



# THE ESCAPE BAG BLUEPRINT

## 37 Items You Must Have to Survive a Crisis.

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# Welcome

Welcome to ***The Escape Bag Blueprint...***

This blueprint is a step-by-step guide to help you put together an Escape Bag that could save your life one day.

The fact is, a crisis can occur at any moment and those of us who prepare and plan ahead are the ones who are going to survive.

It doesn't matter if you find yourself trapped in a snowstorm, lost in the mountains or in the middle of a riot or terrorist attack.

There are specific items in this Escape Bag to help you come out alive from each of these situations.

In other words, you never want to end up like the folks below, who weren't prepared for the situation they encountered and sadly, that lack of preparation ended one of their lives...

“Trapped alone in a snowstorm in the Sierra Nevada mountains, Paula Lane made a tearful video to say goodbye to her 11-year-old twin boys, because she thought she was not going to make it out alive.

Lane, 46, had gone four-wheeling with boyfriend Roderick Clifton, 44, on Nov. 29 when his Jeep became caught in a snowdrift off State Route 88 in Hope Valley, Calif., near Lake Tahoe. After one night together in the Jeep during a blizzard, Clifton decided to venture into the storm the next day to find help, and never returned. His body was found six days after the ordeal began.

Left alone without water, blankets, cold weather gear, or cell phone reception for four days after Clifton left the Jeep, Lane recorded a video goodbye to her sons.

The Nevada woman made it out alive... She was rescued by her brother and his friend while shivering in the hollow of a tree off the highway.”

Unfortunately, these types of incidents occur far too often in the U.S.

With proper planning, including putting together an Escape Bag,

numerous lives could have been, and will be saved, which is why everyone ought to have an Escape Bag.

However, before I jump right into the contents of the Escape Bag, I first want to cover every day carry gear.

You see, your everyday carry gear is the gear you have on you anytime you leave the house. This gear is an important part of surviving a crisis and it augments some of the gear in your Escape Bag.

For my list of every day carry gear, check out my report *Everyday Carry Gear: The 11 Items I Carry With Me At All Times*.

## The Escape Bag

Remember, you don't want your bag to look tactical or draw an unnecessary amount of attention to you.

You also don't want your bag to be too heavy.

I know of several people who have everything, including the "kitchen sink" in their bags and the bags weigh a ton.

First, you never know how far you're going to have to walk with the bag on your back and you want to make that walk as easy as possible.

Second, you might not always be the one carrying your Escape Bag. What if your spouse or child has to carry the bag? You want to make the bag light enough so that almost anyone has the ability to carry it.

This is why the weight amount you want to have in your bag is 25 pounds or less. This amount allows you to move quickly with the bag on your back and it won't slow you down. (My Escape Bag weighs 22 pounds.)

As far as the bag itself, the Escape Bag I use is made out of canvas. Why canvas?

Because canvas is woven so tightly during manufacturing that it's wind and water resistant. In addition to being wind and water resistant, canvas is a sturdy fabric that doesn't yield to frequent stress or tugs.

In other words, canvas can take a beating and that's exactly what I want my Escape Bag to be able to withstand.

Also, the specific canvas my bag is made out of is Martexin waxed canvas. Martexin canvas is superior to other waxed fabrics in performance, longevity, and dryness.

Also, all the hardware on my Escape bag is made out of either aluminum, steel or brass. This is because in a survival situation you never want to worry about a zipper or buckle breaking and having your bag fall apart.



And, the shoulder straps on the bag are made of dual density foam so you'll be comfortable carrying your bag, and the 25 pounds you have in the bag won't hurt your shoulders.

Here are a few pictures of the Escape Bag I use...



One thing you'll notice about this bag is that it doesn't have a hip belt (AKA load-bearing belt.)

You never want to get an Escape Bag with a hip belt. Why? Because in a crisis if you're walking around with a bag with the hip belt around your waist that signals to a criminal "that guy must have a lot of gear in his bag if he has to have a hip belt."



I realize in the military those types of bags are very popular. But that is in a military type of environment.

I sometimes have folks in the military question me about this and I explain to them that they're in the "military mindset" and they need to get in the "civilian escape & evasion mindset."

If things go bad and there are looters all around and one guy is walking around with his military tactical bag with the belt around his waist and I'm walking around with my canvas backpack, who's the person the looters think has the most gear they can steal?

The guy who looks like he's carrying around a ton of stuff... so much gear that he needs a hip belt to help out with the weight.

Remember, you want to blend into your environment as much as possible. You don't want to look like you're about to climb Mount Everest or that you're about to ship out overseas with the military.

One final note about the bag I use.

It's not cheap.

The bag costs \$250 because it's handmade in the U.S. and because it uses the special waxed canvas.

I am cheap about a lot of things in life but never with the gear that may save my life one day. I believe in the saying "buy right and buy once" when it comes to life and death.

Obviously, during a disaster you don't want your bag to tear or fall apart having your gear spill out everywhere. This is why you should never buy an inexpensive bag at Wal-Mart and why you need to get a high quality bag.

If you want to get the bag I use, you can send an email to [lisa@spyescape.com](mailto:lisa@spyescape.com). Lisa will tell you how you can get one of the canvas Escape Bags because I don't make them or sell them on any website.

Now that you know what to look for when choosing an Escape Bag let's move on to the first critical item to put in your bag.

## Water

Without water, you're not going to survive more than a few days. And, as I mentioned in the letter that described this guide, there's an old saying in the survival world, "*one is none, two is one, and three is just enough.*"

Since water is so critical for survival you want to have at least three ways to obtain clean water in your Escape Bag.

The first way is my favorite and the one that can purify up to 540 gallons of water per day.

It's small, lightweight, and takes up very little space in your Escape Bag.



up at the source. You then screw the filter to the end of the pouch and squeeze. You can drink directly from the end of the filter or squeeze the water into a bucket or water bottle.

Also, the filter screws onto most water bottles so instead of using the water pouch you could just use a water bottle to gather water at the source.

One of the best parts about this filter is that there's no difficult cleaning or maintenance.

The filter comes with a large syringe and you use this to flush out the system once you're done using it.

Here are a few more details about this filter from the company's website...

It's the Sawyer PointONE All in One Filter.

I've used the Sawyer multiple times when I've gone backpacking and it's always worked great.

It comes with several water pouches that you can fill



“Using technology taken from kidney dialysis, Sawyer® water filters use Hollow Fiber Membranes. Our filters are comprised of tiny “U” shaped micro tubes that allow water to enter into their core through tiny micro pores.

The PointOne Filter’s™ pores are so small (0.1 micron absolute) that no bacteria, protozoa, or cysts like E.Coli, Cholera and Typhoid can get through. At 7 log (99.99999%) the filter attains the highest level of filtration available today and yet it has a very high flow rate due to the large amount of tubes.

Each filter is certified for ABSOLUTE microns. That means there will be no pore size larger than 0.1 microns in the biological filter. Simply put, it is impossible for bacteria to pass through the 0.1 micron filter.”

If for some reason I could only have one water filter, the Sawyer would be it.

But, since I'm able to have more than one, the second water filter I keep in my Escape Bag can filter up to 264 gallons before it needs to be replaced.

To put that into perspective, you want to have at least one gallon of water per day for each member of your family. So, if you've got a family of four this means you could filter enough water for everyone for 66 days in a row.

This filter weighs less than two ounces and removes up to 99.9 percent of waterborne bacteria and up to 99.9 percent of waterborne protozoan cysts.

The filter is the LifeStraw, and according to the company's website it's won all kinds of awards...

“LifeStraw® has received significant accolades since its original design was invented in 2005. Time magazine named LifeStraw® the “Best Invention of 2005”.

In 2008, it won the Saatchi and Saatchi Award for “World Changing Ideas”. Esquire called LifeStraw® the “Innovation of the Year”. Forbes stated LifeStraw® is ‘one of the ten things that will change the way we live.’”

To tell you the truth, I really don't care about the awards, all I care about is if the filter works, and the LifeStraw does.



You can drink directly from the water source by putting the LifeStraw in a river or pond and sucking the water out.

You can also fill a water bottle with the source water and then put the straw inside the water bottle and drink that way if you prefer.

Here are a few pictures of the LifeStraw...

Like the Sawyer filter, the LifeStraw is low maintenance.

Once you're done filtering water you just blow into the filter to get the excess water out and then put the caps on the end.



The third way to filter water I have in my Escape Bag is for short-term emergencies because it only filters 8 gallons of water.

Also, this method isn't quick like the first two filters described above.

In other words, this is a "last ditch" way to get clean water if for some reason your other filters are malfunctioning and you have no other options.

This method is used by the military and it's called Chlor-Floc.

Chlor-Floc is a powder that you pour into a bottle of water that you wish to purify. It gets rid of Giardia, Bacteria, and other viruses.

Each package of Chlor-Floc contains 30 packets of powder and each packet can purify 1.1 quarts of water. (There are four quarts in a gallon.)

Like I mentioned though, this is not a quick purification method and you'll need a few minutes.

Here are the steps when using Chlor-Floc:

1. Pour one packet of Chlor-Floc into a one-quart container of water. (Military canteens are one quart.) Or, if you want to purify more water, pour four packets into a gallon of water.
2. Shake the container well for one minute mixing in the powder. Once you're done shaking, leave the water alone for three minutes.
3. When the three minutes are up, swirl the water around for 30 seconds. After 30 seconds, let the water stand for seven minutes. If the temperature is 15 degrees Fahrenheit or colder, let the water stand for 15 minutes.



4. Once the time is up you need to strain the water through a piece of cotton such as a t-shirt. The reason you do this is because all of the dirt and other debris that was in the water will end up at the bottom of your canteen or water bottle. You want to strain the water to leave all that debris behind.
5. Drink your clean water

Below are a few pictures of the Chlor-Floc process.



The first picture is dirty water I got from a river near my home. The second picture is how the water looks after adding Chlor-Floc and going through the purification process.

Those are the three ways to purify water and I encourage you to add them to your Escape Bag as soon as possible. They're all lightweight and inexpensive.

However, we're not finished talking about water yet.

You and I know that during a crisis we might not have immediate access to water, which is why you also want to carry some water in your Escape Bag.

What I carry are the Datrex Emergency Drinking Water pouches and I have six of them in my Bag.

These pouches are U.S. Coast Guard

#### BONUS ITEM

Get a stainless steel water bottle such as the Guyot Designs Backpacker 32 ounce. You can store some of the water pouches inside the bottle... You can use the bottle to both heat and purify water over a fire... And, you can use the bottle to take extra drinking water with you when moving from one water source to the next.



approved (what the U.S. Coast Guard carries aboard their ships in case of an emergency) and they have a five-year shelf life.

If you ever have to use this water all you do is tear open the pouch and drink, or pour the pouch into a water bottle.

## Food

There are three different food items I carry in my Escape Bag. First, is the survival bar that's meant to replace meals. It contains 32 grams of protein per bar.

To put that into perspective, an average plate of spaghetti has eight grams of protein. In other words, one survival bar has as much protein as FOUR plates of spaghetti.

This is the reason why athletes and government operatives swear by this bar to give them the boost they need. And, why you would obviously want this bar in a crisis situation to give you as much "fuel" as possible.



The bar is the MET-Rx Big 100 Colossal Meal Replacement Bar and I have six of these bars in my Escape Bag.

MET-Rx has been in business for over 20 years producing all kinds of nutrition and energy products.

One good thing about these bars is that they actually taste good, which is always a nice bonus. My favorite bar happens to be the crispy apple pie.

The next food item in my Escape Bag is an actual meal.

It's essentially a TV dinner, but it doesn't require a microwave because it's "self-cooking."

They're called Chef 5-Minute Meals and they come in Beef Stroganoff, Chicken Pasta Parmesan and Beef Stew, to name a few.



Here's how these 5-minute meals work...

1. Open the box and take everything out.
2. Open the patented salt-water solution. Pour the water on top of the heating pad, which is sitting on the white tray.
3. Put the meal face down on top of the heating pad.
4. Put everything back in the cardboard box and close it.
5. The meal will begin cooking itself and you will soon see steam coming from the box. In 5 minutes, you'll be ready to eat.

Below are some pictures showing this process...



The meals taste good, are easy to make, and I have two of them in my Escape Bag.

Another food item I have in my Bag is the Datrex Emergency Survival 2400 Calorie Food Ration Bar.

As you remember, Datrex is the company that makes the water pouches, and they also make these survival bars.

These bars are used by the U.S. Coast Guard and have a 5-year shelf life.

Surprisingly, these bars aren't too bad and taste like a cookie.



## **BONUS ITEM**

For an extra "food" item you can add hard candy such as Jolly Rancher's, Life-savers, or Werther's Original. (If you're on a long trek having something to suck on definitely makes things more tolerable.)

Those are the food items I have in my Escape Bag, and of course, you can choose to have more or less of each item if you wish.

## Fire

We continue on with critical items that you want to have at least three of.

The first way you can start a fire in an emergency situation is by using what the Swedish military uses.

This device can produce a spark over 5,000 degrees Fahrenheit. It can be used in any type of weather and at any altitude.

It's called Swedish FireSteel and pictures are below...



Swedish FireSteel is essentially a better version of the flint and steel that many of us used in Boy Scouts.

You use FireSteel to light things such as dry grass, paper, and dryer lint.

FireSteel comes in several different versions and you can get one that lasts for 3,000 strikes, one that lasts for 12,000 strikes, or there's even one that comes with a built-in emergency whistle.

Just be careful when you're testing out FireSteel because it quickly starts items on fire. In other words, if you're doing this in your house be careful!

The next fire starting item you want in your Escape Bag is a classic that costs less than a dollar.



I'm talking about the disposable Bic lighter.

The Bic lighter was introduced in 1973 and you can find them pretty much everywhere, as you know.

The fact is, Bic lighters work great, and not only should you have them in your Escape Bag, but keep a couple in your vehicle glove box too.

Of course, you also need to have windproof and waterproof matches in your Escape Bag in addition to the FireSteel and Bic lighter.

There are several companies that make these types of matches. I happen to use the Coghlan's brand.

The Coghlan's matches can be dunked in water, can't be extinguished by wind, and they'll burn for up to 10 seconds. (These matches were originally developed for Britain's Ministry of Defence.)

Because you want to give yourself as many advantages as possible in a crisis situation, you don't just want to have several ways to start a fire... You also want fire-starting material in your Escape Bag.



One of the best materials you can use is free and comes out of your dryer at least once a week.

If you haven't been saving your dryer lint, start now.

What I do is take my dryer lint and stuff it inside empty toilet paper rolls until the roll is full. Then I put several of the rolls stuffed with dryer lint inside a Ziploc bag. (See below.)



I recommend having at least one full Ziploc bag of dryer lint and toilet paper rolls in your Escape Bag.

Another fire-starting material you want in your Bag isn't familiar to most people, but it's used by the military.



#### BONUS ITEM

For additional fire items consider "Pink Lady" candles and also a fire log. Pink Lady candles are dripless and will burn for about 5 hours.

As far as the fire log, instead of buying the expensive fire starting sticks buy a large fire log. (Such as a Pine Mountain log.) Then, take a knife or saw and cut some pieces from the log and put it in a Ziploc bag. This will save you a lot of money and will give you a ton of fire starting material

It's called Trioxanne.

Trioxanne is used not only to start fires, but by itself it can be used to heat water or cook a meal.

The tablets work in all weather conditions and I keep three of them in my Escape Bag at all times.

# Shelter

A lot of folks don't give shelter enough thought.

It's easy to understand how important food and water are, but remember, if the weather is horrible outside (such as a blizzard) you won't survive much more than three hours.



Obviously, in an urban environment try and find a building you can take shelter in, a parking garage, or underneath a bridge, among other places.

But if you can't find shelter, one of the items you want to carry in your Escape Bag is a simple and lightweight tube tent.

The average tube tent will provide shelter for two people and will allow you to get out of the rain, snow or other weather.

Another critical shelter item to have in your bag is one that weighs only 3.5 ounces and reflects 90% of your body heat back to you.

If you ever find yourself trapped in your car in a snowstorm you'll definitely want to use this.

What I'm referring to is the Adventure Medical Kits SOL Emergency Bivvy.

This is essentially a sleeping bag that is windproof, waterproof, and reflects back 90% of your body heat thanks to a heat- reflective polyethylene material.

Also, don't get the SOL bivvy confused with a typical Mylar emergency blanket. The Mylar blankets cost about a dollar and easily tear. The SOL bivvy costs \$12 and is made out of a material that stretches and doesn't easily get holes in it.





In other words, spend the extra \$11 and get the higher quality piece of gear.

The final shelter item to have in your Escape Bag could also go in the clothing section, but it's more fitting here.

It's a poncho.



But like I just mentioned for the SOL bivvy, this is not a poncho you buy for a dollar at an Army surplus store. It's a quality poncho that costs \$16.

The one I have is the Frogg Toggs Ultra-Lite Poncho.

The Frogg Toggs poncho is made of a polypropylene material, which means it won't easily tear like the dollar ponchos.

You can use this poncho in the same manner as a tube tent to create a shelter over your head. And, of course, you can wear the poncho to keep rain and snow off of you too.

## Light

These days, it seems like we have a million and one choices when it comes to flashlights.

SureFire, Fenix, and Streamlight are just a few of the companies that make solid lights.

In my Escape Bag, I have two flashlights.



The first one is extremely small and doesn't weigh much at all. (Remember, we want to keep the weight down in the Bag.)

But don't let its small size fool you.

Even though the Fenix E05 flashlight is only 2.5 inches long it produces 27 lumens. (Plenty of light to see and get around.)

In fact, its beam will go a distance of over 78 feet.

The flashlight is waterproof and runs on a single AAA battery. (Don't forget to include a spare AAA battery in your Bag.)

The second flashlight I carry is rather inexpensive but it works well and the battery seems to last forever. Plus, it's ultra-compact too.

It's a 9V LED flashlight with six bulbs. All you do is snap the flashlight on top of a 9V battery and you've got light for hours on end.



Remember, in addition to these lights you'll also have your everyday carry gear light and the light on your keychain. You also have all of your fire starters, which can be used as light sources.

## Personal Protection

In the beginning of this guide, I went over my every day carry gear.

My every day carry gear is my first line of defense and unless it's illegal to have, you'll always find a gun and knife on me.

Of course, in my Escape Bag, I also have the items below.

The gun I carry in my Escape Bag was first developed in 1958 by Eugene Stoner.

If his name sounds familiar, Eugene Stoner is the man who developed the M-16 and AR-15 rifles, which so many of us own today.



The gun he designed in 1958 was the Armalite AR-7 survival rifle.

The AR-7 was originally

developed for the Air Force in case pilots found themselves in emergency situations.

But like so many products that were originally designed for the government, the company realized that civilians probably wanted this gun too.



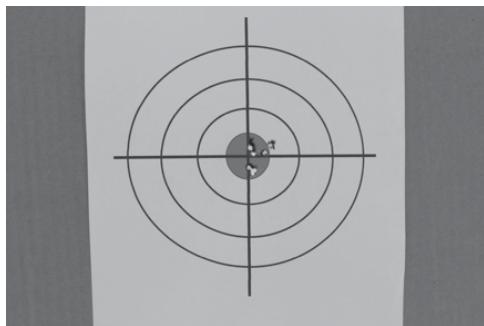
The civilian version was released in 1959 and pilots, campers, hikers, and other outdoorsmen quickly snatched this gun up.

The main benefit of this gun is that it easily fits inside a backpack because the gun can be disassembled and stored in its plastic buttstock.

Also, it only takes about 30 seconds to put the gun back together and get it in action.

The gun shoots .22 LR, has an eight round magazine, and weighs only 3.5 pounds.

The beauty of this gun is that it can be used for both self-defense and food gathering purposes. (See the target below for how this gun shoots tight groups.)



I realize a .22 isn't most people's first choice for a self-defense caliber, but remember, it's bullet placement that matters.

Thousands upon thousands of people have been killed with .22 rounds over the years.

Plus, you'll hopefully have your handgun with you so you'll have both a pistol and a rifle option during a crisis situation.

One final note about this gun.

Aramlite was the company that originally produced the AR-7. In 1973, ArmaLite sold the rights to the gun to Charter Arms. Charter Arms let

quality slide and the AR-7 built by them got a bad reputation.

In 1980, Charter Arms sold the rights to Henry Repeating Arms who still produces the gun today.

Henry Repeating Arms brought the quality back to this gun and theirs is the version that I own and that I recommend purchasing.

In my Escape Bag, not only do I have the AR-7 but I also have 100 rounds of .22.

The next protection tool I'm going to cover is a knife.

There are a lot of companies that make solid knives such as Benchmade, Cold Steel, KA-BAR, Spyderco, Gerber, and Kershaw.

#### **BONUS ITEM**

Another great knife to check out is the Gerber LMFII. The Gerber is tough as nails like the TOPS knife but is larger with a 4.84-inch blade. Many military personnel swear by the Gerber.

The Mora Swedish survival knives are also great knives but they're not as durable as the Gerber or TOPS.

I would be confident carrying a knife from any one of these companies.

But the knife I have in my Escape Bag is made in the USA, more specifically, Idaho.

It has a blade made of 1095 high carbon steel. This means it holds an edge very well and is tough

enough for prying, chopping, and other activities.

It has a full tang, which means the knife is one solid piece of steel and so can take a beating and not fall apart.

Clearly, in a crisis situation you never know what you're going to be using your knife for. You don't want to worry about the blade snapping off if you're using it to pry a door open to save someone's life.



This is why the knife in my Escape Bag is the Bagdad Bullet by TOPS Knives.

The Bagdad Bullet has a 3.5-inch blade and a weight of only 4.4 ounces.

It comes with a plastic Kydex sheath, which you can adjust to fit on your belt in several different positions.

I know there are some people who think the 3.5-inch blade is too small and it won't be able to do much chopping or hacking.

This knife will be able to handle many tasks but because the purpose of the Escape Bag is to keep you alive in all types of circumstances I also have another weapon for hacking and chopping.

When I first tell you what this weapon is you might laugh, and I don't blame you.

To tell you the truth, before I was trained on this weapon I didn't take it seriously enough either.

But the fact is, once you understand all of the ways it can be used you'll never look at it the same way again. This weapon can slash, spike, hook, gouge, smash, rip and tear.

And that's just the ways you can use it to defend yourself. That doesn't include using it for digging or for hacking through objects.

In fact, I know of people overseas who've had to use this to hack their way out of buildings (straight through the wall) when they were pinned down by the enemy.

This versatile weapon is the tomahawk and the one I have in my Escape Bag is the Browning Black Label Shock N' Awe Tomahawk



The Browning tomahawk has a black powder coated sword-grade blade forged from 1055 stainless steel.

It weighs 1.2 pounds.

And, it has an axe on one end and a nasty spike on the other

end. As the Browning website notes, “*Capable of anything from splitting kindling at camp to hacking your way out of a crashed helicopter.*”

In a disaster situation, you want a tomahawk in your Escape Bag because you never know what type of debris you’ll run into and the Browning is the perfect size to handle anything.

## Tools

The tomahawk and knife I mentioned above can be used as tools for all types of jobs. But there are two additional tools I also carry in my Escape Bag.

The first is a Leatherman Wave multi-tool.

The Leatherman comes with a pair of pliers and the following tools too:

- Needle-nose Pliers
- Regular Pliers
- Hard-wire Cutters
- Wire Cutters
- Wire Stripper
- 420HC Knife
- 420HC Serrated Knife
- Saw
- Spring-action Scissors
- Ruler (8 in | 19 cm)
- Can Opener
- Bottle Opener
- Wood/Metal File
- Diamond-coated File
- Large Bit Driver
- Small Bit Driver
- Medium Screwdriver



Gerber also makes a decent multi-tool but Leatherman is the “gold standard” for multi-tools and I’ve never had a problem with mine.

The second tool in my Bag is a simple one.

It can be used to dig a fire pit or to bury waste. And, it weighs almost nothing, just 2 ounces.

It's the Coghlan's Backpackers Trowel.



This trowel is made of high impact polystyrene. Between this trowel and the spiked end of the tomahawk, you should have no problem when it comes to digging.

## First Aid

If you're lucky, you may only have to wait a few minutes for medical attention during a crisis. But depending on what the crisis is, you might not have access to medical care for days.



This is why it's important to have a few key medical items in your Escape Bag.

You see, contrary to what some people think, you don't need a giant medical bag with 500 items that you'll never use.

In my Escape Bag, I have a small trauma kit that doesn't take up much space. And, I've added two additional items to the trauma kit.

The kit I use is the Adventure Medical Kits Tactical Field/Trauma w/ Quik-Clot Kit.

As I just mentioned, this kit doesn't take up much space with dimensions of only 7" x 4.5" x 6".

The contents of this kit include:

- QuikClot Sport
- Petrolatum Gauze Dressing
- Trauma Pads
- Elastic Bandage
- Wound Closure Strips



If you're not familiar with QuikClot this is also one of the items I carry in my laptop bag with me everywhere I go. And, I have it with me for every pistol and rifle course I teach.



QuikClot is a special clotting sponge that stops bleeding three times faster than blood simply clotting on its own.

QuikClot is used by the military and law enforcement and has saved numerous lives around the world.

Even though the trauma kit I use already has QuikClot in it, I added another package of QuikClot to my Escape Bag.

I also added a tourniquet.

The tourniquet I use is the SWAT-T Tourniquet.



Like QuikClot, this tourniquet is used by law enforcement and military personnel all over the world.

It is latex free, and not only can it be used as a tourniquet but also as a pressure dressing and bandage. And, directions are printed directly on the tourniquet so you'll know how to use it the moment you need it.

Here's an even more detailed description of all of the uses of this tourniquet...

“The SWAT-Tourniquet is a unique and multipurpose dressing. Its name provides a description for usage

Stretch, Wrap, and Tuck, but also the communities for whom it was developed - military and civilian Special

Weapons and Tactics teams. These teams operate in an environment that has a high incidence of penetrating trauma, and most (two-thirds) of preventable deaths in the operational environment are from extremity bleeding.

The SWAT-Tourniquet allows a more rapid means to control extremity bleeding and allows application higher into the groin and axilla than other tourniquets. Its ease of application is one of its greatest benefits;

individuals can effectively apply it in seconds with little to no prior training. At a third of the cost and weight of other combat used tourniquets, this tourniquet should find its way forward with every tactical operator.”

The bottom line is, you can certainly add more items to your first aid kit if you want. But at the minimum, I would have the trauma kit, extra package of QuikClot and tourniquet.

## Communication

My “communication” list of items in my Escape Bag is short and simple. This is one of those areas where people tend to go overboard and aren’t realistic. (But if you want to throw a HAM radio in your Escape Bag it’s certainly up to you.)

The first item is a signal mirror.



The exact one I have in my Bag is the Ultimate Survival Technologies Star-Flash Signal Mirror.

The mirror is scratch resistant, almost impossible to break and it even floats.

Plus, it comes with the directions below

so you know how to use it.

**Step 1** — Select an area as open as possible with a clear view of the sky and, if possible, the horizon. Stand facing toward the sun or other light source (even if overcast.)

**Step 2** — Reflect light from the sun or light source onto hand, raft, or other nearby surface. Make sure to prevent your hand from blocking the light from the light source to the mirror surface.

**Step 3** — Slowly bring the mirror toward your eye until the mirror touches your cheek. Look through the star at the reflected light on your hand or other surface. A bright glowing spot will show in the star. This is the aim indicator.

**Step 4** — Holding the mirror close to your eye, and still looking at the aim indicator, slowly turn and angle the mirror until you “place” the aim indicator directly on the object you wish to flash. (If no target is in sight, continually sweep the horizon.)



(Once you have the mirror in your hand, these directions will obviously make a lot more sense.)

The other communication item I have in my Bag is a pocket AM/FM radio.

The radio I use is the Sony ICF-S10MK2 Pocket AM/FM Radio.

The radio works great and is surprisingly inexpensive at less than \$13.

It has a built in speaker that's plenty loud if you have a group that wants to listen to music. It also has an earphone jack to plug headphones into.

The radio takes two AA batteries, which can last up to 45 hours.

In a crisis situation, this radio will let you tune into news reports so you can find out what's going on and where the safest places to be are.

## Clothing

Like the communication items I just covered, you want to keep your clothing simple and not go overboard or you'll never fit everything you need inside your Escape Bag.

The clothing items I carry in my Escape Bag are an extra pair of socks and a fleece jacket.

Like all my gear, the socks I have in my Bag are quality socks. I don't recommend going to Walmart or Costco to buy your socks because those socks fall apart too quickly (Ask me how I know.)

### BONUS ITEM

You might also want to include a bandana in your Escape Bag. A bandana has numerous uses, including: covering your face as a breathing mask, use as a sling for your arm, filtering water, protecting the back of your neck from the sun, and as a pot holder when removing pans from a fire.



The socks I wear are the Thorlo Thick Cushion Running Socks.

These socks offer extra padding, are comfortable, and they won't fall to pieces under tougher conditions.

The jacket I have in my bag is a standard long sleeve fleece.

Between this fleece and the SOL Emergency Bivvy, you should have no problem staying warm.

## Documents

In my home, I have a safe that contains all of my important documents.

These include birth certificates, vehicle titles, deeds to property, Social Security cards, passports, investment portfolio information and more.

In your Escape Bag, I recommend having copies of these documents on a USB flash drive.

However, you would never use a regular flash drive to store this information in case you lost it.

What I use is the IronKey.

The IronKey was originally developed for the federal government to help their employees protect data.

It's made to military specifications to handle extreme heat and cold and even 16 G's of force.

Its encryption level is FIPS 140-2 level 3 and it self-destructs after 10 failed password attempts.

The IronKey is about \$50 for one gig of data so it's not something you're going to store movie files and pictures on. But you'll have plenty of space for PDF and Word documents.

# MISC Items



To round out the critical items you need in your Escape Bag, here are a few miscellaneous things I have in my bag.

I have a small notepad, pen, and Sharpie marker inside a Ziploc bag for writing down important information.



I have 20 feet of paracord. (Paracord has amazing uses. If you've taken my Spy Escape & Evasion course you get a firsthand look at everything you can do with paracord.)

I have \$100 in cash in my Escape Bag. It's in \$20 bills inside a Ziploc bag.



In addition to paper money, I also have the 1 oz. American Eagle Silver coins. Depending on the crisis, these may be worth a lot more than the paper money.

I keep four of these silver coins in my Escape Bag. The person I recommend contacting when buying these coins is Forest Hamilton of Universal Coin & Bullion.

You can contact Forest at [foresthamilton@universalcoin.com](mailto:foresthamilton@universalcoin.com) or call 800-822-4653. And please know, if you purchase any coins from Forest I don't receive any compensation from him. I simply know he's one of the good guys in the business who can be trusted.

The final item I have in my Escape Bag is Rescue Tape.

Rescue Tape is what the military uses to repair its vehicles.



It has numerous other uses and can withstand all types of conditions. Here are a few of the specifications of Rescue Tape, according to the company who makes it:

- 950 PSI Strength; Insulates 8,000 Volts; Resists 500F Degrees (260C),
- Resists Fuels, Oils, Acids, Solvents, Salt Water, Road Salt, UV Rays
- Creates a Permanent Air-Tight, Water-Tight Seal in seconds
- Remains flexible to -85°F! (-60°C)
- No sticky residue or adhesive, Rescue tape is self-fusing

#### BONUS ITEM

Other miscellaneous items you may want to include in your Bag are a small roll of duct tape, a handcuff key, another lock pick set, and any medicines you take on a regular basis.

## Don't Delay

You now know the critical items to have in your Escape Bag. Please don't delay in putting this bag together. You never know when the next crisis will occur or how it will affect you and your family.

I can think of nothing worse than having something bad happen to my family because I didn't take a little time to prepare. That's why I spent so much time researching and putting together the items in my Escape Bag and I'm glad I was able to share them with you.

Stay safe,  
Jason Hanson

## Resources

1. **Tactical Spy Pen** — The tactical pen is the one item that goes everywhere with me and all of my family members carry one too. To claim yours, visit [www.laissezfaire.us/ht302](http://www.laissezfaire.us/ht302).
2. **SpyDriving.com** — Escape & Evasion driving experience that shows you how to escape in your vehicle when all heck breaks loose. (This is the training the NBC TODAY show sent Lester Holt to attend. On this website, you can see a video of Lester ramming a vehicle.)
3. **www.SpySafety.com** — The ultimate 2-day Spy course.

# About the Author

Jason R. Hanson is a former CIA Officer and security specialist. He's also an Eagle Scout (Troop 826, Oakton, VA).

Jason's appeared on numerous television shows, including ABC's Shark Tank, the NBC TODAY Show, and the Rachael Ray Show.

He's been interviewed by The Wall Street Journal, the Huffington Post, and Fox News for his security expertise.

Jason's unique safety and survival training has helped people thwart kidnapping, stop home invasions, and prevent a number of other crimes. To contact Jason about training or speaking opportunities visit [\*\*www.SpyEscape.com\*\*](http://www.SpyEscape.com).