

Well this is all for now and I hope you found the information useful and if nothing else it has gotten you to think realistically on the topic of preparedness.

If you found the information useful and would like to make a donation (any amount is greatly appreciated) you can do so using jmc1712@aol.com via Paypal. This will help me continue to write more on topics like this and others. If you would like to get the Prep Calc please see next page for info.

Thank you and much success.

John Cabral

Bugging Out Versus Staying Put! Knowing the difference and the needs of each can better prepare you for a SHTF situation.

If you are interested in getting my Prep Calc spreadsheet program it is available for \$1.99 via the Paypal email address above. If you do get a copy please send me an email to jmc1712@aol.com letting me know you paid for it and the Paypal info on payment.

	Per Serving Data																
	Total Servings	Weight Ounces/Serving	Total Cost	Cost per serving	Serving Size	Calories	Protien	Carbs	Fats	Day Serving	Calories	Protien	Carbs	Fats			
American Pure Whey Chocolate Flavor	276	1.2	\$ 115.00	\$ 0.42	1 cup	121.00	26.00	2.00	1.00	3.00	363	78	6				3
Maruchan Ramen Noodle Roast Chicken Flavor 1 Pack/2 Servings	2	1.5	\$ 0.25	\$ 0.13	1	187.00	5.00	26.00	7.00								
Skippy Natural Peanut Butter - 32g	34	1.2	\$ 7.00	\$ 0.21	2 Tbsp	188.00	7.00	4.00	16.00	4.00	752	28	16				64
SPAM Oven Roasted Turkey 2 oz or 56 grams / 6 serving	6	2.0	\$ 2.79	\$ 0.47	2 oz	80.50	9.00	1.00	4.50								
Water 1 Gallon	16	21.3	\$ 0.90	\$ 0.06	8 oz	-	-	-	-								
Kroger Quick 1 Minute Oats	30	1.4	\$ 3.49	\$ 0.12	1/2 cup	138.50	6.00	23.00	2.50	3.00	416	18	69				8
Food Club Refined Coconut Oil	60	0.5	\$ 5.00	\$ 0.08	1 Tbsp	126.00	-	-	14.00	2.00	252	-	-				28
											Total:	1,783	124	91			103
											Ratio:	100%	28%	20%			52%
Number of People																	1
Number of Days																	30
	Lbs	Ounces	Total Servings	Day Serving	30 Days / Person	Per (1) Person Needed	Total Needed	Cost 30 Day(s)	Ammo Weight Calculation			Per Rnd	Number	Total Oz			
American Pure Whey Chocolate Flavor	6.52	104.35	\$ 0.42	276	3.00	90.00	90.00	0 \$ 37.50	9MM			0.30	500	150.0			
Maruchan Ramen Noodle Roast Chicken Flavor 1 Pack/2 Servings	-	-	\$ 0.13	2	-	-	-	\$ -	22LR			0.10	1000	100.0			
Skippy Natural Peanut Butter - 32g	8.82	141.18	\$ 0.21	34	4.00	120.00	120.00	4 \$ 24.71	15 rnd Glock 19 mag loaded			8.70	4	34.8			
SPAM Oven Roasted Turkey 2 oz or 56 grams / 6 serving	-	-	\$ 0.47	6	-	-	-	\$ -	17 rnd ProMag G19 mag loaded			7.90	2	15.8			
Water 1 Gallon	-	-	\$ 0.06	16	-	-	-	\$ -	Glock 19 Unloaded 1.5 lbs			24.00	1	24.0			
Kroger Quick 1 Minute Oats	7.88	126.00	\$ 0.12	30	3.00	90.00	90.00	3 \$ 10.47									
Food Club Refined Coconut Oil	1.88	30.00	\$ 0.08	60	2.00	60.00	60.00	1 \$ 5.00									
		Ounces												Ounces	324.6		
		Lbs												Lbs	20.3		
		Per Person	25.1											Food plus Ammo	45.38		
		Water Weight	0%											Per Person	45.38		