

Bug Out Bag Checklist

A 72-hour go-bag for each person. Tick items as you pack; note sizes and expiry dates.

Name: _____ Bag for: _____ Last checked: ____/____/____ Next check: ____/____/____

WATER

- ☐ Water bottles or bladder *1 gal (about 4 L) per person per day*
- ☐ Water filter or purification tablets
- ☐ Collapsible water container

FOOD

- ☐ Non-perishable food, 3 days *Energy bars, dried meals*
- ☐ Can opener or multi-tool
- ☐ Spoon / cup / small pot

SHELTER & WARMTH

- ☐ Emergency blankets (mylar)
- ☐ Rain poncho
- ☐ Tarp and cord
- ☐ Sleeping bag or bivvy
- ☐ Hand warmers

CLOTHING

- ☐ Change of clothes *Layers for the season*
- ☐ Warm hat and gloves
- ☐ Spare socks *2 pairs*
- ☐ Sturdy shoes

LIGHT, FIRE & TOOLS

- ☐ Flashlight or headlamp
- ☐ Spare batteries
- ☐ Lighter and waterproof matches
- ☐ Knife or multi-tool
- ☐ Duct tape
- ☐ Work gloves

FIRST AID & HEALTH

- ☐ First aid kit
- ☐ Prescription medicines *7 days if possible*
- ☐ Pain relievers, allergy meds
- ☐ Spare glasses / contacts
- ☐ Masks and hand sanitizer

COMMUNICATION & NAVIGATION

- ☐ Battery or hand-crank radio *NOAA weather band (US)*
- ☐ Phone charger and power bank
- ☐ Whistle
- ☐ Paper map of your area
- ☐ Compass

DOCUMENTS & MONEY

- ☐ Copies of ID and insurance *In a waterproof bag*
- ☐ Emergency contact list
- ☐ Cash in small bills
- ☐ Spare house and car keys

HYGIENE

- ☐ Toothbrush and toothpaste
- ☐ Wet wipes / toilet paper
- ☐ Garbage bags and ties *Also for sanitation*
- ☐ Feminine supplies

FAMILY, KIDS & PETS

- ☐ Baby supplies (formula, diapers)
- ☐ Pet food, water and leash
- ☐ Comfort item or game