

Bug Out Bag Checklist

A grab-and-go 72-hour bag packing list covering water, food, shelter, first aid, tools, documents and cash.

Water and Filtration

- ☐ One to three liters of ready-to-drink water per person
- ☐ A compact water filter or purifier
- ☐ Purification tablets as a lightweight backup
- ☐ A collapsible bottle or hydration reservoir
- ☐ A metal cup or container you can boil water in

Boiling is a reliable backup when filters clog or run out

Food

- ☐ Three days of lightweight, no-cook food per person
- ☐ High-calorie bars, nuts and dried fruit
- ☐ A small stove or fuel tabs if you carry cookable meals
- ☐ A spork and a compact eating set
- ☐ Food for infants, pets and special diets if needed

Shelter and Warmth

- ☐ An emergency bivvy or space blanket
- ☐ A lightweight tarp or poncho for shelter and rain
- ☐ A change of clothes suited to your climate
- ☐ A hat, gloves and extra socks
- ☐ Paracord for rigging shelter and gear repairs

First Aid and Hygiene

- ☐ A compact first aid kit with bandages and antiseptic
- ☐ A three-day or longer supply of personal medications
- ☐ Pain relievers and any prescription essentials
- ☐ Hand sanitizer, wet wipes and travel hygiene items
- ☐ N95 dust masks and a few pairs of gloves

Tools and Lighting

- ☐ A headlamp or flashlight with spare batteries
- ☐ A multi-tool and a fixed-blade or folding knife
- ☐ Fire starters: a lighter, waterproof matches and a ferro rod
- ☐ A whistle and a signal mirror
- ☐ Duct tape and a few zip ties for repairs
- ☐ A phone charger and a power bank

Documents, Cash and Navigation

- ☐ Copies of IDs, insurance and medical info in a waterproof bag
- ☐ A list of emergency contacts and meeting points
- ☐ Cash in small bills in case card systems are down
- ☐ A paper map of your region and likely routes

- ☐ A compass and the skill to use it
- ☐ Spare house and car keys