

# The Wilderness Hiker

## Day Hiker Bugout Bag

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Out hiking and it got dark? or lost? or just want to be prepared for whatever? Or want to turn a fiasco / survival event into a fun adventure? Make your day hiker bag into a bug out bag.

Ever watch a survival show on TV and want to throw up it is so freakin dumb? Blah, blah, blah, yuck. Learn something that works in the real world.

I have been doing this all my life. I do not know everything, but maybe a little that can help turn a hiking misadventure into fun.

The scenario: You are out for a hike, took the wrong trail, and it gets dark. I have been there. Or maybe lost your camping gear. Now what?

Make your day hike pack a bug out bag. Remember survival is a mental game. It's about being smart, not being a superman.

Start with a small, comfortable, ultralight pack. I have an 25 liter Arcteryx pack that weighs 12 ounces. Less weight makes it easier to travel far and fast. Any small comfortable pack will do. Remember comfort, you may be wearing it for a long time. Lightweight makes comfort, as well as fit makes comfort. Be minalist, less is better if you have at least the min. to survive.



Take a **day's worth of water** and a way to get more water. Study the location to see if there is water available where you are going. An average size person needs 2 to 10 liters of water every day. No one can tough out dehydration. It can't be done. If it's a desert with no water take 10 liters and you will need a bigger pack. Dehydration is the biggest danger.

If it is a temperate climate with clear water available take this:

2X one liter bottles with fresh water.

Sawyer Water Bottle Filter or any filter straw or filter bottle.

Chlorine dioxide pills.

Sturdy disposable water bottles can be purchased at the grocery store. They are lighter, cheaper, and work as well as the heavy bottles. They need to be 1 liter size bottles for the chlorine dioxide pills.



Take a **rain suit**, coat and pants. Use a real rain suit, not a plastic bag, not a disposable rain coat. Disposable rain coats can disintegrate in seconds. Rain suits can be purchased at outdoor outfitters and online. Frogg Toggs sells cheap durable rain suits. Hypothermia can be the second biggest danger after dehydration. There is nothing cold like being soaking wet. If you are dry inside your clothes and it is raining it can be a fun adventure. There is nothing as miserable as being soaked to the bone on a cool day. Take warm clothes that do not hold water, such as wool or synthetic and a second pair of socks. Clothes are the primary shelter in the wild.

That is enough to survive a couple of days.

Food is not necessary, a person can live 3 weeks without food, but that is not advisable. Food provides energy to travel and keep warm. It also makes for a better trip. Take enough non cook **trail food** for a lunch snack and quadruple that. Even if a lost hiker is losing calories a little food is enough to stay strong for a few days.



That is enough to stay safe and travel far.



A map and a compass are helpful. Better is to learn **navigation in the wild**. There are books and courses. Even better; practice navigation in the wild. Start with something easy and learn as you go to try more difficult situations. A armchair survivalist couldn't survive the wild and there are plenty of those. Someone who practices can. It's good to have a **map** of your location and a **compass** too.

That is enough to find your way home.  
A **light** helps night travel. It makes it much easier to find your way after dark and travel further. Always take extra batteries. The ones in the light will go bad. You can survive without it, but take it anyway.

Now you can travel further.



A fire starter will make life better. Take 3 and some kindling. Sometimes they do not work, but with 3 at least 1 will probably work. Two lighters, a small waterproof box of matches, and a small piece of fat wood work nicely and weigh almost nothing. Fat wood is pine with lots of resin used for starting fires. It can be bought at grocery stores. A fire is not needed if the hiker has the other gear, but it makes life more pleasant. If it is raining a fire won't work. So, don't depend on a fire. A cotton ball soaked in vasoline and stored in a small palstic bottle will make a fire starter if you don't have fat wood.

Now you will feel better.

A **first aid kit** is always good to have. A roll of sport or medical tape will do most repairs on people. I take both a first aid kit and tape. Take a first aid course, study first aid books, and practice. An armchair medic is no good in the wood. It takes practice.

Now you are a little safer.



To be really prepared take a tarp. An 8' X 10' can be purchased cheap at a hardware store. They are lightweight and cheap. Or go to an outdoor outfitter and get a silnylon tarp, even better. At a very light weight you are almost camping.



Now you are practically hyper-light camping, but light enough for a bugout bag. Go have fun. Practice everything on an easy trip before the big trip.



Everybody loves knives, but a **knife** is not the most important thing to carry, unless it is the only survival gear you have. You can get by without a knife if you have warm clothes and water. I always take one anyway. A lightweight sturdy knife will do everything needed. If all you have is a knife life is going to get tough in a very real way. Better be really experienced if you only take a knife. And then take a big sturdy knife.

Now you have a toy too. Have fun.



My name is Bill and I have been doing outdoor trips all my life. Please subscribe to The Wilderness Hiker YouTube channel. If you have any questions post them as comments on videos.

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