



US Preppers

Essential BUG-OUT-BAG Checklist

Ultimately The Decision of what essential emergency supplies to include in your bug out bag is up to you and your family. This Checklist Includes Our Minimum Recommendations for A 72 Hour Bug-Out-Bag.

CHOOSING A BUG OUT BAG

The first item on your bug out bag checklist is the bag itself.

Everyone has an idea of what their best bug out backpack will be, and the best pieces of advice we can give you are.....

1. Don't rush! Make sure to take your time and be properly fitted for your Bug Out Bag. You want this Bag to fit and be as comfortable as possible!
2. Purchase all your bug out essentials before you purchase the backpack itself. In other words, "buy your Bug-Out-Bag to fit your survival gear" and not the other way around.

The List

WATER	
It's common knowledge that the human body can only go 3 days without water so with out a doubt the most important bug out bag essential is water and the ability to stay hydrated while you and your family are on the move. We recommend a bare minimum of one liter, per person, per day and the supplies to purify water on the move.	
Include the following:	
Water (~1 liter/person/day)	
Portable Water Filter/purification kit	
Water Purification Tablets	
Metal Water Bottle. (when all else fails, you can boil water in this to make it potable.)	
Collapsible Water Bottle. (Take advantage of a good water source when you find it.)	
FOOD	
When planning your bug out food supply, think in terms of calories in VS calories out. In a bug-out situation you will be expending huge amounts of energy and calories while on the move. You need to be replace your calories accordingly to keep you going.	

TIP: When bugging-out, you really won't know how abundant or scarce your water source will be. Be safe and plan your food around your water, it may be more scarce than you think.	
Include a minimum of the following:	
Dehydrated/freeze-dried food. ~1lb per person/day	
MRE's ~2-3 each	
High protein bars ~ 12	
Salt and Pepper shakers or packets. (besides the obvious, salt can help replace vital minerals lost.	
Camp Cooking Kit	
For durability and heat-resistance, we recommend using only light weight metal or aluminum utensils and cookware.	
Include the following:	
Metal/aluminum cooking pot or nested camp-cook set.	
Lightweight backpack Stove	
Spare fuel bottles or fuel pellets.	
Matches or Butane Lighter (in waterproof container)	
Spork (or spoon/fork/knive do not take up much space)	
Medical Kit:	
There are literally thousands of first-aid products on the market, some are great... Some, not so great. However, you really only have two choices to make when it comes to a bug-out medical kit, purchase one or build your own.	
The best advice we can give you is to keep it simple, practical, and check out our preppers medical kit checklist for a complete list of essential emergency supplies.	
Clothing:	
Your selection of clothing will depend on your location, season and climate. Think "Layers" when it comes to clothing. Bring a minimum of two changes of clothes to ensure you always have a dry set to wear. The last thing you need when bugging out are wet clothes! They are not only uncomfortable, but even in summer, hypothermia is a very real and life threatening concern and not to be taken lightly.	
TIP: Evaluate and repack your bug out bag clothing every season and swap out your clothing as necessary.	
Include The Minimum of the following Following for Spring or Summer:	
Lightweight Long Sleeve Shirt	
Convertible (Zip-Off) Pants	
Underwear/Long-Johns	
Wool Hiking Socks (at least 3 pair)	
Medium Weight Fleece	
Over coat or outer – waterproof shell	
Wool hat w/ flexible brim	
Gloves/waterproof and easy to work in	

Rain gear	
Shoes (sturdy & comfortable)	
NOTE: This Bug-Out clothing list is for spring or summer. Winter is a different animal all together. The amounts of clothing are still the same, but the climate in your location will determine the winter clothing you will need in your bug-out-bag.	
Shelter	
You can always make a decent shelter with a tarp or a debris shelter and shiver for a night or two but being well-rested, both physically and mentally is an extremely important when in a survival situation and times are tough.	
These items are a wise choice to include in every bug out bag.	
Tarp for quick shelter or ground cover.	
All season back packing tent.	
Light weight all-season Sleeping Bag	
Insulated sleeping pad	
Wool Blanket	
Manageable amount of rope or paracord.	
Hygiene:	
Personal hygiene is often overlooked in a bug out scenario. But in this situation, the consequences of ignoring hygiene for an extended period of time could lead to wound infection and rapid deterioration of overall health. You need to stay in top shape when bugging out. Be sure to pack these items as a minimum to stay as clean and healthy as possible.	
Unscented Wet Naps/alcohol wipes – at least a dozen	
Unscented Hand Sanitizer -1 med bottle per bag	
All-purpose unscented camp soap	
Hygiene/Signal Mirror -1 per bag	
Small Pack Towel- 1 per bag	
Travel Toilet Paper (Qty 2 packs per bag)	
Feminine hygiene products. As many as needed	
Baby wipes and re-usable diapers. As many as needed.	
Survival gear and Tools:	
This category is the one that everybody gets a bit carried away with, and it's pretty easy to see why. After all, who doesn't love gadgets. But as you know, every single ounce counts in a bug out situation. Determine exactly what you need, stick with it and forget about the rest.	
We recommend including following survival tools for your bug-out-bag:	
A good quality Survival Knife	
Multi-Tool	
A good “Sharp”axe	
A good quality pack saw	

LED Headlamp	
Light Glowstick	
Candles	
Spare batteries	
Crank Power Charger	
Emergency Radio with Hand Crank	
waterproof map of the Area you will be in.	
Compass	
550 Parachute Cord (50')	
Duct Tape (25')	
55 Gal. Contractor Garbage Bag (Qty 2)	
Resealable Bags (Qty 5, Various Sizes)	
Sunglasses	
Sewing Kit	
Latex Tubing (3')	
Fishing Kit	
Condoms (Non-lubricated)	
Binoculars (Optional)	
Face Paint	
Military Surplus Survival / Snare Wire	
Personal/Family Protection	
Something we should all give serious consideration to is self defense. Bugging out, at its most extreme, is a do or die situation. Whether you choose a firearm, can of pepper spray, or hand-to-hand combat is up to you. But be prepared and well trained for these scenarios!	
These are our recommended items for personal and family protection.	
Pepper Spray/bear spray	
Handgun	
high powered rifle or shotgun	
Ammunition (Qty 25 rounds minimum)	
Other Emergency Essential Planning Tips:	
Make a Family Plan (create a family evacuation plan & what to do if separated)	
Remember to plan for family pets & their supplies (water, food, pet camping bowls, leashes)	
Plan, if possible, to stay in contact Family and Neighbors.	
Vital documents (birth certificates, passports, insurance policies, deeds, etc)	
\$500 Minimum in Small Bills or Gold / Silver Bullion Coins	

Small Note Pad / Pencil	
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Bug-out Vehicle

Larger, more secure tent (hunting-style, canvas)	Hunting rifle
2 Burner Camp Stove (coleman style)	Pet carrier(s)
Pots & pans	Vehicle Parts & Maintenance (hoses, fuses, fluids)
Sleeping pad(s)	Jumper cables
CB Radio	Toolkit
Lanterns (battery-powered or propane)	Power inverter
Binoculars	Spare Tire
Additional clothing	Spare Keys
Blankets (extra)	Extra Fuel
Extra Batteries	Hand-crank Light

