**Bug Out Bags/ 72+ hour Kits.**

**Jan’s pack contents.**

MRE's

Ham and shrimp jambalaya Cal- 270

Beef in teriyaki Cal- 280

Turkey Breast w/potatoes Cal- 230

Mashed potatoes x2 Cal 110 x2= 220

White rice Cal- 260

Other food stores.

Tuna in water x4 Cal 210 x4 =840

Grits x10 Cal 100 x10= 1000

Chicken breast 1 pouch Cal 210

corned beef 1 tin Cal- 720

GF snack bars Cal 96 x5=480 + 940 cal 1/2 of rice

Peanut butter pouches Cal 250 x5= 1,250

Jello powder for hot drink Cal 640 x2= 1,280

Beef Jerky 1 pouch Cal 1,280

PowerGel Cal 110 x4 = 440

Gatorade shots Cal 100 x4= 800

Electrolyte Tab tubes x4

Electrolyte capsules 1 btl.

Shot blocks pkg Cal 200 x3= 600

Salmon in pouch Cal 70 x2=140

2 cups sugar Cal 1440

Total calorie count 12,680

3 day ration = 4,226

4 day ration = 3,170

5 day ration = 2,536

6 day ration = 2,113

7 day ration = 1,811

8 day ration = 1,585

750 Cal per day ration = 16 days

Water 10- 4oz Packets. 4 16 oz bottles. Camel back bottle 32 oz. CB bladder 68 oz.

Bolus Bag

2 shot blocks, 4 power gel's, 2 chocolate milks, spam single, rice crispy treat, 1 peanut butter, 2 slim Jim’s, 2 glow sticks w/lanyards

**Total “walking” calorie's Bolus bag,2,380= 2 days @ 1190 Cal**

**Jan’s pack =15,060 Cal count 20 total days possible @ 750 cal.**

**Scott’s Pack Contents**.

Minestrone Cal 190 x 2 = 380r

Veg Manicotti Cal 250 x 2 = 500

Chili Macarone Cal 250

Noodles in butter sauce Cal 190

Mashed potatoes Cal 110 x2= 220

Chicken breast 1 pouch Cal 210

corned beef 1 tin Cal 720

Beef Jerky 1 pouch Cal 1,280

malto meal pouch Cal 360 x6= 2,160

swis miss envelope Cal 80 x10=800

wild rice 2 cups Cal x8= 1,280

Minute rice brown 2 cups Cal 600

Peanut butter pouches Cal 250 x5= 1,250

Tuna in water x4 Cal 210 x4 =840

Jello powder for hot drink Cal 640 x2= 1,280 - 940 cal for 1/2 of rice

Gatorade shots Cal 100 x4= 800

Powdered milk Cal 320 x2=640

Electrolyte Tab tubes x4

PowerGel Cal 110 x4 = 440

Shot blocks pkg Cal 200 x3= 600

**Total Calorie count:** **14,740**

**Bolus Bag**

2 shot blocks, 4 power gel's, 2 chocolate milks, spam single, rice crispy treat, 1 peanut butter, 2 slim Jim’s, 2 glow sticks w/lanyards

Plus 8 oz. of honey

**Total “walking”calorie's 2,380 = 2 days @ 1,190 calories**

**Scotts pack=17,120 23 total days possible @ 750cal.**

**Supplies split between Jan and Scott**

**Fire starters /Heat sources/ fuel sources**

chem. packs, 120 degrees for 20 min x2

Candle lantern, 8 hours per candle x2

alcohol stove, Hand Sanitizer

Stove fuel/ (white gas) 2 pts

Compressed Troxaine x8

**Fire sources**

Std matches x4

Strike anywhere matches x2

Hurricane Lighter

Magnesium fire starter w/flint

Road Flare x4

**Light sources**

Chemical lights x 6

Solar emergency lights x2

1 Candle lantern x 2 candles

Flash lights

Mag light 1 Tactical light 2 mini flashlights x4 Vest signal light 1

**Water sources**

US Coast Guard water rations 4oz x16

Bottled water 500 ML's x 8

Pure water filter (iodine impregnated)

MSR MIOX sodium chloride purification utility

Water Purification Tabs 1 btl.

Camel back bladder 64 oz (bulk btl water filled @ bugout)

Camel back Dangle bottles 32 oz x2 (bulk btl water filled @ bugout)

**Utility**

6" T pull saw

5' walking stick/monopod w/ ice cleat x2

Ice ax ; Tree hook

100 feet para cord.

**First Aid / Field Surgical Kit**

4x4 pads x 10 ; Gause roll x 1 ; Coban wrap x 2 ; Bandaid assortment ; Needle drivers x 2 ; scalpels x2; hemostats x4 ; sutures (gut) x 3 ; sutures (std) x 3 ; syringes (sm) 6 ; syringes (med) x 2 ; Locals, general anesthetics; Pain relievers , tyl, asp, adv, tyl 4, oxy, naprox. Antibiotics: 3x cream, doxy, cipro, amox. Snake bite kit, Tube for trake, beta-dyne 6 oz, 100+ proof alcohol 3 oz x2, compress bandage x2, Quick Clot x 3 types , Assorted tampons for puncture wounds.

Tape 1 roll, surgical glue.

**Defense & Security**

**Scott**:

Tanfoglio Witness 10mm 65 rds

Tanfoglio Mossad 9mm x 97 rds

AR15 5.56mm 180 rds green tip

Mossberg 500 folding stock, 12 ga 75rds 00 buck/slugs

TOPPS tactical knife

**Jan:**

Ruger P94 .40 S&W 65 rds

Ruger PC4 Carbine .40 S&W 85 rds

Walther MP5 22 100 rds

TOPPS tactical knife

**Shelter/ bedding/e-clothing**

1 man Gortex 4 season Bivi

Polar-Fleece bedroll x2

heavy boots x2

rain gear x2

Polar-fleece pullovers/jacket x2

Personal under garments x2

2nd set of rough duty clothes.