

Keeping Clean When Bugging Out

By Joseph Parish



One of the largest boasts to a person's moral when STFT is having a clean body. When your body feels clean your mind automatically receives a boost in those all-important "warm fuzzies." The problem is how you can accomplish this same effect when you are in the process of bugging out.

After a hard day's workout involving possibly chopping wood or building fences around your livestock at your bug out location you are ready for some delightful dinner and a few hours relaxing with the family but unfortunately before you can do that you will need to clean up. Often times while bugging out this is not such a simple task especially when you lack the necessities of your home hot water heater and shower. Never fears however as there are solutions to this problem and they present themselves in the shape of a portable shower. These showers hang on a tree or some other structure and the water is heated by the sun. This arrangement is all well and good but before we can do that let's set up a shower bag. We have bags for bugging-out, we have bags for 72 hour survival well now it is time for a shower bag.

Our shower bag puts all your basic hygiene bath items together in one location ready for you when it is time to clean up. To begin this project, you will need to locate some sort of waterproof shoulder bag that is easy to carry and readily stored when not in use. Since you will be using this bag near your portable shower it should be waterproof so that all the contents stay dry and do not get wet. The contents in this bag are not set in stone and the final selection should cater to your specific needs and desires. At a minimum the shower bag should contain:

- Several towels and wash clothes

- A bar of soap in a plastic container
- A small plastic container of shampoo
- Your toothbrush complete with a protective container
- Toothpaste and dental floss
- A comb and brush
- A razor and shaving cream
- Sunburn relief cream or spray
- A small plastic trash bag for your wet towel and wash cloth until you hang it up to dry

You should be prepared to take your shower under most conditions some of which may be undesirable. Since your shower is heated by solar radiation do not expect it to get as hot as it would at home. In fact, it is highly possible that you may have to undergo a Luke-warm shower or even a cold one. There is no guarantee for hot water here. I think back to all those times in the military when camping out and having to take a cold shower especially in the winter time. Those were not days which made me a happy camper.

The camp shower itself consists of a 2-1/2-gallon plastic bag which is clear on one side and colored black on the other. It has a cord connected to it which allows you to hang the bag from a tree or other suitable structure along with a spout and closure control from which you control the water flow. Always fill the plastic container with water first thing in the morning and place it in a location where the sun will shine upon it. Make certain that you leave the clear side up since the sun will strike the clear side and the related heat will be absorbed by the black side. Scientifically, heat will rise so it will be logically be reflected back into the water. In the evening when it is time to take a shower the water will be hot enough to complete the cleanup task as needed. When taking your shower use the attached cord for hanging the shower where you want it. Make sure that when you do hang the shower that you install it high enough so that you are able to stand under it to get washed. Now all you have to do it open the closure and enjoy your shower.