

Bug Out Bag Checklist

TRUEPREPPER

For more information visit:
<https://www.trueprepper.com/kits/bug-out-bags/>

Minimum Requirements

Suggested Additions

Consider Adding

Shelter/Clothing

- Work Gloves
- Socks
- Long Sleeve Shirt
- Underwear
- Pants
- Waterproof Tarp
- Wool Blanket
- Sleeping Bag/Bivvy
- Bandana
- Poncho
- Tent
- Hat
- Jacket
- Boots/Shoes
- Quick Dry Cloth
- Long Underwear
- Sunglasses
- Sleeping Mat/Ground Pad
- Scarf/Shamagh
- Rainproof Shell
- Ball Cap
- Compressed Towels
- Handwarmers
- Tent Stakes

Fire/Light

- Waterproof Matches
- Lighter
- Flashlight
- LED Head Lamp
- Ferro Rod
- Candles
- Tinder/Fatwood
- Keychain Flashlight

Communication

- Combo Radio/Light/Charger
- Survival Mirror
- Cell Phone Charger
- Power Bank
- Signal Flares
- Whistle
- HAM Radio
- CB Radio

Water

- Water Filter
- Purification Tablets
- Steel Water Bottle
- Canteen With Cup
- Water (3L+)
- Drink Mix
- Bleach
- Coffee
- Electrolyte Mix

Food

- Emergency Ration Bars
- MREs (Meal Ready-to-Eat)
- Camp Utensils
- Can Opener
- Stove
- Steel Pot
- Fishing Kit
- Snare Kit
- Beef Jerky
- Condiments
- Multi-Vitamins
- Stove Fuel
- Conibear Trap

Safety

- Survival Knife
- Handgun (if trained)
- Ammunition
- Pepper Spray
- Takedown Rifle
- Gun Cleaning Kit
- Pocket Sharpener
- Ammo Pouch
- Machete
- Hatchet

Miscellaneous

- Bug Out Backpack
- Paracord
- Duct Tape
- Multitool
- Cash Stash
- Batteries
- Sewing Kit
- Folding Saw
- Garbage Bags
- Super Glue
- Zip Ties
- Prybar
- Binoculars
- Silver
- Gold
- Hacksaw
- Zip-Lock Bags
- Waterproof Bags
- Pliers
- Dish Soap
- Rope

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Minimum Requirements

Suggested Additions

Consider Adding

- Steel Wool
- Glow Sticks
- Magnifying Glass
- Fire Extinguisher

Documents/Navigation

- Rainproof Pen
- Rainproof Paper
- Copy of ID
- Family Emergency Plan
- Compass
- Local Maps
- Copy of Birth Certificate
- Copy of Passport
- GPS Watch
- Ranger Beads
- Playing Cards
- USB Drive
- Bug Out Bag Checklist
- Insurance Documents
- Edible Plants Guide
- First Aid Guide
- Fishing/Hunting License
- Bible

Hygiene/First Aid

- Basic First Aid Kit
- Toothbrush
- Toothpaste
- Soap
- N-95 Masks
- Prescription Medication
- Nitrile Gloves
- Feminine Supplies
- Sun Screen
- Bug Spray
- Hand Sanitizer
- Portable Bidet
- Anti-diarrheal Tabs
- Iodide Tablets
- Shaving Supplies
- Foot Powder
- Toilet Paper
- Floss
- Snake Bite Kit
- Sting Kit
- Anti-diarrheal Tabs
- Trauma Kit (if trained)