

✓ **Hive Mind Ready/ Garb Bag Items – created by an online panel of experts.**

What is it? An emergency Ready Bag (also called a Grab Bag, Go Bag, or Bug-Out Bag) is a pre-packed, easily accessible bag, often left by your closet exit near your shoes that contains the essential supplies you'd need to survive and function for at least 24–72+ hours in an emergency or sudden evacuation. It should be light enough to run with and compact enough to get through small gaps. The list below is a **MASTER** list for you to select from appropriate to your needs.

👉 **The idea:** If you need to leave your home, workplace, or safe zone immediately, due to conflict, disaster, medical emergency, or sudden relocation you can just grab this bag and go, knowing you have the basics to stay safe, fed, hydrated, warm, informed, and able to communicate.

Who is it for? Travellers in unstable regions | Humanitarian, expedition & remote workers | Military & security teams | Civilians living in conflict or disaster-prone areas

Essential

Packed into easily accessible robust daypack-size bag. With torch placed on top of bag or top pocket.

Passport, documents, emergency cash in waterproof zip lock bag

If needed: Contact lenses & spare, extra eyeglasses.

Personal medicines (inc. antihistamines, painkillers)

ID tag / emergency contact card **on your person**

Power & Comms

2× small power banks (one spare) – always fully charged.

Multi-socket charging cable + local plug adapter

Spare phone in a Faraday Bag* (rec: MOS / Mission Darkness brand)

Laminated topo map, contact sheet incl insurance details and 24-hour number, embassy number.

Compass (Suunto)

Small VHF/FM handheld radio/ Wind-up radio / hand crank charger

Whistle

*Modern smartphones constantly send out signals, even when switched “off”. If you’re carrying a foreign SIM, your phone can broadcast your location potentially revealing your position to hostile forces, surveillance drones, or electronic warfare units. Security forces have targeted clusters of phones with artillery or drone strikes. Don't use face recognition/ fingerprint on your phone ideally an 8 digit PIN! Use a phone specific for foreign use, with an operational only email address/ login to try and totally segregate between that and private life. Delete social media apps from in-country phone, don't leave a trail or advertise where you are going. Switch off tracking apps and location setting.

Navigation & Survival

Protective eyewear (e.g., Oakley)

Multi-tool (e.g., Leatherman, Gerber), Swiss Army knife with suggested with paracord lanyard

Bivy sack (Gore-Tex) & small poncho (+paracord)

Millbank filter bag and purification tablets, Sawyer Mini water filter & 3L bladder

Plastic spoon, racing spork, or folding utensils kit

Duct tape (flat-packed or wrapped round bottle) & Zip ties (handful)

Small steel utensils kit

Smoke signal & signal mirror

Emergency foil blanket (space blanket)

Single Carabiner or small climbing clip

Medical & Hygiene

Basic medical kit & Nitrile gloves

2× CAT tourniquets

Celox haemostatic dressings or alternate multi-use dressings (like Kirlux)

Blast bandages & Mini roll of cling film

SAM splint or compact immobilization aid

Thoracostomy needle x2 – if trained in use & Trauma shears

Compeed (blister treatment)

Toothbrush & toothpaste, Small pack of wet wipes / handy wipes + Alcohol gel

Toilet paper



Vaseline / ChapStick

Water & Food

Water bottle (sterilised)

Millbank water filter bag & water treatment pills / water straw such as 'Lifestraw' / Sawyer Mini water filter/ Chlorine dioxide water sterilisation, Steritabs

Electrolyte powder, Jerky / trail mix / nuts / protein bars / snack bars/ crackers

Lighting & Fire

Fenix PD40R v3.0 torch, or Head torch (Petzl E-Light mini) with battery reversed when stored or travelling

Backup torch

BIC lighter, Flint/fire starting kit & Waterproof matches

Glow sticks x2

Clothing

Warm jacket (ThruDark tactical – warm & robust, Arc'teryx outer shell pack down very small and lightweight)

Spare trousers, in case first pair are damaged in ex fil

Extra pair of tough socks (Darn Tough Vermont)

Spare dry clothes

Leather gloves, Cap/ sun hat/ Protective shemagh

Documents & Misc/ Extras

Notebook (Rite in the Rain type) & pencil

Sharpie/permanent marker

Small game (Pack of cards, Pass-the-Pigs, crossword book)

Hand warmers

Basic dental kit

Small solar panel / foldable charger

Portable VPN or data privacy stick if you'll access comms in hostile digital environment.

Remember

Check battery orientation in all stored gear - store batteries reversed if possible or remove them to avoid drain/corrosion.

Charge all battery items on arrival.

Essential Ready Bag Phone Apps July'25

Communications & Security

Signal End-to-end encrypted messaging & calls.

Threema – recommended for extra security – paid platform

WhatsApp. Widely used, but ensure you understand its privacy limitations.

ProtonMail. Encrypted email.

Wire / Wickr Me. Extra secure comms options if Signal isn't viable.

VPN app. ProtonVPN, NordVPN — masks your IP & location.

Maps & Navigation

Maps.me. Offline maps with very detailed topo trails.

OsmAnd. Another robust offline map with custom overlays.

What3Words. Pinpoint your location to a 3-word code, great for rescue.

Compass app. In case your analogue compass fails.

Sun Surveyor Lite, Shows sun & moon position, can aid navigation or planning and photography!

First Aid & Survival

Deployed Medicine App – excellent multifaceted resource

Offline medical references — e.g. Medscape, MSF Medical Guide PDFs.

Knots 3D. Learn or refresh critical knots for shelter, gear, or rescue.

SAS Survival Guide (app version). Surprisingly practical field info.

Offline translator. Google Translate offline pack for local language.



Practical & Utilities

Flashlight APP

Battery manager – when moving always set to ‘low power mode’.

Note app - Simple, encrypted notes for passwords, contact lists, instructions.

Local & News (specific to Ukraine)

Live UA Map. For Ukraine, real-time conflict & air raid info.

Telegram. Widely used in Ukraine for real-time local updates but use with caution re: OPSEC.

Air raid alert APP - Ukraine-specific regional air raid alert apps – I use ‘Air Alert!’ ensure you add the appropriate regions to alert list.

NOAA Weather / Windy - Accurate weather forecasting, useful for movement or sheltering.

QuakeFeed Earthquake Alerts APP

Volcanoes & Earthquake APP

Mobile p

Pro Tip

 Always download critical apps AND offline data packs BEFORE deploying don't rely on fast internet when you arrive.

 Keep your device encrypted and updated, with biometric security enabled. Have VPN on is using foreign mobile; for OPSEC only connect via secure WIFI

 Store a spare cheap phone with these apps preloaded in your Ready Bag, with a local SIM or eSIM ready to activate if your main phone goes down.

