



DEFENDER OUTFITTERS

ORIGINAL FIELD GUIDE

THE DEFENDER GO-BAG STANDARD

Define the mission. Fit the carrier. Pack functional modules. Weigh the finished bag. Prove it on the route.

CORE METHOD

PACK / WEIGH / CARRY / CORRECT

A go-bag is a portable departure system, not a generic shopping list. This field edition turns the bag into a documented and repeatable capability.

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Give the bag one primary job.

Write when it leaves, who carries it, where it goes, how it travels, how long it supports, and what remains at home, work, or in a vehicle. One physical item cannot cover several locations at the same time.

Evacuation	A portable departure kit for a known destination, primary route, alternate route, shelter, meeting place, and out-of-area contact.
Vehicle	Supplies for delays, weather, roadside problems, or travel from the vehicle. Account for heat, cold, theft, and vehicle access.
Workplace	A compact system for sheltering, walking, communicating, or traveling home when normal transportation fails.
Individual	Daily medical, identification, communication, mobility, and personal essentials specific to one person.
Family system	Several capable carriers with assigned roles and critical redundancy, rather than every essential function in one bag.
Quick departure	Documents, medication, keys, light, communication, clothing, and other items that cannot safely remain preloaded.
DO NOT WAIT FOR THE BAG	Follow official evacuation instructions. Never delay leaving immediate danger to finish, repack, or retrieve equipment.

Write the plan before choosing the carrier.

FIELD	PLAN
Bag role	Evacuation / vehicle / workplace / individual / quick departure
Owner and carrier	Person: _____ Backup: _____
Departure trigger	_____
Primary destination	_____
Alternate destination	_____
Route A / Route B	_____
Transport modes	Walk / vehicle / transit / cart / assisted transport
Meeting places	Near home: _____ Outside area: _____
Out-of-area contact	Name: _____ Phone: _____
Support period	Hours or days: _____ Resupply point: _____

Scenario boundaries

Hazards: _____ Season: _____ Distance: _____ Stairs / rough ground / narrow doors / transit / shelter constraints: _____

Compare the bag around the actual load.

Backpack	Hands-free movement and load control. Verify torso fit, shoulder straps, hip belt, ventilation, adjustment, access, and loaded comfort.
Duffel or shoulder bag	Fast access and easy vehicle transfer, but load concentrates on one hand or shoulder. Test the real distance and stairs.
Rolling or hard case	Equipment protection and organization. Confirm wheels, handles, rough surfaces, stairs, vehicle fit, and whether it can be lifted.
Modular family system	Use labeled sub-kits and multiple carriers so water, medical, documents, and communication do not share one failure point.

CARRIER COMPARISON

MODEL	LITERS	EMPTY WT	LOAD LIMIT	FIT / NOTES
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

LOWER LIMIT CONTROLS	Do not exceed the carrier manufacturer's load limit or the wearer's maximum tested ability. Medical, mobility, age, heat, cold, terrain, and route conditions can require a much lighter load.
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Every item needs a job and a location.

1 Water

Portable water plus treatment matched to expected hazards. Count drinking and preparation water separately.

2 Food

Familiar, portable, label-verified food with a no-cook layer and required dietary items.

3 Medical

First aid, daily medical essentials, health information, and medications planned with the prescriber or pharmacist.

4 Shelter

Weather protection, clothing, insulation, sturdy footwear, and sleep needs appropriate to season and route.

5 Light and power

Headlamp or flashlight, protected batteries, charging cables, and a tested portable power layer.

6 Information

Written contacts, routes, destinations, maps, alerts or radio, identification, and essential documents.

7 Tools and repair

Only justified opening, cutting, fastening, signaling, repair, and safe utility tools.

8 Sanitation

Hand hygiene, waste bags, toilet supplies, appropriate masks, and clean or dirty separation.

Measure the finished bag, including water.

There is no universal safe percentage for every person. Use carrier limits, health and mobility, terrain, climate, distance, transport, and a realistic carry test. One U.S. gallon of water weighs about 8.34 pounds before the container.

MODULE	TARGET	ACTUAL	LOCATION / NOTES
Carrier empty	_____ lb	_____ lb	_____
Water	_____ lb	_____ lb	_____
Food	_____ lb	_____ lb	_____
Medical	_____ lb	_____ lb	_____
Shelter / clothing	_____ lb	_____ lb	_____
Light / power	_____ lb	_____ lb	_____
Information	_____ lb	_____ lb	_____
Tools / repair	_____ lb	_____ lb	_____
Sanitation	_____ lb	_____ lb	_____
Seasonal additions	_____ lb	_____ lb	_____

READY WEIGHT

Base packed weight: _____ lb + consumables and water: _____ lb = actual ready weight: _____ lb

BOUNDARIES

Manufacturer load limit: _____ lb Wearer's maximum tested carry: _____ lb Controlling lower value: _____ lb

A useful bag stays stable and understandable.

Immediate access	Light, first aid, water, contacts, route, medication, and weather protection should be reachable without emptying the carrier.
Dense load control	Stabilize heavy and rigid items close to the body or structurally supported area. Prevent shifting, punctures, and sharp edges.
Protection	Waterproof documents and electronics. Isolate fuel, chemicals, dirty items, and waste from food and medical supplies.
Visible modules	Label each module by function and owner. Include a complete inventory and return location so another person can repack it.
Clean exterior	Do not hang loose equipment where it can catch on doors, brush, vehicles, stairs, or other people.
Exit safety	Keep the carrier accessible but never where it blocks an exit, stair, hallway, vehicle restraint, or emergency equipment.

TEN-MINUTE ACCESS CHECK

Light []	First aid []	Water []	Medication []
Contacts []	Route []	Weather layer []	Identification []

A complete bag is not a proven bag.

1 Lift and fit

Put on or lift the exact ready bag. Adjust it and record balance, pain, restricted movement, buckles, handles, and strap problems.

2 Ten-minute access

Retrieve light, first aid, water, contacts, route, medication, and weather protection without dumping the bag.

3 Realistic route

Carry it on the likely walking segment, including stairs, doors, rough ground, weather, stops, and the people who will travel.

4 Transfer

Load and unload from the intended vehicle, cart, transit, or shelter space. Confirm it fits without blocking exits.

5 Limited-utility trial

Use only packed equipment for a safe planned period. Measure water, food, batteries, access time, waste, and missing items.

6 Correct and repeat

Record failures, reduce load, replace unsafe items, update the inventory, and rerun every failed stage.

STOP CONDITIONS

Stop the drill for pain, dizziness, breathing difficulty, heat or cold illness, unsafe terrain, equipment failure, traffic risk, or any condition beyond the participant's safe capability.

Turn every failure into an update.

DATE / ROUTE	READY WT	TIME	PROBLEM	CORRECTION
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Inspection cycle

Check every six months and after every drill or use, before seasonal hazards, and after recalls, medication changes, household changes, route changes, or equipment replacement.

Owner signoff

Bag owner: _____ Last inspection: _____ Next inspection: _____

Connected plan

Use the Defender 72-Hour Readiness Standard for household quantities, decision triggers, water, food, power, communication, first aid, shelter, and the complete readiness drill.

Original guidance, primary safety baselines.

This is original educational content created by Defender Outfitters. Sources support specific safety and planning concepts; none sponsors or endorses this guide. Current official orders, product manuals, medical directions, transport rules, and applicable laws control specific decisions.

Ready.gov - Build A Kit

ready.gov/kit

Ready.gov - Evacuation

ready.gov/evacuation

American Red Cross - Make a Disaster Preparedness Plan

redcross.org/get-help/how-to-prepare-for-emergencies/make-a-plan.html

American Red Cross - Survival Kit Buying Guide

redcross.org/take-a-class/resources/articles/survival-kit-buying-guide

CDC - Building an Emergency Kit

cdc.gov/disability-emergency-preparedness/people-with-disabilities/build-a-kit.html

CDC - Personal Needs

cdc.gov/prepare-your-health/take-action/personal-needs.html

SAFETY NOTE

This guide is educational. Follow current evacuation orders, emergency services, medical advice, training, product instructions, carrier load limits, and applicable laws. Never delay evacuation to retrieve equipment.

Canonical current edition: defenderoutfitters.com/guides/how-to-build-test-go-bag

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