

13:18 and the children of Israel went up armed out of Egypt
 וחמשים עלו בני-ישראל מארץ מצרים

There are many explanations given for the meaning of חמשים

Rashi: one fifth - one in five went out, four out of five died during the 3 days of darkness.

תורת משה: armed with the bones of Yosef, because the merits of the righteous are a protection for the people.

armed with what ? with the Torah – חומש

בעל הטורים: because they had five חמשה different kinds of weapons.
 A shield מגן , and a cuirass or breast-plate (body armor) וצננה , and a spear ומקל , and (a bow and) arrows וחצים , and a staff ומקל
 (See Ezekial 39:9)