



BUG-IN VS BUG-OUT

Should we stay or should we go

DECISION-MAKING FRAMEWORK

*A simple method to make the right call – fast,
under pressure, with incomplete information.*

Instructor DELTA | Delta Survival School

"You do not prepare for the moment. You prepare before the moment."

DISCLAIMER

BEFORE YOU USE THIS FRAMEWORK

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

The methods and frameworks presented here are based on real operational experience and structured preparedness methodology. They are designed to give you a clear, practical decision tool for use before and during a disruption.

You are encouraged to use this framework as a foundation for your own decision-making system. Adapt every element to your specific situation, location, family structure, and available resources.

This Framework Is a Tool — Not a Guarantee

No framework can account for every possible scenario. Every disruption is different. Every family is different. Every location is different. This tool gives you structure — but your judgment, your preparation, and your training are what make it work under real pressure.

What This Framework Does Not Replace

Reading this document is not the same as being prepared. A decision framework without a practiced plan behind it is theory. You need a Family Emergency Plan. You need an emergency bag. You need practiced routes and tested communication. This framework connects all of those things — it does not replace them.

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

THE DECISION

STAY OR GO?

Something just happened. Maybe the power is out. Maybe there is civil unrest nearby. Maybe there is a flood warning. Maybe nobody knows exactly what is going on — but something is clearly wrong. And you need to make a decision. Do you stay — or do you leave? Most people freeze at this exact moment. Some panic and rush out. Some wait too long and get trapped. Both are wrong.

This framework gives you a simple tool to make that decision correctly — before the moment arrives, so you are never starting from zero when it matters most.

BUG-IN	BUG-OUT
You stay where you are. You lock down, use what you have, and ride it out until things stabilize.	You leave. You grab your bag and move to a safer location before things get worse.

In most urban disruptions, the safest move is no move at all. If your environment is stable — stay. Use what you have. Keep calm. Wait for the situation to stabilize. However — in some scenarios such as floods, wildfires, or chemical accidents — staying is not an option. The framework below tells you which one to choose.

THE FRAMEWORK

THE 4-STEP DECISION FRAMEWORK

When something happens, run through these four steps. In order. Every time. No skipping.

STEP 1 – THREAT

What is actually happening?

Do not just say "something bad." Be specific. Is it a flood? A chemical leak? A power outage? Civil unrest? A wildfire? Each one is different. Each one has a different timeline.

- Chemical leak — you may have minutes
- Flash flood — you may have a few hours
- Civil unrest spreading — you may have a day
- Power grid failure — timeline unknown, could be days

Ask yourself: Is this threat moving toward me — or is it already here?

STEP 2 – RESOURCES

What do you have right now — and how long will it last?

Look around. Be honest. Assess what you have at your current location:

- Water — how many liters? How many days?
- Food — how many days of supply?
- Power — generator, batteries, candles, heating?
- Medical — first aid kit, personal medications?
- Security — can you secure your home?
- Communication — how will you receive and send information?

Ask yourself: If all outside help stopped right now — how long could I survive here?

If the answer is less than 72 hours — your position is weak. That matters for your decision.

STEP 3 – INTEL

What do you actually know — and where is it coming from?

When something happens, information explodes everywhere. Social media goes crazy. Most of it is wrong, exaggerated, or based on someone else's panic. Think of your information in three layers:

- **Layer 1** — Official sources: Government alerts, civil protection, national radio. Reliable but often delayed. Use as baseline — not your only source.
- **Layer 2** — What you can see and hear: Your own eyes and trusted people in different locations are more reliable than a stranger's post online.
- **Layer 3** — Behavioral signals: Are fuel stations packed? Are shelves emptying? Are people loading cars? Behavior changes before official announcements do. Watch for it.

The rule: never act on a single source. Two or more independent sources confirming the same thing — that is your intel.

STEP 4 – ACTION

What do you actually know — and where is it coming from?

Based on the first three steps you make your call:

- **Staying (Bug-In):** Secure your home. Activate your plan. Keep monitoring. Set a clear time — "I will reassess at hour 72" — and stick to it.
- **Leaving (Bug-Out):** Grab your emergency bag. Execute your primary route. Contact your family circle. Move with purpose, not panic.

"If I stay — can I survive 72 hours here without any outside help? If I leave — can I reach safety without getting trapped or attacked on the way?" Waiting for "one more sign" is how people lose their window.

THE 72-HOUR RULE

AND WHAT COMES AFTER

Most disruptions settle within 72 hours. Power comes back. Supplies resume. Emergency services stabilize. Life starts returning to normal.

But not always. Some situations do not get better after 72 hours. They get worse. And the people who assumed normalization was coming — and did nothing — are the ones who get caught unprepared.

PHASE 1 Hours 0 -72

Stay calm and hold

This is the chaotic phase. Most people around you are confused and reactive. Your job is simple — stay calm, sustain your position, keep gathering information. Do not make big irreversible decisions unless you absolutely have to. The situation is still developing and things can change fast.

PHASE 2 72h to 7 Days

Reassess everything

If things have not normalized by hour 72 — stop and reassess. Do not wait until day 5 to do this. Do it at hour 72, on schedule. Ask yourself: is this getting better or getting worse? If the answer is getting worse — start preparing to move. Law enforcement may be stretched. Supplies may be running low. People's behavior around you will start to shift.

PHASE 3 Beyond Day 7

Time to go

If by day 7 there is no clear sign that things are improving — staying in an urban area becomes genuinely dangerous. Resources are depleted. Social order breaks down. At this point leaving is no longer a choice — it is the only rational option. And if you have not already prepared your destination, your route, and your supplies — you are already behind.

The most important rule: do not decide to leave when you are already desperate. Decide now — at what point does staying become more dangerous than going? Write that trigger down. Share it with your family. That is your line.

ANTICIPATION

SEE IT COMING BEFORE IT ARRIVES

The 4-Step Framework runs during a disruption. Anticipation runs before it.

It is your early warning system. It helps you see the shift coming — when everything still looks normal, before the panic starts, before the headlines hit, before everyone else realizes what is happening. And the way it works is simple. You set Red Flags.

A Red Flag is a pre-decided condition. When that condition is met — you act. No debate. No second-guessing. No waiting for your neighbor to panic first.

If X happens — we do Y. Decision already made.

Without Red Flags you will hesitate. You will debate. You will wait for one more confirmation. And while all of that is happening — your window to act safely is closing.

But there is also the opposite problem. Without clear Red Flags, you might act too early. You bug out with your whole family. Kids miss school. You burn vacation days. And then nothing happens. Everything goes back to normal. And the next time a real threat appears — you hesitate. Because last time felt like a false alarm.

Red Flags solve both problems. They stop you from acting too late. And they stop you from acting too early.

RED FLAGS — THREE LEVELS

Not all Red Flags are the same. Monitor all three levels — not obsessively, but consistently.

LEVEL 1

LOCAL RED FLAGS

What you can see with your own eyes

- Fuel stations suddenly packed with long queues
- Supermarket shelves emptying fast — especially water, batteries, canned goods
- ATMs running out of cash or banks limiting withdrawals
- Schools or public buildings closing without clear explanation
- Neighbors leaving with packed cars and no explanation
- Emergency vehicles moving in unusual numbers or patterns
- Running water or utilities disrupted without official explanation
- Mobile networks becoming slow, patchy, or unavailable

When this happens: Do not panic. Raise your awareness. Start monitoring national sources. Make sure your emergency bag is accessible. Brief your family calmly. You are not evacuating — you are paying attention.

LEVEL 2

LOCAL RED FLAGS

What you can see with your own eyes

- Government declares a state of emergency or national alert
- Military or national guard deployed in cities
- Official information blackout lasting more than 12 hours — assume worse is coming
- Power grid, water, or fuel supply disruptions at national scale
- Border closures or movement restrictions announced
- National broadcasters switching to emergency programming
- Banking disruptions — withdrawal limits, transfer freezes, unexpected bank closures

When this happens: Pre-activate your plan. Contact your family circle. Confirm shelter locations and routes are ready. Run the 4-step framework. Be ready to move within one hour if needed.

LEVEL 3

STRATEGIC RED FLAGS

Geopolitical signals — slower moving, highest stakes

- A NATO member country comes under direct military attack
- NATO Article 5 is invoked
- Foreign military or unidentified armed groups operating in Western Europe
- A conflict escalating rapidly within 500km of your location
- Mass population movement out of a neighboring country
- Coordinated large-scale cyberattacks across multiple European countries
- Emergency NATO or EU summits called outside normal schedule

When this happens: This is your highest priority trigger. Do not wait for local conditions to worsen. Strategic red flags give you a window — sometimes days, sometimes hours. Use it. Execute your plan before the crowds do. The people who move early move safely. The people who wait move in chaos.

THE HARDEST PART OF ANY PLAN

The framework is simple. The decision tool is clear. The Red Flags are defined. But none of that matters if your family is not on the same page.

In a real disruption — the hardest thing is not making the decision. It is getting everyone around you to execute it without panic, without debate, and without wasting the window you have.

1	Talk about the Red Flags now — not during a crisis Every person in your family needs to know what the triggers are — right now, in a calm moment. Sit down and explain it simply: "If we see these things happening, here is what we do." If they do not know the triggers, they cannot support the decision when it counts.
2	Decide in advance who makes the call In your family — who makes the final decision to Bug-In or Bug-Out? This needs to be agreed before anything happens. Not debated during a crisis. The primary decision-maker activates the plan. The secondary takes over if the primary is unavailable. Everyone else executes without needing a full explanation. This is not about control. It is about speed. Debate costs time. Time costs safety.
2	Deal with the person who thinks this is unnecessary In almost every family there is at least one person who thinks this is excessive or paranoid. Have the conversation now. Keep it simple: "I am not asking you to be afraid. I am just asking you to agree that if X happens, we do Y. That is all." A specific pre-agreed trigger is much easier to accept than a vague general plan.
2	Practice the decision — not just the execution In almost every family there is at least one person who thinks this is excessive or paranoid. Have the conversation now. Keep it simple: "I am not asking you to be afraid. I am just asking you to agree that if X happens, we do Y. That is all." A specific pre-agreed trigger is much easier to accept than a vague general plan.

DECISION TOOL

DECISION SCORECARD

When time is short and pressure is high — use this. Run through each step. Assign a color. Read the result at the bottom.

STEP	QUESTION	GREEN	ORANGE	RED
THREAT	Do I clearly understand what is happening?	Yes — clearly identified	Rough idea, details unclear	Unknown or changing too fast
RESOURCES	Can I sustain my family for 72h without outside help?	Yes — fully covered	Partially — some gaps	No — critically low
INTEL	Is my information verified and from more than one source?	2+ independent sources confirmed	One source, unconfirmed	Rumors or social media only
ACTION	Do I have a clear plan ready to execute right now?	Plan exists and practiced	Plan exists, never tested	No plan

READING YOUR SCORE

ALL GREEN	Bug-In. Hold your position. Keep monitoring. Reassess at hour 72.
ONE OR MORE ORANGE	Bug-In with elevated readiness. Fix the amber gaps immediately. Reassess within hours, not days.
ONE RED IN THREAT OR RESOURCES	Take this seriously. One critical weakness can force a Bug-Out regardless of everything else. Do not wait for more things to go red.
TWO OR MORE RED	Bug-Out. Your window is open right now. Execute your plan. Do not wait.

You do not prepare for the moment. You prepare before the moment. Red Flags remove hesitation. The framework removes confusion. A family that has practiced the decision together will execute it without panic. Fast decisions save lives. Fast decisions come from preparation — not luck.

YOU NOW HAVE THE FRAMEWORK.

But a framework is only as strong as the preparation behind it.

The people who execute well in a crisis are not the ones who read the most. They are the ones who decided in advance — who built their plan, practiced their decision, aligned their family, and knew exactly what they would do before the moment arrived.

That is what this document helps you start.

The next step is yours.

Define your Red Flags. Talk to your family. Build your plan. Know your destination. Pack your bag. Mark your routes on paper.

Do it now. In calm. With a clear head.

Because the moment it matters — none of that will be available.

WANT TO GO DEEPER?

This document introduces the fundamental logic of the Bug-In vs Bug-Out decision. It is designed to give you a structured starting point — a way of thinking you can apply immediately.

The complete operational framework — with specific thresholds, a full threat matrix, Here vs There comparative analysis, journey assessment, and social collapse dynamics — is covered in the DELTA Decision System.

The difference between this document and the DELTA Decision System is the difference between understanding the concept and being operationally ready to execute it.

www.deltasurvivalschool.com/delta-decision-system

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