



Equipment Review

Escape/Grab bags and Emergency Escape Pouches – Why? What for? What are they?

Anyone who has attended any of our training programs associated with travel or deployment to hostile environments, or difficult regions, will know just how important we consider these two critical pieces of kit. Our specialist Consultants and Operatives drill this into anyone who is serious about managing the risks in Hostile environments, and why? Because, for many of them, these items have either saved their lives, or the lives of their clients when things go wrong!

It's not genius, nor fancy, just a practical discipline that works in helping to manage the risks of any number of potential dangers.

The discipline is simple! Wherever you go and whatever you are doing, as soon as you get off the aircraft in your hostile location your escape pouch goes onto a good strong belt and stays with you always! Again, anyone having attended training with us shall know that another crucial part of risk management in hostile environments is maintaining a low profile, and as such your escape pouch should be selected and worn with that in mind. The essential contents of that pouch are flexible and may change depending upon the risks, region, climate, you and your role or occupation. In the information below one of our Specialist Support Team Operatives has listed the contents in his escape pouch, as a guideline only.

Secondly, your escape or grab bag is always very close by, in the front of any vehicle with you, always in the room you are in and so on. Again its contents may vary and maintaining a low profile is critical and always part of the equation when deciding when to wear it, have it close by and what it should look like. We have some very senior executive clients, that due to the nature of their business, have a soft durable briefcase as both their essential business documents case and doubling as their escape bag, and if that means it's more likely to be with you when you may need it, then that's a start.

My Escape Pouch and Pack are always with me and the contents vary slightly depending upon where I am and why. The essentials though are almost always the same and this guideline should provide you with a good starting point. They may be items here with which a purpose is not obvious, but to provide a commentary on how and when to use each and every item would take a lengthy document. If you are curious however, and have not attended or are about to attend our training programs then feel free to drop us an email and we shall try to elaborate.

In addition to my Escape Pouch and Pack, any required protective gear is also with me or close by. This may be a protective ballistic vest in some environments, protective goggles and helmets in heavy ballistic high risk regions, and a respirator and even specific clothing for CS gas and similar Riot Control Agents (RCA's) where protests, civil disturbances or the use of such by militias is high. Protective and Ballistic Vests and other Protective gear such as respirators is an information sheet in itself and is available either on our website or by contacting us directly.

My Escape Pouch is a small civilian looking waterproof camera pouch that velcro's and press studs securely onto my belt and can be removed in a flash. It never stands out looking like a small camera or phone pouch, is big enough for my essentials and small enough to be inconspicuous"

The only additional must haves close by at all times and climate dependant, are either a cold weather insulated jacket in cold climates or a sun hat and shades in hot or sunny environments.

I have listed below the contents of my escape pouch and escape pack that I carry with me on most deployments:

Inside my Escape Pouch I have:

- ✓ A full personal survival kit in a tin for boiling water
- ✓ Water purification tablets
- ✓ A few small blocks of solid fuel
- ✓ Whistle
- ✓ Compass
- ✓ Silver blanket
- ✓ Pain killers
- ✓ Gastrostop or similar
- ✓ Gastolyte hydration or similar
- ✓ Antihistamine
- ✓ Mini magnifying glass/Tweezers
- ✓ High energy/protein bar
- ✓ Pencil/paper
- ✓ Balloon or Condom/small tampon
- ✓ Cash
- ✓ Fuse wire
- ✓ Quickclot sachets
- ✓ First field dressing
- ✓ Compression bandage
- ✓ Eye drops
- ✓ Pocket knife/tool/razor blades
- ✓ Fire flint and steel starter
- ✓ Water/wind proof matches
- ✓ Small lighter (with fuel)
- ✓ Mini flashlight
- ✓ Paracord/Needles and threads
- ✓ Fish hooks and line
- ✓ Copy of local maps
- ✓ Copy of passport/visa/press card, etc
- ✓ Copy of any non sensitive emergency documents
- ✓ Encrypted USB with important documents
- ✓ Help translation cards
- ✓ Insulation tape

My escape bag is a tactical 511 day pack. It's very durable, water repellent, and large enough for essentials, plain black and small enough to be inconspicuous, whilst comfortable enough to pack heavy and carry if required over long distances. It is easily combined with a jacket and sticks to form a make shift stretcher strong enough to carry a large person with ease. Inside mine I have:

- ✓ More substantial medical kit
- ✓ All my communications gear, chargers/leads
- ✓ Small solar powered charger
- ✓ SW radio and batteries (sometimes scanners)
- ✓ Small high quality Binoculars
- ✓ Navigation/ GPS equipment and chargers
- ✓ Safety/sun glasses
- ✓ Quality compass and maps
- ✓ High quality water/wind proof top
- ✓ Gloves and Hat
- ✓ Spare socks/laces
- ✓ High quality torch/flashlight
- ✓ Multi tool/Leatherman
- ✓ Personal hygiene kit (toilet paper/Vaseline)
- ✓ Sun cream
- ✓ Insect repellent/Mosquito net
- ✓ Small compact camera with powerful Tele-lense
- ✓ Face masks (paint fume type)
- ✓ Compact Micro thermal sleeping bag
- ✓ Large durable bin liner
- ✓ Water proof bags
- ✓ Para cord/sewing kit
- ✓ Note book and pens
- ✓ Water bottles/Water filter
- ✓ Small thermos flask
- ✓ IR Strobe
- ✓ Thick red gaffa tape and thick black gaffa tape
- ✓ Insulation tape
- ✓ Lock tool
- ✓ Tin mug
- ✓ High protein/energy food/tea/coffee/soups/salt/sugar
- ✓ Small cooker
- ✓ Cigarettes and lighter (I don't smoke)
- ✓ Sweets (in case I need to be friend kids)
- ✓ Cash/Cards and Important documents
- ✓ Encrypted USB with important plans/docs/contacts

This all packs in with plenty of free space, weighs very little and stays with me almost indefinitely. With my pack, pouch and a bit of training you can survive the most arduous situations, and all the teams regularly test, refine and practice doing so, many having survived emergency situations with such basic essentials on all sorts of occasions. Terrorist attacks, kidnapping, or natural disaster have it with you, always! Of course if flying much of this goes in the hold and is picked up and prepared as soon as possible on arrival. In some regions some items may be prohibited, so check first. Finally practice using all the items and adjust both to sort your deployments.