

Emergency (2-week) Backpack

Emergency preparedness is a widely discussed topic right now. Natural disasters are increasing, but so too are the threats of terrorism and civil unrest. The purpose of this article is to discuss one such vital piece of emergency equipment, which will prepare an average adult to survive for two weeks in an emergency, and buy time to decide what to do next for an extended emergency. No kit in itself can prepare you for everything. Please research emergency preparedness topics, however, and prepare mentally, as well as with a good survival kit, in case a disaster ever strikes.

This backpack is based on the 2-week emergency food supply backpack that can be obtained from an excellent emergency preparation web site: FoodInsurance.com for approximately \$200 - \$250, depending on which kit is purchased. The backpack comes with a 2-week food supply for one adult, plus a few essential items. The backpack that comes with this kit is large enough and has plenty of room for adding additional survival items, as outlined in this article.



Alternative backpacks can be used instead, but the 2-week food supply comes pre-prepared and has a shelf life of about ten years. This in itself is of high value because it can save a lot of work in the gathering and packing of alternative food supplies (with much shorter shelf-lives) such as military meals ready to eat (MRE's) or separate food packets. If a sturdier or framed backpack is desired, there are many excellent internal-frame backpacks on the market that can be used instead. The food supplies can be purchased separately to allow you to build your own emergency backpack system.

The 2-week food supply in this article is augmented with small, high energy items that are easy to cook, or require no cooking at all. Energy bars, Clif Bars, ramen noodle packets and foil packets of tuna will last for a few years as well, and can be used for camping trips and rotated in and out of your emergency pack. Additional water purification and filtering items have also been added as an added measure to ensure that sufficient water supplies are available. Having additional water storage available is also highly recommended. A separate water supply (not shown) of three 7-gallon containers is maintained and refilled every six months.

The remainder of the emergency supplies to complete the backpack load-out can be purchased at any sporting goods or found online for reasonable prices. Many of the items were found readily available through Amazon.Com, and shipped fairly quickly. The list of items is found in the checklist below. It is recommended that they be loaded in the order listed, as this will help ensure that they fit well, as well as leaving the most needed items within quick reach. It is highly recommended to break up the items into smaller, separate "kits" that are placed into zip-lock or other water-tight bags to keep the contents dry. The bags can then also be used for additional needs later. Place like items together (i.e. matches and lighters, fire tinder and fire steel, pocket knives and other tools, etc.) to keep these items organized, and so that you know where to find a particular "type" of survival item (fire, water, first-aid, tools).

The image below shows what the completed backpack looks like:



Emergency (2-week) Backpack Load-Out:

Lower Main Compartment Access Panel (Food supply already loaded):

- Orange Poncho
- Emergency Blankets (2)
- Casualty blanket
- Coffee filters (for filtering water) & aluminum foil

Center Pouch:

- Kit - Pocket knife, Fire steel, can opener, multi-tool, Esbit cubes, super-glue
- Emergency candles
- Fire-starter "bricks"
- Matches, lighters
- 9v Batteries (for fire starting) .
- Fishing multi-tool
- Nebo multi-light
- Lens cleaners (pre-soaked)

Right (Small) Pouch:

- Kit - Eating utensil, spork, towels, straps, velcro
- Emergency fishing kit
- Small spade shovel

Left (Large) Pouch:

- Emergency drinking straw
- Platypus
- Sewing kit & water purification tablets
- Snap lights (6)
- Zip ties

Main Compartment:

- 2-Week food supply (already loaded)
- Emergency stove w/fuel tablets
- Kit - Germ-X Wipes, Knot-a-Bag w/
- Canteen cup, Steel wool, fish bait
- Para-cord
- Hand-e-Towels
- Hygiene bag
- Shoe laces, straps
- White multi – purpose towel, bandanas
- First Aid Kit , Bite/sting kit
- Mess kit
- Heavy work gloves
- White fastening cord
- Zip ties

Top Zipper Compartment:

- Maps
- Tactical gloves

Outer Attachments:

- Survival Knife (right side)
- Filet knife (right side)
- Saw (left side)
- Rope (center)
- Tarp w/tent stakes (top)
- Binoculars (left shoulder trap)
- Gadget bag (right shoulder strap) – Compass, lighters (2), Hand-e-Towels, whistle