



# SECRET SQUIRRELS

SELF-RELIANCE · COMMUNITY RESILIENCE · LIBERTY

PACK GUIDES

GROUND SQUIRREL — 72-HOUR GO BAG

GROUND SQUIRREL

## GROUND SQUIRREL PACK GUIDE

72-Hour Go Bag — Priority: Mobility

### MISSION GOAL

Grab-and-go; everything you need to survive and travel on foot for ~3 days.

### ◆ PRIMARY PACK — ALWAYS READY ◆

#### WATER & FOOD

- ▶ Go-bag / backpack (30–45L)
- ▶ Water: 1 gal/person/day — 3 days min OR 2L active + purification
- ▶ LifeStraw / water filter + purification tablets
- ▶ Food: 3 days calorie-dense, shelf-stable (bars, MREs, cans + opener)

#### SHELTER & WARMTH

- ▶ Thermal blanket + emergency bivvy
- ▶ Waterproof jacket + layered clothing (base, mid, shell)
- ▶ Sturdy footwear + extra socks
- ▶ Hammock (lightweight) or compact tarp

#### MEDICAL & HYGIENE

- ▶ First aid kit (trauma dressing, bandages, antiseptic, pain reliever, allergy meds, moleskin)
- ▶ Moist towelettes, toothbrush, small soap, hand sanitizer, plastic bags

#### LIGHT, FIRE & COMMS

- ▶ Flashlight / headlamp + spare batteries or crank/USB
- ▶ Radio: battery or hand-crank (NOAA weather band)
- ▶ Whistle, signal mirror, chalk
- ▶ Fire starter (ferro rod), waterproof matches, lighter
- ▶ Dust mask (N95) + basic goggles

#### TOOLS & NAVIGATION

- ▶ Multi-tool + small fixed-blade knife
- ▶ Road atlas / local maps (paper) + compass
- ▶ Phone + power bank (rotate charge)
- ▶ ID, passport copies, emergency contacts, small cash

#### THE BRAIN (AUXILIARY BAG)

- ▶ Waterproof envelope
- ▶ Maps & contingency plans
- ▶ Replicate keys
- ▶ Code names

### ◆ PROTECTION ◆

#### ESSENTIALS — LIGHT & CONCEALED

- ▶ Pocket knife
- ▶ Taser / stun device
- ▶ Mace / pepper spray
- ▶ Blade sharpener

#### OPTIONAL

- ▶ Machete
- ▶ BB gun
- ▶ Hatchet
- ▶ Throwing knives
- ▶ Staff / walking stick

#### MORE BITE THAN BARK — CONCEAL & CARRY

- ▶ .38 — concealed carry
- ▶ 9mm — S&W M&P Shield 2.0
- ▶ .45 — concealed carry

#### BUCK TOOTHED — CAN CARRY, CAN'T CONCEAL

- ▶ AR-15: 5.56/.223 compatible (M15)
- ▶ Shotgun
- ▶ Hunting rifle

### TIPS

Pack weight: keep as light as possible — practice carrying on hikes. Label kit with name, blood type & allergies. Rotate consumables every 6–12 months.