Bug Out Bag Checklist

Use this checklist pages as a guideline when building your bug out bag.

Water and Hydration

- Drinking Water (3 Liters)
- Collapsible Water Bottle
- Hard Water Bottle
- Metal Water Bottle / Canteen
- Water Filters / Purification Systems
- Water Purification Tablets (Qty 3)

Food

- Protein / Energy Bars (Qty 6)
- MREs / Dehydrated Meals (Qty 3)
- Spork
- P-38 Can Opener
- Metal Cooking Pot
- Metal Cup
- Pot Scrubber
- Portable Stove
- Stove Fuel (Qty 8 Tablets)

Clothing

- Lightweight Long Sleeve Shirt
- Convertible (Zip-Off) Pants
- Underwear
- Wool Hiking Socks (Qty 3 pair)
- Medium Weight Fleece
- Hat w/ Flex Brim
- Working Gloves
- Rain Poncho
- Shemagh

Shelter and Bedding

- Tarp
- Tent
- Sleeping Bag

- Ground Pad
- Wool Blanket

Heat Source

- Ignition Source (Qty 3)
- Tinder (Qty 3)
- Waterproof Storage

First Aid

- First Aid Kit
- Insect Repellant
- Mylar Survival Blanket

Hygiene

- Wet Napkins
- Hand Sanitizer
- All-Purpose Camp Soap
- Hygiene/Signal Mirror
- Small Pack Towel
- Travel Toilet Paper (Qty 2)

Tools

- Survival Knife
- Multi-Tool
- Machete

Lighting

- LED Headlamp
- Mini LED Keychain
- Light Glowstick
- Mini LED Light
- Candles
- Batteries

Communications

- Cell Phone
- Crank Power Charger
- Emergency Radio with Hand Crank

Travel Aids

- \$500 Minimum in Small Bills
- Quarters (Qty 8)
- Gold / Silver Bullion Coins
- Local Area Map
- Compass
- Small Note Pad / Pencil
- Emergency Whistle

Self Defense

- Pepper Spray
- Handgun
- Takedown rifle
- Ammunition (Qty 25 rnds minimum)

Miscellaneous

- 550 Parachute Cord (50')
- Cotton Bandana
- Duct Tape (25')
- 55 Gal. Contractor Garbage Bag (Qty 2)

- Re-sealable Bags (Qty 5, Various Sizes)
- Sunglasses
- N95 Face Mask
- Sewing Kit
- Latex Tubing (3')
- Fishing Kit
- Condoms (Non-lubricated)Binoculars (Optional)
- Face Paint
- Military Surplus Survival / Snare Wire