



Bug Out Bag Checklist: 163 Items

By Marcus Reed | bugoutbagchecklist.org

☐ **Essential (45): pack first** ☐ **Recommended (59): add as you can** ☐ **Situational (59): certain routes or climates**

Backpack

- ☐ 1 Backpack, 40-55L with padded hip belt
- ☐ 2 Waterproof dry bag
- ☐ 3 Carabiners (2-4)
- ☐ 4 Waterproof pack cover

Water

- ☐ 5 Stainless steel single-wall water bottle or canteen
- ☐ 6 Water purification tablets
- ☐ 7 Portable water filter
- ☐ 8 Stored drinking water (bagged)
- ☐ 9 Collapsible water bladder (2-4L)
- ☐ 10 Dirty-water collection bag
- ☐ 11 Electrolyte mix
- ☐ 12 Unscented bleach (small bottle)
- ☐ 13 Sillcock key (opens outdoor commercial taps)
- ☐ 14 Coffee filters (pre-filter for muddy water)

Food & cooking

- ☐ 15 Ration bars (3 days)
- ☐ 16 MREs or freeze-dried meals
- ☐ 17 Energy bars and trail mix
- ☐ 18 Spork or utensil set
- ☐ 19 Military can opener (P-51)
- ☐ 20 Backpacking stove
- ☐ 21 Steel pot or mess kit
- ☐ 22 Extra stove fuel
- ☐ 23 Fishing kit
- ☐ 24 Snare wire (check local laws)
- ☐ 25 Conibear traps (check local laws)
- ☐ 26 Beef jerky
- ☐ 27 Condiment packets
- ☐ 28 Multivitamins
- ☐ 29 Edible wild plants guide
- ☐ 30 Instant coffee

Fire

- ☐ 31 Windproof lighter
- ☐ 32 Waterproof matches
- ☐ 33 Ferro rod
- ☐ 34 Tinder or fatwood
- ☐ 35 Magnifying glass

Shelter & sleep

- ☐ 36 Emergency survival blanket
- ☐ 37 Emergency bivy
- ☐ 38 Waterproof tarp
- ☐ 39 Lightweight tent
- ☐ 40 Sleeping bag or quilt (rated for your climate)
- ☐ 41 Sleeping pad
- ☐ 42 Tent stakes
- ☐ 43 Hand warmers
- ☐ 44 Compressed towels
- ☐ 45 Plastic sheeting (shelter in place)

Clothing & PPE

- ☐ 46 Work gloves
- ☐ 47 Hiking socks (2+ pairs)
- ☐ 48 Long sleeve shirt
- ☐ 49 Underwear
- ☐ 50 Durable pants
- ☐ 51 Rain poncho
- ☐ 52 N95 masks
- ☐ 53 Nitrile gloves
- ☐ 54 Bandana or shemagh
- ☐ 55 Sun hat
- ☐ 56 Jacket or anorak
- ☐ 57 Waterproof boots (wear one pair)
- ☐ 58 Insulating layer (fleece or puffy)
- ☐ 59 Warm beanie
- ☐ 60 Warm gloves or mittens
- ☐ 61 Safety glasses
- ☐ 62 Hard hat or lightweight helmet
- ☐ 63 Long underwear
- ☐ 64 Sunglasses
- ☐ 65 Earplugs
- ☐ 66 Full-face respirator with CBRN filter
- ☐ 67 Disposable protective coveralls

Light & power

- ☐ 68 Flashlight
- ☐ 69 Headlamp
- ☐ 70 Phone charging cable and wall adapter
- ☐ 71 Solar power bank (10000mAh+)
- ☐ 72 Spare batteries
- ☐ 73 Tea candles
- ☐ 74 Glow sticks
- ☐ 75 Waterproof phone pouch
- ☐ 76 Portable power station
- ☐ 77 Folding solar panel

Navigation & comms

- ☐ 78 Emergency weather radio (NOAA, crank/solar)
- ☐ 79 Printed local maps
- ☐ 80 Manual compass (baseplate)
- ☐ 81 Signal mirror
- ☐ 82 Written emergency contact card
- ☐ 83 Signal flares
- ☐ 84 Whistle
- ☐ 85 GPS watch
- ☐ 86 Ranger pace beads
- ☐ 87 Two-way radios (FRS/GMRS)
- ☐ 88 Ham radio
- ☐ 89 CB radio
- ☐ 90 Binoculars
- ☐ 91 Shortwave radio receiver
- ☐ 92 Satellite messenger or PLB

First aid & medical

- ☐ 93 Basic first aid kit
- ☐ 94 Elastic bandage
- ☐ 95 Prescription medications
- ☐ 96 Blister kit (moleskin)
- ☐ 97 Spare glasses and medical device supplies
- ☐ 98 Sunscreen
- ☐ 99 Insect repellent
- ☐ 100 Anti-diarrheal tablets
- ☐ 101 Extra OTC medication (pain, allergy)
- ☐ 102 Tourniquet (CAT style)
- ☐ 103 Lip balm with SPF
- ☐ 104 Povidone-iodine or 2% iodine tincture
- ☐ 105 Potassium iodide tablets
- ☐ 106 Trauma kit (trained users only)
- ☐ 107 Sting relief
- ☐ 108 Wilderness first aid guide
- ☐ 109 SAM splint
- ☐ 110 Burn dressings (hydrogel)

Hygiene & sanitation

- ☐ 111 Toothbrush and toothpaste
- ☐ 112 Biodegradable soap
- ☐ 113 Menstrual and incontinence supplies
- ☐ 114 Hand sanitizer
- ☐ 115 Portable bidet
- ☐ 116 Heavy-duty garbage bags
- ☐ 117 Wet wipes
- ☐ 118 Toilet paper or tablets
- ☐ 119 Cat-hole trowel
- ☐ 120 Safety razor
- ☐ 121 Foot powder
- ☐ 122 Dental floss
- ☐ 123 Portable toilet bags

Tools

- ☐ 124 Fixed-blade knife (4 to 5 inch)
- ☐ 125 Multitool
- ☐ 126 Paracord (50 ft) and rope
- ☐ 127 Duct tape
- ☐ 128 Folding saw
- ☐ 129 Sewing kit
- ☐ 130 Super glue
- ☐ 131 Zip ties
- ☐ 132 Zip lock bags
- ☐ 133 Knife sharpener
- ☐ 134 Entrenching shovel
- ☐ 135 Hatchet or machete
- ☐ 136 Pry bar
- ☐ 137 Folding hacksaw
- ☐ 138 Adjustable pliers
- ☐ 139 Window breaker and seatbelt cutter
- ☐ 140 Steel wool

Protection

- ☐ 141 Handgun and holster (only if trained)
- ☐ 142 Ammunition and pouch
- ☐ 143 Pepper spray (check local laws)
- ☐ 144 Takedown rifle
- ☐ 145 Gun cleaning kit
- ☐ 146 Portable perimeter alarm
- ☐ 147 Personal radiation detector

Documents, money & personal

- ☐ 148 Written emergency plan
- ☐ 149 Copies of ID, passport and birth certificate
- ☐ 150 Cash in small bills
- ☐ 151 Rainproof notebook and pen
- ☐ 152 Medical info and allergy card
- ☐ 153 Waterproof document pouch
- ☐ 154 Playing cards
- ☐ 155 Spare house and car keys
- ☐ 156 Recent family photos (for reunification)
- ☐ 157 Baby and child supplies (if needed)
- ☐ 158 Pet supplies (if needed)
- ☐ 159 Printed copy of this checklist
- ☐ 160 USB drive with documents and maps
- ☐ 161 Insurance and important documents
- ☐ 162 Small gold or silver coins
- ☐ 163 Bible or spiritual guide