

# BUG OUT BAG CHECKLIST

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## FOOD & WATER

- o Personal daily rations for three days
- o 32 oz water bottle (It's recommended to drink 8 oz, eight times throughout the day = 64oz.)
- o Water purification tablets/or Water filtration device
- o Camping cook set, utensil,

## LIGHT & WARMTH

- o Flashlight with extra batteries and/or solar/hand crank light
- o Glow sticks
- o Candles (Seal these in a Ziploc bag to prevent oil & wax from leaking onto your other items)
- o Matches, lighter
- o Tent / Tarp
- o Hand or foot warmers
- o Emergency blanket and/or light weight blanket
- o Sleeping bag

## CLOTHING

- o Extra clothing (shirt, pants, thermals or under armor, underwear, socks)
- o Beanie, baseball cap
- o Gloves
- o Belt
- o Poncho / Rain gear

## FIRSTAID

- o Lg., med., & sm. bandages
- o Medication
- o Eye drops
- o Pain reliever
- o Antibiotic ointment
- o Tweezers
- o Moleskin
- o Headache medicine
- o Surgical gloves

## TOILETRIES

- o Toothbrush
- o Small bar of soap
- o Toilet paper
- o Hand sanitizer
- o Toothpaste
- o Lotion / Chapstick
- o Feminine hygiene products

## COMMUNICATION

- o Radio
- o Whistle
- o GPS / Sat messenger
- o Notepad & pencil
- o Power stick battery charger
- o Calling card
- o Cell phone & charger cord

## MISCELLANEOUS

- o Duct tape
- o Map
- o Pocket knife
- o Black garbage bags
- o Compass
- o Self Defense items (if trained)
- o Leatherman
- o Scriptures

## DOCUMENTS - Carry Copies Of:

- o Drivers License
- o Contact list of family & friends
- o Picture of family members
- o Credit Card

