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