

Bug-Out Bag Checklist

Water Storage/Purification:

2 Litre-Size Stainless Steel Water Bottles
50 Water Purification Tabs
LifeStraw® Water Filter

Food/Food Preparation:

Portable Stove (Multi-Fuel, *if possible*)
2 Liquid Fuel Canisters
Stainless Steel Utensils
Stainless Steel Mess Kit (Army Surplus)
Several MREs (Army Surplus)
Several Packets Instant Oatmeal
Several Energy Bars

Fire Supplies:

Waterproof Matches
Aluminum Weatherproof Match Container
2 Disposable Lighters
Fire Steel
Kindling Sticks (AKA Fatwood)
9V Battery
Extra Fine Steel Wool (AKA .000)

Personal Clothing:

Leather Work Gloves
Rubber Gloves
Nylon Poncho (Army Surplus)
Fleece Jacket Or Pullover (Polartec® 200 Or 300 weight)
Gore-Tex® Parka w/ Hood
Gore-Tex® Pants
Ball Cap
Wool Toque
Wool Scarf
Merino/Silk/Polyester Long Underwear
Several Cotton T-Shirts
Several Pairs Of Underwear
Several Pairs Of Socks
Pair Of Jeans
Cargo Shorts
Teva® or Keen® Sandals
Gore-Tex® Hiking Boots
Gore-Tex® Trail Runners

Fishing Tackle:

Collapsible Rod & Reel
Assorted Hooks, Lures & Weights
Minnow Net

Bugout Bag Checklist (continued)

Miscellaneous Tools:

Carabiners (Various Styles/Sizes)
Roll Of Duct Tape
Hatchet w/ Sheath
Entrenching Tool (Army Surplus)
Multitool: (recommend Gerber®/Leatherman®/Victorinox®/SOG® brands)
2 Wire Ring Saws
5-7" Fixed Blade Knife w/ Sheath
Knife Sharpening Stone
Metal File
50' Paracord (AKA 550 Cord)

Sleep & Personal Hygiene:

Lightweight Self-Standing Tent
Medium-weight Sleeping Bag
8 'x 8' Poly Tarpaulin
Foam Sleep Pad
Toiletries Kit
Microfibre Towel & Hand Towel (MEC)

First Aid & Medical Supplies:

Prescription Drugs (3 Week Supply, If Needed)
Aspirin Or Ibuprofen
Hand Sanitizer
Anti-Diarrheal Pills
Sunscreen
Benadryl® Pills
Polysporin® Antibacterial Ointment
Folding Scissors
Tweezers
Disposable Scalpel
Alcohol Wipes
Assorted Gauze Bandages
Compression or Crepe Wrap
Flexible Splint/Cloth Cravats
2 Rolls Medical Tape

Safety & Surveillance:

Sunglasses or Eye Protection
Compact Binoculars
Hand-Generator Radio (AM & NOAA Emergency Bands)
Digital Library Of Survival Books (On Cellphone/Tablet)
Waterproof Notepad
Waterproof Pen (i.e., Fisher Space Pen)
Rechargeable LED Flashlight