

# BUG OUT BAG CHECKLIST



**BUILDING THE ULTIMATE BUG OUT BAG**

Before you start filling your bug out bag with all the tools and supplies you need, you first must purchase a Bug Out Bag. Make certain you buy one with the minimum qualities:

**Camouflage or Earth Tones**

**Durable Materials**

**MOLLE Strap System**

**Thick Hip Supports**

**Water Resistant Materials**

**High Quality Zippers**

**Lots of Pockets**



## **#1 - Bug Out Bag**

Here's an excellent bag that includes all of these qualities. Once, you have your bag figured out...it's time to decide what to put in it.

This checklist is what want to consider putting in your newly purchased Bug Out Bag. I've listed most options but I **DON'T** recommend adding **ALL** of these items, as your bag would get **WAY TOO HEAVY** to carry very far. I give a brief explanation (and justification) of each item to help you decide which items will best meet your personal bug out needs.

# WATER AND HYDRATION

In a limited supplies survival event, it is highly recommended that you have 3 independent ways to filter or purify water. Carrying lots of water gets really heavy, really fast. You need some water to get started but must be able to find and purify / filter it on the go.

## **#2 - Stainless Steel Canteen or Bottle**

It's important to get a stainless steel container and not plastic, so that you can boil water in it. Boiling water kills all bacteria for safe drinking. Prefill the bottle with safe water in storage so you can start off with water and then refill and boil / filter / purify on the go.

## **#3 - Water Purification Tablets**

A great 2nd way to purify water is with tablets, plus it's faster than boiling.

## **#4 - Small Portable Water Filter**

A 3rd way is using a filtration device, this one will save a lot of pack weight and space. Get a couple of them for longer term situations.

## **#5 - Longer Term Filter Jug System**

Not the smallest of water filters but if you have a family then this is a must. This filter jug can supply enough clean water for a family of 4 for nearly a year. Hook it to the outside of your pack and use it when you get to your base camp location.

# FOOD AND FOOD PREP SUPPLIES

Having a couple different sources of food is a must. You need some easy to access and easy to prep foods, but you also need skills/tools in order to hunt and gather additional foods.

## #6 - High Calorie Food Bars

These are a nice staple since they are easy to eat on the go and you can pack lots of them.

## #7 - Freeze Dried Meals

These are light weight and can be prepared once you find a safe spot to settle at. Just add boiling water and enjoy.

## #8 - Military Meals (MRE - Meals, Ready to Eat)

If they are good enough for soldiers then they are good enough for me, but they can get pricy.

## #9 - Basic Utensils - Spork

I'm a huge fan of the spork as its a 2 for 1 utensil (fork and spoon). Most likely you won't need a 2nd knife here since it's recommended to have a survival knife (separate list item), which can be used for any food cutting or prepping needs.

## **#10 - Collapsible Bowl(s) / Cup(s)**

You'll need a simple way to keep your food contained for serving and eating purposes. Plates are too bulky and heavy so a couple of collapsible bowls/cups are a perfect solution.



## **#11 - Braided Fishing Line**

A little bit of fishing line and some skills are a great way to keep getting calories. Braided fishing line is very strong and will last much longer (take more abuse) than other kinds of fishing line.

## **#12 - Fishing Pole Small/Collapsing /Pocket Size**

Recently, some pretty ingenious ultra-small fishing poles have been invented. Any of these will work and breakdown nicely in a pack. Make certain to take some time to learn how to use it effectively.

## **#13 - Portable Light Weight Stove**

In my opinion this one is a personal choice. You can survive without this and save the weight. You can heat your water directly on a fire (stainless steel!) and pour the boiling water into your freeze dried meal pouches. If you need to cook game or fish you can use a stick as a spit or leave the fish with the skin on for cooking and set it directly on the wood

coals. However, if you'd prefer using a stove then get this super small, lightweight one.

#### **#14 - Portable Stove Fuel**

Same as the stove, only needed if you have some extra room.

#### **#15 - Snare Wires For Trapping**

These are light weight and are a must if you know how to use them. Be forewarned though, if you don't know how to use them (and truly learn the skill) then they will not be of much use. If you do learn how to use them, they are incredibly effective.

#### **#16 - Slingshot**

Most people can learn how to use a sling shot quickly with a little practice. It will take some patience, but its light weight and perfect for hunting small game.



#### **#17 - Daily Multivitamin Supplements**

Pick up some "one-a-day" multivitamins. Your diet will be constrained while on the go, so having a good multivitamin will keep your body healthy and strong.

# CLOTHING

Only carry as much as you absolutely need. Cloths are bulky and can take up a lot of valuable bag real estate. I recommend only a couple of undergarments and no change of regular clothes. You should have one high quality set of durable clothes that you can wear every day and then just change out the undergarments to keep up your hygiene.

Remember, this is survival so multiple changes of clothes is not a luxury you can afford.

## #18 - Socks

When you are roughing it in the elements there nothing quite like a fresh pair of socks. I pack several just for that reason. I also like smart wools as they are thick and help to keep your feet comfortable when you're walking long distances with a pack on. Plus, prolonged wet feet can cause mold/fungus issues which are miserable and can cause health issues.

## #19 - (Quick Dry Underwear / Quick Dry Tee Shirts)

Get the quick drying kind so that you can wash them and they will dry fast. You will need less of each since they can be washed/dried so quickly.

## **#20 - Sewing / Quick Fix Mending Kit**

Good to have if your pants rip or your shirt tears. You shouldn't be carrying much clothes so you'll need to mend what you do have should they rip or tear.

## **#21 - Gloves (Mechanix Brand)**

If it's cold out, then you'll need a good set of gloves. I like the Mechanix brand gloves which are made for car mechanics. Your hands will stay toasty warm and you'll be able to use a knife and shoot a gun without taking them off.

## **#22 - Stocking Cap**

Get a camouflage one if you are planning on not being seen. Get an orange one if you want to be found.



## **#23 - Body Warmers (Fingers / Toes)**

Keep a few of these in your bag for those really cold nights. You'll need to ration them but they may just help prevent frost bit, which would cripple your survival efforts.

## **#24 - Rain Pancho with Hood**

Thin and light weight works just fine, just make certain it has a hood to keep you as dry as possible. If you are cold and wet, then hypothermia is a real concern.

# SHELTER AND BEDDING

What you decided to do for shelter is a personal preference. What I don't recommend is a regular tent (it's typically too heavy and takes up a ton of pack space). You'll need to use nature and a few key items to make yourself a shelter. This will take more skills but you can then save the space and weight for other crucial items.

## #25 - Camouflage Tarp

If you want to stay hidden and keep dry at night then get a camouflage tarp. If you want to be found get an orange one.

## #26 - Backpackers Hammock

The hammock is perfect for a single sleeper. You use your sleeping bag and a hammock (rolls up into a really small ball for packing) and you're all set. Warm and up off the ground, you just need to find a couple of trees. The hammock can also be wrapped around you (once you're in) and keep you dry from light rain but you want it under the tarp as well.

## #27 - Bivy Sack or Sleeping Bag

Bivy sacks are basically a sleeping bag with a tent like shell. If you are planning on going the hammock route then you just need a sleeping bag however, if you are sleeping on the ground then get a bivy sack.

## **#28 - Sleeping Pad** (Don't need if using Hammock)

If you are going to forgo the hammock, then you'll probably want a sleeping pad. It will add a little bit of comfort and also keep you warmer since the ground will be cold.

## **#29 - Zip Ties**

Light, easy to use and can help create a nice survival shelter. Helps tie items together to make a shelter.

## **#30 - Rope or Paracord Survival Bracelet**

Rope or paracord is a must for setting up a quality shelter regardless of whether you are going with a hammock or a tarp. It allows you to tie things together.



# HEAT SOURCE

It's recommended that you have at least 3 different ways to start a fire. Fires are your life blood in a survival situation. You need it to purify water (if boiling), cook, night safety and it's a huge morale booster. Once you have 3 of these tools, make sure you know how to use them.

## #31 - Waterproof Survival Matches

Waterproof is the key here. If regular matches get wet then you're not going to have a fire.



## #32 - Steel Flint Fire Starter

Get one and practice, practice, practice.

## #33 - Lighter (Regular BIC or Zippo Lighter)

Nice to have, easy to use.

## #34 - Survival Tinder

Good tinder helps immensely when lighting a fire. Without good tinder you'll have a heck of a time getting a fire started.

## #35 - Vaseline

Add some Vaseline to any tinder and it will help it ignite quickly and easily.

### **#36 - Magnifying Glass**

If the sun is out and you learn this skill, then you can make a fire. Perfect if/when you run out of lighter fluid or matches. Plus this device has a grate for making very fine kindle from a stick, which is absolutely necessary in my opinion.

### **#37 - Small Waterproof Storage Container**

Put all your fire making tools into these containers (or as much as you can fit).

# FIRST AID

When you are exposed to the elements and the challenges of nature, there's a high probability you'll get a cut or a cold. You need some basic first aid tools to make certain you can treat these issues and keep surviving. A simple infected cut can kill you if it is not treated properly.

## #38 - Personal Meds

If you take medications and need to continue to take them even in a bug out situation, then put some in your pack.

## #39 - Wound Gauze Roll

Gauze is perfect for bad cuts or burns.

## #40 - Surgical Tape

Surgical tape will keep the gauze in place.

## #41 - Band Aids (several kinds / sizes)

Band aids are perfect for small cuts and lacerations, keeps all wounds covered and clean which helps to prevent infection.

## #42 - Neosporin

Add to any cut or laceration and you'll be more confident to prevent infection.

### **#43 - Pain Killers**

If in pain from an injury or illness, it can help to keep you going.

### **#44 - Blood Clotting Sponge**

Not a necessity, but nice to have in your first aid kit. Will help a bad wound stop bleeding.

### **#45 - Super Glue**

Can be used to seal up cuts (also handy to have for other survival uses).

### **#46 - Vaseline**

Good to help prevent dry skin getting chapped and cracked. Prevents chapped lips as well.

### **#47 - Safety Pins**

Can be used in numerous injury situations.

### **#48 - Sterile Alcohol Prep Pads**

Clean all wounds and keep it clean.

### **#49 - Hydrogen Peroxide Spray**

Clean all wounds and keep it clean.

### **#50 - Qtips**

Perfect for applying small amounts of creams and liquids.

### **#51 - Survival Tweezers and/or Utility Nail Clippers**

To get slivers out and to keep your nails trim.

### **#52 - Insect Repellent**

Mosquitoes are not fun and carry diseases.

### **#53 - Sun Block**

Ration as best you can because you don't want a bad sun burn and you'll most likely get more sun that you currently do now.

# PERSONAL HYGIENE

This is survival so if you enjoy daily showers then get ready for that to change. When on the run, you'll need to perform some basic sanitation but it's not going to include hot daily showers.

## #54 - Moist Towelettes

Pack as many of these as you can fit. They are light weight and will keep you somewhat clean. It's no shower but it's better than nothing.

## #55 - Mini Toothbrushes

Keep your teeth healthy because it might be awhile before you can see a dentist. An ounce of prevention.....

## #56 - Small Toothpaste

Ration a single tube as long as possible.

## #57 - Dental Floss

Light and small, it will help keep your gums healthy.

## #58 - Qtips

Used in first aid and you can keep your ears clean too.

## #59 - Survival Tweezers and/or Utility Nail Clippers

Good for nail trimming and general sanitation.

## **#60 - Sportsmans Soap**

Ration this as long as you can. Use for the occasional river bath (probably cold!).

## **#61 - Tampons**

Something ladies will want to add to their packs.

## **#62 - Hand Sanitizer (Moist Towelettes Can Replace)**

Good for quick sanitation of hands before eating, etc.

# TOOLS

These are tools that don't fit in other categories but still need at least a few of these to help increase chances for survival. You may not need every one of these tools but you need to think about what will be most useful for your survival needs.

## **#63 - Basic Compass**

Navigation is critical to surviving long distance travels. You need to know where you are and the best way to get there. Learn how to use a compass and you'll never be lost. GPS devices take energy or batteries and so cannot be relied on in a bug out situation.

## **#64 - Small Folding Shovel**

Good idea to have one if you have space. It allows you to improve your shelter areas and bury (or dig up) items. Items being tools, guns or waste.

## **#65 - Survival Knife**

A must have for both self-defense and lots of survival skills. Find a good one and keep it on you at all times.

## **#66 - Badass Survival Series Multi-Tool**

Extremely helpful for all survival skills. Whether its opening cans of food or making shelters, a tool like this has an endless amount of uses when needed.



## **#67 - Portable Solar Charger**

If you plan to have a basic cell phone or walkie talkies, then you need a way to charge those devices.

## **#68 - Scissors**

Another handy tool, however you can probably get by with a good knife and multi-tool.

## **#69 - 3-in-1 Emergency Survival Hatchet**

Excellent for building solid shelters and for making fires by cutting up logs.

## **#70 - Wire Saw**

Extremely small and light weight and can help cut logs for fires. Don't need it if you have a hatchet, recommended if you don't.

# LIGHTING

You need a couple of ways to illuminate your environment at night. Whether it's to move around base camp or to keep moving at night.

## #71 - LED Headlamp

You'll need some light to get around at night. You also need to use your hands. An LED Headlamp is a perfect solution.

## #72 - LED Flashlight

An LED flashlight is needed so that you can quickly shine light on what you want. The biggest downside with a headlamp is that you have less control on what you shine your light on (it only shines light exactly where your head is turned). For safety and self-defense it's recommended to have a flashlight as well as a headlamp.



## #73 - Glow Sticks

These are nice to light up an area and be able to keep it lite up while you walk away which can be helpful around base camp.

# COMMUNICATIONS

Having tools to keep tabs on what is going on in the world via radio communications is very handy so you'll know what moves to make next. Also, if you plan to bug out with others (family or friends) then you'll want some way to communicate with them at distances.

## **#74 - Hand Crank AM/FM/NOAA Digital Radio**

You'll want to get updates on how the "situation" is progressing so you can decide on what your next moves should be.

## **#75 - Two-Way Radio Walkie Talkies**

Excellent way to communicate with others in your party. You can break your teams up, spread out and still keep in communication with each other.

## **#76 - Rugged Cell Phone**

A cell phone can be a helpful tool for communications and other apps but its best to forgo a smart phone and get a basic but rugged flip phone.



### **#77 - Small Signal Mirror**

Can be used for rescue signaling or for signaling other members of your party from a distance.

### **#78 - Notebook and Pencil**

To keep a journal, leave notes for others, or to send out mail (if there's still a mail service).

### **#79 - Multi-Functional Survival Whistle**

Easy way to communicate at distance with your party members. Plus it's light and easy to pack.

# SELF DEFENSE

Whether its self-defense from animals in the wilderness or dangerous individuals, you'll want way to protect both yourself and your family. These are some of the options you may want to consider adding to your pack.

## #80 - Hand Gun

Having a hand gun is the best self-defense tools you can have for protection against nearly all dangers (animals / human). Plus it's easy to pack, however you'll need to keep it clean and ration your ammo.

## #81 - Ammo

Lots of ammo can get heavy very fast, so carry only as much as you can carry over long distances. You'll need to ration you ammo and only use it when absolutely necessary.

## #82 - Brass Knuckles

Unless an attacker has a gun themselves, you'll might have to battle out a struggle fist to fist. I'd prefer to have these in my pack if it ever came to that. There is no such thing as a fair fight when SHTF.

## #83 - Survival Bow and Arrow Set

Bows and arrows don't really fit very well into a pack, but if you can carry it on the outside, then you can reuse the arrows

which helps with not having to ration as much. Good for hunting game as well.

### **#84 - Pepper Spray**

Excellent self-defense tool against attacking animals or animals of the human variety. It's light and packs easy.



# MISCELLANEOUS

These are all recommended items you'll want to consider based upon what your goals and personal survival needs are.

## #85 - Carabiners

In order to effectively utilize your bags MOLLE system you need a bunch of carabiners. These will clip to the MOLLE system and any item you choose to hang from the outside of your pack. Helps you carry lots of extras outside your bag.



## #86 - **Batteries** (Depends on Your Battery Gear Needs - Flashlight, Headlamp, etc.)

Get a couple extra sets of batteries for all your electricity dependent devices.

## #87 - **Cash or Coins (gold / silver)**

Hard to know what currency will be "accepted" but good to have a few different kinds for trading, purchasing or bartering.

## **#88 - Playing Cards (Edible Foods Playing Cards)**

Something to help with boredom so you might as well get ones with useful information on them.

## **#89 - Sunglasses (Survival Style)**

These sunglasses won't slip off or fall off.



## **#90 - Personal Credit Cards (may or may not be useful)**

## **#91 - ID / Passport**

May or may not be useful but good to have in case you do.

## **#92 - Travel Sized Duct Tape**

So many potential uses for duct tape.

## **#93 - Local Area Topographical Map**

In order to know where you are and where you're going you'll need a good map.

## **#94 - Civilian Gas Mask**

If the reason you're bugging out is due to radiation event or chemical attack, then you'll definitely want a gas mask.

### **#95 - War Face Paint**

If you want to stay hidden, some face paint can help provide some extra camouflage.

### **#96 - Family Pictures**

Good to have a few picture in case you get separated and are looking for each other.

### **#97 - A Few Broadheads**

Can be used to create spears for hunting or self-defense. Light weight, small and useful.

### **#98 - Subscription Glasses (2nd pair)**

If you wear corrective lenses then get a second pair and keep the in hard protective case. Not having good vision is a major disability in a survival situation.

### **#99 - Mosquito Head Net**

Mosquitoes buzzing your face is a major annoyance. If you live in a mosquito infested region then this is a must have.

### **#100 - Survival Watch (Paracord!)**

Why not have paracord and a watch all in one?

### **#101 - Electrical Tape**

Many possible uses in a survival situation.

## **#102 - Hiking Poles**

If you will be hiking for many miles each day, then I suggest having a set of these to take some of the burden off your legs. You can walk further with a pack if you have a set of poles to help with steep hikes and stabilize to prevent rolled ankles and tweaked knees.

## **#103 - Amazon Prime (One Year Membership)**

Personally, I have found Amazon to be an extremely helpful resource in searching for all these items in one convenient location. You can add the items you want to your cart and get it all in 2 days with Amazon Prime. You could have your entire Bug Out Bag ready to go in 48 hours and since I know your serious about being prepared, why would you risk waiting a week or two?

# **THE ULTIMATE DONE FOR YOU BUG OUT BAG**

## **#104 - Bug Out Bag Fully Loaded (Done For You)**

If you want a solid bug out bag with all the gear included then go with this option. A knowledgeable survival team has made all the selections for you, helping to ensure your bag is fully optimized for gear, weight and packing so you don't have to worry about all that.

My final word of advice is to take action now. Fellow survivalists and preppers know that a disaster could hit at any moment. Don't be left in a state of regret, knowing you should have, could have but didn't.

Remember: Prepare, Adapt & Overcome,

**-"JUST IN CASE" JACK**