

Bug Out Bag Checklist

TRUEPREPPER

For more information visit:

<https://trueprepper.com/kits/bug-out-bag-list/>

☐ Essential Items

☐ Suggested Gear

☐ Situation-Specific

The Bag

☐ Survival Backpack

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)
- ☐ Fishing Kit
- ☐ Snare Kit
- ☐ Beef Jerky
- ☐ Condiments
- ☐ Multi-Vitamins
- ☐ Conibear Trap
- ☐ Edible Plants Guide

Shelter

- ☐ Waterproof Tarp
- ☐ Survival Blanket
- ☐ Sleeping Bag/Bivvy
- ☐ Tent
- ☐ Quick Dry Cloth
- ☐ Sleeping Mat/Ground Pad
- ☐ Rainproof Shell
- ☐ Shovel

Fire

- ☐ Waterproof Matches
- ☐ Lighter
- ☐ Ferro Rod
- ☐ Tinder
- ☐ Magnifying Glass
- ☐ Fire Extinguisher

Nav & Comms

- ☐ Weather Radio
- ☐ Compass
- ☐ Local Maps
- ☐ Survival Mirror
- ☐ Cell Phone Charger
- ☐ Power Bank
- ☐ Signal Flares
- ☐ Whistle
- ☐ GPS Watch
- ☐ Ranger Beads
- ☐ Ham Radio
- ☐ CB Radio

First Aid

- ☐ Basic First Aid Kit
- ☐ Prescription Medication
- ☐ Sun Screen
- ☐ Bug Spray
- ☐ Anti-diarrheal Tabs
- ☐ Iodide Tablets
- ☐ Extra OTC Medication
- ☐ Trauma Kit (if trained)
- ☐ Sting Relief
- ☐ First Aid Guide

Tools & Tactical

- ☐ Survival Knife
- ☐ Bushcraft Knife
- ☐ Handgun (if trained)
- ☐ Ammunition
- ☐ Flashlight
- ☐ Headlamp
- ☐ Paracord
- ☐ Duct Tape
- ☐ Multitool
- ☐ Pepper Spray
- ☐ Batteries
- ☐ Sewing Kit
- ☐ Folding Saw
- ☐ Garbage Bags
- ☐ Super Glue
- ☐ Zip Ties
- ☐ Candles
- ☐ Machete
- ☐ Hatchet
- ☐ Prybar
- ☐ Binoculars
- ☐ Hacksaw
- ☐ Zip-Lock Bags
- ☐ Waterproof Bags
- ☐ Pliers
- ☐ Rope
- ☐ Sillcock Key
- ☐ Keychain Flashlight
- ☐ Steel Wool
- ☐ Glow Sticks
- ☐ Takedown Rifle
- ☐ Gun Cleaning Kit
- ☐ Pocket Sharpener

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☐ Essential Items

☐ Compressed Towels

☐ Handwarmers

☐ Tent Stakes

☐ Clothing & PPE

☐ Work Gloves

☐ Socks

☐ Long Sleeve Shirt

☐ Underwear

☐ Pants

☐ Rain Poncho

☐ N-95 Masks

☐ Nitrile Gloves

☐ Bandana

☐ Hat

☐ Jacket

☐ Boots/Shoes

☐ Long Underwear

☐ Sunglasses

☐ Scarf/Shamagh

☐ Earplugs

☐ Cookware

☐ Camp Utensils

☐ Can Opener

☐ Stove

☐ Steel Pot

☐ Stove Fuel

☐ Suggested Gear

☐ Hygiene & Sanitation

☐ Toothbrush

☐ Toothpaste

☐ Soap

☐ Feminine Supplies

☐ Hand Sanitizer

☐ Portable Bidet

☐ Shaving Supplies

☐ Foot Powder

☐ Toilet Paper

☐ Floss

☐ Documents & Personal Items

☐ Emergency Plan

☐ Copy of ID

☐ Cash Stash

☐ Rainproof Pen

☐ Waterproof Notebook

☐ Copy of Birth Certificate

☐ Copy of Passport

☐ Playing Cards

☐ Silver

☐ Gold

☐ USB Drive

☐ Bug Out Bag Checklist

☐ Insurance Documents

☐ Fishing/Hunting License

☐ Bible

☐ Situation-Specific

☐ Ammo Pouch

BOB

