



Bug-Out Bag Checklist

Water and Purification

- ☐ Collapsible water bottle or canteen
- ☐ Portable water filter or purification tablets

Food

- ☐ Non-perishable, calorie-dense foods (e.g., energy bars, trail mix, MREs)
- ☐ Lightweight mess kit

Shelter and Warmth

- ☐ Emergency blanket
- ☐ Compact tent or tarp
- ☐ Warm hat and gloves

First Aid and Hygiene

- ☐ Basic first aid kit (bandages, antiseptic wipes, pain relievers)
- ☐ Multi-use soap sheets or hand sanitizer
- ☐ Travel toothbrush and toothpaste

Clothing

- ☐ Weather-appropriate layers
- ☐ Spare socks and underwear
- ☐ Lightweight rain jacket

Tools and Navigation

- ☐ Multi-tool or Swiss Army knife
- ☐ Waterproof map and compass
- ☐ Flashlight with extra batteries

Self-Defense and Signaling

- ☐ Whistle or signal mirror
- ☐ Pepper spray (if legal in your area)

Personal Items

- ☐ Copies of IDs, cash, and essential documents
- ☐ A comfort item (e.g., photo, small keepsake)

Double-check your bag every six months to replace expired items and adjust for seasonal needs!