



EMERGENCY BAG GUIDE

Bug-out Bag

THE 8 PILLARS OF A 72-HOUR SYSTEM

How to protect your family when everything around stops working

Instructor DELTA | Delta Survival School

"You do not need military gear. You need a system.
And you need it before the day you need it."

DISCLAIMER

BEFORE YOU USE THIS GUIDE

This guide has been developed by Zurab Tskitishvili — Emergency Preparedness and Response Specialist and founder of Delta Survival School, Luxembourg.

The frameworks, methods, and recommendations presented here are based on real operational experience and structured preparedness methodology. They are designed to be used as a practical foundation for building your emergency preparedness system.

You are encouraged to use this guide as a basis for your emergency bag. Adapt every element to your specific situation, physical condition, family size, and available resources.

This Guide Is a Framework — Not a Formula

Every recommendation in this document is a starting point, not a prescription. Your bag must be built around your specific reality — your physical condition, your family size, your location, your budget, and your capabilities. A bag you cannot carry is not a bag. It is dead weight.

What You Pack Must Reflect What You Can Carry

This is the most important principle in this guide. In an emergency you may walk for hours. You may carry your bag uphill, in bad weather, under stress, possibly with children alongside you. Every item you add has a weight cost. Every item must earn its place. Do not pack what looks useful. Pack what you can actually use and actually carry.

This document is provided free of charge as an educational resource. It does not replace hands-on training. For structured preparedness and survival training, visit:
www.deltasurvivalschool.com

FOUNDATION

WHY YOU NEED AN EMERGENCY BAG

Most people in Europe do not believe they will ever need to leave their home in a hurry. History says otherwise.

People have evacuated their homes in floods, in blackouts, in chemical leaks, in fires, and in conflict. They did not always have a week to prepare. Sometimes they had hours. Sometimes they had minutes.

WITHOUT A BAG	WITH A BAG
You leave in panic, You grab random things, You forget critical items, You depend on others, You lose time	You leave with calm, Everything is already decided, You have 72 hours of autonomy, You protect your family, You move with purpose

An emergency bag is not military gear. It is not a survival fantasy. It is a portable 72-hour system built to keep you alive, mobile, and functional if you have to leave home fast. It stabilizes you. Protects you. Buys you time. Gives you options.

WHY 72 HOURS?

72 hours is not a random number. It is the window between the moment a disruption hits and the moment supply chains and emergency services begin returning to normal.

In that window, everything slows down. Government resources are focused on critical infrastructure. Emergency services are stretched thin. Hospitals are overwhelmed. Shelves empty fast. In that window, survival becomes personal. If you can sustain yourself and your family for 72 hours independently — you are not a burden on an already overwhelmed system. You are part of the solution.

EQUIPMENT

CHOOSING THE RIGHT BAG

Before you pack a single item, you need the right bag. Do not overthink it — but do not underestimate it either. This is the foundation that carries everything else.

SIZE 40 to 60 liters Enough to carry what matters. Small enough to stay mobile. A bag that is too large will be overpacked and too heavy to carry under stress.

COMFORT Padded straps, back support You may walk with this bag for hours — possibly uphill, in bad weather, under stress. Comfort is not a luxury. It is a functional requirement. Try the bag on before you buy it.

APPEARANCE No logos, no camouflage, no tactical look Blend in. Look boring. A tactical bag in an urban emergency draws attention. A plain, dark, neutral bag does not. You want to move unnoticed.

WEIGHT Loaded bag: maximum 20% of your body weight This is the rule. If you weigh 80kg, your loaded bag should not exceed 16kg. Every item you add beyond that costs you speed, endurance, and decision-making capacity.

ACCESS Multiple compartments, logical organization In an emergency you need to find things fast. Organize by pillar — security items together, medical together, documents together. Know where everything is without looking.

Once packed: store your bag near the door. Check and update it every six months — batteries die, food expires, medications change. A bag you have not checked in two years is not ready.

8 PILLARS OF BACKPACK

WHAT GOES INSIDE – AND WHY

Every item in your bag belongs to one of eight functional pillars. Each pillar covers a critical survival need. Do not skip a pillar. Do not over-invest in one at the expense of another. Balance is what keeps the system functional.

PILLAR 1 · SECURITY - Protection, Awareness, Deterrence

- Pepper spray
- Personal alarm – loud, compact, effective
- Whistle – works without batteries
- Strobe light – visible at distance
- Headlamp with spare batteries
- Walking stick – stability and deterrence
- Bushcraft knife – one of the most versatile tools in your entire bag
- Small hatchet

■ *This pillar is not about fighting. It is about confidence and deterrence. When you carry something that makes you feel capable, you move differently.*

PILLAR 2 · SHELTER - Protection from the Elements

- Lightweight bivvy or emergency sleeping bag
- Poncho or compact tarp – waterproof
- Paracord – minimum 10 meters
- Ground insulation – foam mat or inflatable pad
- Emergency thermal blanket – compact, reusable

■ *Cold does not only come from above. It comes from the ground. Exposure breaks people faster than hunger. This pillar keeps you alive overnight.*

PILLAR 3 · FIRE & WARMTH - Light, Heat, Control

- Two Bic lighters – always two, never one
- Ferro rod – works wet, works cold
- Waterproof matches – backup ignition
- Tinder – cotton balls, fire cubes, or wax pads
- Small candle – light and psychological comfort

■ *Always carry two independent ways to start fire. Fire is warmth, light, water purification, and psychological stability.*

PILLAR 4 · WATER The Most Critical Pillar

- 2 liters – distribute across the bag
- Boil-safe stainless steel bottle
- Collapsible water pouch – expandable capacity
- Quality water filter – Sawyer Mini or LifeStraw
- Purification tablets – backup to the filter
- Electrolyte tabs – replace lost minerals

■ *No water means no clarity, no strength, no movement. This is the pillar most people underestimate.*

WHAT GOES INSIDE – AND WHY

PILLAR 5 · FOOD - Energy and Morale

- Protein bars — high calorie, compact
- Trail mix — nuts, dried fruit, seeds
- Instant meals — just-add-water options
- Compact spork or utensil set
- Electrolyte tabs — energy and hydration support

■ *You are not feeding an army. You are staying sharp for 72 hours. Choose food your body already accepts. No new foods during stress.*

PILLAR 6 · MEDICAL & HYGIENE - Keep Moving

- Trauma kit — tourniquet, gauze, gloves, antiseptic, bandages
- Blister treatment — you will walk more than usual
- Personal medications — minimum 7 day supply
- Painkillers and antihistamines
- Hygiene wipes — no-water cleaning
- Toilet paper and waste bags
- Hand sanitizer

■ *Small injuries become serious problems when you are on the move and under stress. You do not need to be a medic. You need to keep yourself functional.*

PILLAR 7 · POWER, SIGNAL & COMMUNICATION - Stay Connected

- High-capacity power bank — minimum 20,000 mAh
- Foldable solar charging panel — for extended situations
- Charging cables for your devices
- Hand-crank or battery radio — receive emergency broadcasts
- Flashlight with spare batteries
- Written contact card — key numbers on paper
- Walkie talkie
- Spare batteries

■ *When the grid fails, communication becomes your most critical asset. Build it in layers. Always have a backup.*

PILLAR 8 · NAVIGATION & DOCUMENTS - Know Where You Are. Prove Who You Are.

- Paper map of your region — routes already marked
- Compass — does not need batteries
- Printed list of rally points and safe locations
- Encrypted USB drive — passport, ID, medical, insurance copies
- Printed document pouch — waterproof backup
- Photos of family members — physical copies
- Notebook & pen

■ *A route that exists only on your phone does not exist when the battery dies. Paper maps and printed documents are your backup when all devices fail.*

QUICK REFERENCE

BAG READINESS CHECKLIST

- ☐ Bag size 40-60L – comfortable to carry for hours
 - ☐ Bag weight does not exceed 20% of your body weight when loaded
 - ☐ Neutral appearance – no logos, no camouflage
 - ☐ Security pillar complete – pepper spray, alarm, whistle, headlamp
 - ☐ Shelter pillar complete – bivvy, poncho, paracord, ground insulation
 - ☐ Fire pillar complete – two lighters, ferro rod, tinder
 - ☐ Water pillar complete – 2L, filter, purification tabs, electrolytes
 - ☐ Food pillar complete – protein bars, trail mix, instant meals
 - ☐ Medical pillar complete – trauma kit, personal meds, hygiene
 - ☐ Power pillar complete – power bank, solar panel, radio, cables
 - ☐ Navigation pillar complete – paper map, compass, documents, USB
 - ☐ Bag stored near the door and accessible within 60 seconds
 - ☐ Every family member knows where the bag is
 - ☐ Next check scheduled – every six months
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You now have the framework.

Build it one pillar at a time. Test it. Carry it. Know it.

READY TO GO FURTHER?

DELTA SURVIVAL SCHOOL

This guide gives you the knowledge. Delta Survival School gives you the skills to use it under real pressure.

Want us to build your emergency bag for you? We select, source, and pack every item based on your profile – your family size, your physical condition, your location. You just store it by the door. Reply to our email or contact us directly.

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