



Bug Out Bag List

A bug out bag checklist should include the following items but not limited to:

- ☐ MREs or Energy Bars or Freeze Dried food
- ☐ Mess kit and plastic utensils
- ☐ Water Bottle
- ☐ Water Filtration
- ☐ Water Purification Tablets
- ☐ First Aid Kit
- ☐ Bleed Stop Kit
- ☐ Insect Repellant
- ☐ Latex Gloves
- ☐ Personal or OTC Medications
- ☐ Sleeping Bag
- ☐ Tarp or tent
- ☐ Sleeping Pad
- ☐ Mylar Thermal Blanket
- ☐ Rain Jacket / Poncho
- ☐ Hat / Bandanna
- ☐ Long Sleeve Shirts
- ☐ Hiking Socks
- ☐ Hiking Boots or sturdy shoes
- ☐ Underwear
- ☐ Work Gloves
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Hairbrush or comb
- ☐ Soap
- ☐ Hand Sanitizer
- ☐ Small Towel
- ☐ Wet Naps/ wipes
- ☐ Toilet Paper
- ☐ Feminine Hygiene Items
- ☐ Garbage bags
- ☐ Resealable zip-lock Bags
- ☐ Zip-ties
- ☐ Sewing Kit
- ☐ Flashlight or lantern
- ☐ Batteries or fuel
- ☐ Portable, Solar Panel
- ☐ Solar Powered Battery Bank
- ☐ Charging Cables
- ☐ Cell Phones
- ☐ Hand-held radio/ walkie-talkies
- ☐ Emergency radio: battery or hand-crank or rechargeable radio



- ☐ Area Maps
- ☐ Compass
- ☐ Emergency Whistle
- ☐ N95 Face Mask or Chemical Protective mask
- ☐ Firearm
- ☐ Pocket knife
- ☐ Taser
- ☐ Pepper Spray
- ☐ Multi-Tool
- ☐ Manual can opener: canned food
- ☐ Fire Starter
- ☐ Duct Tape
- ☐ Paracord
- ☐ Survival Knife
- ☐ Machete
- ☐ Axe/ Hatchet
- ☐ Wrench or pliers (To turn off utilities)

- ☐ Drivers Licenses
- ☐ Passports
- ☐ Home and Title Documents
- ☐ Prescriptions
- ☐ Important Medical Records (Shot record or allergy/ insulin bracelet)

- ☐ Cash or traveler's checks
- ☐ Babies and kids' items: diapers, formula, small toys
- ☐ Pet Supplies
- ☐ Playing Cards