



BUGGNOUT.COM
FOR WHEN IT IS TIME TO GO!!!

Free Bugging Out Newsletter

<http://www.buggnout.com/pages/membership.html>

Regular Features:

Note from the Editor in Chief

Buggnout Basics

The BAM "Bare Ass Minimum"

Buggnout for Ladies

Ruffin' It Grub

Gear Spotlight!

Special Features:

The Bugn Zone

Guest Bugz

Note from the Editor in Chief:

Welcome to Buggnout.com's newsletter. The purpose of this newsletter and website is to help educate you the concerned citizen on getting out and basic survival. Not all of you have been fortunate enough to have had military training, or have been out of the game long enough to have forgotten important skills. Our goal here is not just to cover Armageddon level events but also every day skills in a variety of scenarios. The important thing we must stress is that it is not about being a Hero, but about surviving when the excrement hits the proverbial rotary oscillator.

In this our very first edition we will cover the basics of a bug out kit and bugging out in general. Many of us have never even thought this way, but having been in many tight spots in my life, it is important to know what to do and when to do it. Knowledge is the key to your survival. We hope you find these newsletters informative and useful. We will pull in content from many sources, and cover topics you as a reader may find insane, bizarre or paranoid, but the fact is we live in this type of world. If anything keep an open mind and if you get one golden nugget of knowledge, then we feel we have done our jobs.

As we continue to bring you articles we want you to know that we are testing out these tidbits in real life or have taken them from credible sources. We do, however, wish to warn you, some of these items may present great physical peril. Do not attempt them without proper conditioning and additional training. The reality is, if you aren't ready to bug out, then it is your fault, not ours.



BUGGNOUT.COM
FOR WHEN IT IS TIME TO GO!!!

Buggnout Basics: STOP

What do you need when it is time to go? I mean really go. Whether it is 2012 Armageddon, Zombie uprising, or something as mundane as a LA Riot; What do you need and where do you go? The answers are so simple and come from the very basic survival principle of S.T.O.P.

Stop
Think
Observe
Plan

If you lose your cool you may lose your head, literally. It is critical that you do not panic. You must remain calm until you are in the clear. If you panic you will die. It is that simple.

Stop, stop everything you are doing when you realize an event has begun, you see you are in the middle of it, or you have no clue as to what is going on.

Think about what you are doing. Start your inventory of assets, and then you must move.

Observe, take it all in. Your mental acuity is everything at this point. Your brains are all you may have, and in a Zombie attack you definitely want to keep them.

Plan, this may all occur in mere seconds but you must plan. You must take in what you have observed, what you know, and get out.

A good tip, instead of day dreaming about vacation, or getting a raise, or any other fantasies you may have, try to every now and then use STOP. Day dream of it all going bad and what you need to do with what you have at hand to get out alive and that my friends is the end game. Try it now, and STOP.

S.T.O.P. Reference author Doug Ritter, noted survivalist author and his organization Equipped to Survive Foundation. <http://www.equipped.org/> and <http://www.equipped.org/stop.htm>

<http://www.buggnout.com/pages/membership.html>



BUGGNOUT.COM
FOR WHEN IT IS TIME TO GO!!!

The BAM "Bare Ass Minimum"

Many of my friends ask me, "Chief what should I have in my bug out kit?" Well my dear readers, it is BAM. The "Bare Ass Minimum" to survive three to four days until you reach a safe area. As any survivalist will tell you, keep cool and drink plenty of water. We can all go three to four days without eating, but no water and you are dead. So here is what I have in my BAM kit: Water purification tablets, a canteen, signal mirror, couple of lighters, strike stick, compass, knife, multi-tool, and a couple of energy bars. The goal is to get away fast. A heavy BAM kit will kill you just as fast as panic will. Your goal is to reach a safety zone. You can pick stuff up you need along the way.

Now you may notice I did not list a gun. While that might be a really good thing to have, the lawyers tell me that not everywhere allows guns and owning one may violate some fascist law. So I leave it entirely up to you gentle reader. Do the smart thing and Think.

More to come in later editions...

<http://www.buggnout.com/pages/membership.html>

Buggnout for Ladies

Ever wonder how us Mom's do it all while the man is "Bread Winning", lol, well the ladies corner is going to be dedicated to this. Our really cool and great Mom staff is going to be adding their two-cents for buggnout tips for the ladies. Here you can expect to see real world solutions to keep you sane and out of harms way. The Ladies Corner is for articles on many topics whether it is surviving the holidays with the in-laws, or just getting him to pick up his crap. Keep coming back as this section develops.

Ruffin' It Grub

Eating in a bug out can be a challenge. You have to remember, unless it is an extended haul, food is a secondary concern. Ruffin' It Grub will give you simple on the go recipes that are high in energy and will help you survive until you reach your safety zone. You can buy a lot of stuff but in the field and just plain those MRE's can really taste bad. So here we will give you some good ideas to spruce up your survival palette. Bon Appetite.



BUGGNOUT.COM
FOR WHEN IT IS TIME TO GO!!!

Recipe of the Month part of our paid subscriber newsletters and site.

Gear Spotlight!

In buggnout we regularly put the gear we see and use to the test. These product reviews will give you the low down on what is out there and what we think about it. Join Buggnout to check these great spotlights.

The Bugn Zone:

Stories of Buggn It! – Join us subscribe now.

<http://www.buggnout.com/pages/membership.html>

Guest Bugz:

From time to time we will have special guest writers that will give us even more valuable information and first hand buggnout stories. These articles will be available to Buggnout subscribers only.

This is the free stuff – there is more on the website. Remember you get what you pay for, but I do promise this, as we grow in subscriptions, the subscribers will get a whole lot more. Thanks.

P.S.

If you do not like brutal blunt honesty, and you take offense at my cracks on getting stuff free, then that is your issue. We are a business and we would like to make some money just like everyone else. The stuff we test, content we get isn't free either. We are not running a charity, and even non-profits make a profit. Thanks and we hope to see you in the subscriber section.

<http://www.buggnout.com/pages/membership.html>