

# 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