



**A . D . A . P . T .**

Atherton Disaster and  
Preparedness Team

# Customized Bug Out Bag

The Simpler Life's "Hands Free" Backpack Kit meets basic personal needs of water, food, warmth, hygiene, medical, and lighting, plus extra food and support items. The pack may be centrally stored, slipped in a desk or filing cabinet, or placed in the back of a vehicle.

The contents on this page make up the Customized Bug Out Bag that is available to Atherton residents for \$129 plus tax and shipping. To order, contact Tom Prussing at [tprussing@gmail.com](mailto:tprussing@gmail.com).



## Contents

### Food and Water:

- Water Pouches (18)
- Water Purification Tabs (50)
- 3600-Cal Food Bar Packet
- Entrees in a Pouch w/metal spoon (3)
- Entree Heaters for Hot Meals (3)

### Heavy-Duty Medical Kit containing:

- 5" x 9" Sterile Surgipad
- 4" x 4" Sterile Gauze Pads (6)
- 3" x 5yd Gauze Roll
- Butterfly Closures (5)
- 1" x 3" Band-aids (4)
- 2" x 4" Band-aids (2)
- Roll 1/2" Tape
- Cold Pack
- Antiseptic Wipes (4)
- Antibiotic Ointment (4)
- Sugar Packs (2)
- Triangular Bandage
- Tongue Depressors/Splints (2)
- 2" Elastic Bandage
- Safety Pins (2)
- Q-tips (4)
- First Aid Guide
- Exam Gloves (4)
- Waterproof Pouch

### Sanitation/Hygiene Kit containing:

- Wet Naps (15)
- Plastic Bags w/Ties (6)
- Large Plastic Bag w/Tie
- Comb
- Kleenex Pocket Pack
- Toothbrush
- Toothpaste
- Ziplock

### Other:

- D-cell Flashlight
- Long Life Alkaline Batteries (2)
- 12-hour Green Light Stick (2)
- Dust Mask
- Pair Work Gloves
- Multi-Function Knife
- Emergency Blanket
- 20-hour Body Warmer (4)
- Poncho
- Whistle w/Lanyard
- AM/FM Radio w/Alkaline Batteries
- Survival Guide
- Deluxe Three-way Backpack



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## About A.D.A.P.T.

### **Our Mission**

Atherton Disaster and Preparedness Team's mission, in partnership with the Atherton Police Department, is to train and organize Atherton residents to be resilient, responsive, capable and recovery-able in the event of a town-wide emergency or disaster event.

### **How to Participate**

Preparedness is a community-wide effort and we're here to help. Subscribe to our email newsletter, join our monthly meetings, attend a neighborhood training, or participate in any way that works for you! For more information, please see [www.getreadyatherton.org](http://www.getreadyatherton.org).