



# Bug Out Bag



## CHECKLIST

This checklist is a starting point to help make sure you don't overlook any important items. Customize this checklist based on your own needs so you're prepared for when SHTF!

### WATER

- Water bottle
- Water filter
- Purification tablets
- Lightweight pot for boiling water

### FOOD

- Fishing Kit
- Camp cook stove and fuel
- Emergency food for 3 days

### SHELTER

- Sleeping bag
- Tarp or tent
- Blankets

### HYGIENE

- Toothbrush and toothpaste
- Soap
- Neck gaiter
- Toilet paper
- Insect repellent

### FIRST AID

- Tweezers
- Small scissors
- Cotton swabs
- Antibiotic ointment
- Medical tape
- Personal medications
- Rolled bandages
- Adhesive bandages
- Moleskin
- Nitrate gloves
- Skin glue
- Trauma pads
- Heavy gauze
- Waterproof first aid bag
- Butterfly closures
- Burn salve
- Tourniquet
- Small syringe
- Sunscreen
- EpiPen
- Pain reliever
- Potassium iodine
- Ace bandage
- Antidiarrhea medicine

The BOB Checklist continues on the next page.



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### CLOTHING

- Poncho and sturdy boots
- Hat
- Extra underwear and socks
- One change of clothing

### COMMUNICATION

- Map
- Compass
- Emergency radio

### COMFORT

- Pen and a notebook
- Deck of cards
- Cash in small bills

### YOUNG FAMILIES

- Toys
- Baby formula
- Diapers
- Pacifier
- Baby medicine

### GEAR

- Knife
- Multi-tool
- Flashlight and glow sticks
- Small ax
- Shovel
- Waterproof matches
- Lighter
- Weapon and ammo
- Gas mask
- Extra batteries
- Solar charger
- Automatic (wind-up) watch

### DOCUMENTS

- Social security card
- Passport
- Prescriptions for medications
- Weapon permits
- Vehicle papers
- Health insurance infos
- Driver's license
- Copies of credit and debit cards