

Bug Out Bag Essentials

- Backpack
- Personal Paperwork (copies of ID, Credit Cards, Medical Cards, Licenses, Insurance information, photo of children and pets and some spare cash)
- Map of area
- Compass
- Notebook and permanent ink pen (Sharpie) and pencil
- First Aid Kit (Include blister care and eye care)
- Necessary medications (include pain reliever, anti-diarrhea, allergy medicine, cough drops)
- Water (emergency water packets, filtration devices, water purification tablets)
- Food (MRE's, Freeze-Dried, Dehydrated, Ready-Made Meals, food bars)
- Small Tarp or backpack tent/shelter
- Sleeping bag (rated to 5 degrees) w/compression sack
- 3 Fire starting methods (matches/lighter/flint)
- Rain/Snow Gear
- Camp pot, cups, utensils
- Stove kit (for boiling water)
- Flashlight and spare batteries
- Area Light source (Chem Lights, candles, lantern)
- Radio (solar and crank powered)
- Phone charger (solar, crank, battery reserve quick charger)
- Personal Hygiene Items (wash cloth, towel, toilet paper, sanitation wipes, dental floss, toothpaste, toothbrush, hand sanitizer, etc.)

- Reusable water bottle/Canteen/collapsible water bag
(MSR Dromedary Bags)
- Rope/paracord
- Multitool
- Knife
- Ziploc bags and trash bags
- Dry sack
- Sewing Kit
- Plastic ground cover
- Clothing (3 days)
 - a) Boots
 - b) Wool socks or hiking socks
 - c) Base layer clothing (preferably Merino wool)
 - d) Under garments
 - e) Work pants w/belt
 - f) Long sleeve work shirt
 - g) Mid-weight jacket (fleece or wind/water resistant)
 - h) Heavy cold weather jacket
 - i) Hat/wool cap
 - j) Bandana
 - k) Work gloves
 - l) Dust mask & eye protection

* Special Note. Keep everything as light as possible. Weight matters. Keep the load as comfortable as possible for you to carry.