



Bug Out Bag Essentials: 45 Items

Pack these first. Firearm items only if trained and legal.

BACKPACK

- ☐ Backpack, 40-55L with padded hip belt

WATER

- ☐ Stainless steel single-wall water bottle or canteen
- ☐ Water purification tablets
- ☐ Portable water filter

FOOD & COOKING

- ☐ Ration bars (3 days)
- ☐ MREs or freeze-dried meals

FIRE

- ☐ Windproof lighter
- ☐ Waterproof matches

SHELTER & SLEEP

- ☐ Emergency survival blanket
- ☐ Emergency bivvy
- ☐ Waterproof tarp

CLOTHING & PPE

- ☐ Work gloves
- ☐ Hiking socks (2+ pairs)
- ☐ Long sleeve shirt
- ☐ Underwear
- ☐ Durable pants
- ☐ Rain poncho
- ☐ N95 masks
- ☐ Nitrile gloves

LIGHT & POWER

- ☐ Flashlight
- ☐ Headlamp
- ☐ Phone charging cable and wall adapter

NAVIGATION & COMMS

- ☐ Emergency weather radio (NOAA, crank/solar)
- ☐ Printed local maps
- ☐ Manual compass (baseplate)
- ☐ Signal mirror
- ☐ Written emergency contact card

FIRST AID & MEDICAL

- ☐ Basic first aid kit
- ☐ Prescription medications
- ☐ Blister kit (moleskin)
- ☐ Spare glasses and medical device supplies

HYGIENE & SANITATION

- ☐ Toothbrush and toothpaste
- ☐ Biodegradable soap
- ☐ Menstrual and incontinence supplies

TOOLS

- ☐ Fixed-blade knife (4 to 5 inch)
- ☐ Multitool
- ☐ Paracord (50 ft) and rope
- ☐ Duct tape

PROTECTION

- ☐ Handgun and holster (only if trained)
- ☐ Ammunition and pouch

DOCUMENTS, MONEY & PERSONAL

- ☐ Written emergency plan
- ☐ Copies of ID, passport and birth certificate
- ☐ Cash in small bills
- ☐ Rainproof notebook and pen
- ☐ Medical info and allergy card