



GLOBAL
SURVIVAL BASE

Bug-Out Bag Packing Checklist

Practical Preparedness Guide for Modern Families

Prepared by

Global Survival Base

Prepare • Adapt • Survive

globalsurvivalbase.com

Introduction

Modern systems are complex and often fragile. Power outages, supply disruptions, natural disasters, and other unexpected events can disrupt daily life quickly.

Prepared families respond with calm and organization rather than panic.

This checklist provides practical steps to help households strengthen preparedness and improve resilience during emergency situations.

More preparedness resources are available at globalsurvivalbase.com

In any emergency, preparation and organization can make a critical difference. Complete the information below to personalize this checklist and ensure your preparedness plan is clear, organized, and ready when it matters most.

SURVIVAL PREPAREDNESS CHECKLIST

Name	
Location / Household:	
Emergency Contact	
Date Completed	
Next Review Date	



Preparedness Guide Contents

- 1. Step By Step Instructions**
- 2. Preparation and Storage**
- 3. Tools and Safety**
- 4. Planning and Notes**
- 5. Frequently Asked Questions (FAQ)**
- 6. Continue Your Preparedness Journey**

1. Step-by-Step Instructions

1. Review the Scenario

Read the overview section to understand the type of emergency situation this checklist is designed to address.

2. Start with Preparation

Begin by identifying your household needs and determining which supplies or actions are required.

3. Organize Storage

Store supplies in safe, accessible locations where all household members know how to find them.

4. Gather Essential Tools

Collect the equipment and tools needed to support emergency preparedness activities.

5. Review Safety Considerations

Ensure that safety procedures are understood and that supplies such as medical kits and emergency lighting are available.

6. Complete the Planning Worksheet

Use the planning section to document emergency contacts, meeting locations, and evacuation routes.

7. Review the Checklist Regularly

Preparedness plans should be reviewed every six to twelve months to ensure supplies remain functional and up to date.

Okey Lets Get Started



2. Preparation & Storage

Preparation

- Select a durable backpack suitable for evacuation
 - Determine essential items required for 72 hours away from home
 - Identify evacuation scenarios that may require rapid departure
 - Ensure each family member has an assigned bag
-

Storage

- Store drinking water containers inside the bag
 - Pack high-calorie emergency food
 - Include weather-appropriate clothing
 - Pack compact sleeping gear or thermal blanket
-

3. Tools & Safety

Tools

- Pack a flashlight or headlamp
- Include spare batteries
- Store a multi-tool or survival knife
- Pack a portable phone charger or power bank

Safety

- Include a compact first aid kit
- Pack fire starter or waterproof matches
- Store emergency whistle for signaling
- Include water purification tablets or filter

4. Planning & Notes

Planning

- Include printed local maps

- Identify primary evacuation routes

- Store copies of important documents

- Keep emergency cash inside the bag

Notes

- Preparedness Notes
-

- Emergency Meeting Location
-

- Important Contacts
-

5. Frequently Asked Questions (FAQ)

What is a bug-out bag?

A bug-out bag is a portable emergency kit designed to support survival during rapid evacuation for at least 72 hours.

How heavy should a bug-out bag be?

A general guideline is that a bag should not exceed about 15–20% of a person's body weight.

Where should the bag be stored?

Bug-out bags should be kept near exits or easily accessible areas in the home.

Should each family member have their own bag?

Yes, if possible each household member should have a personal bag with essential supplies.

How often should bug-out bags be updated?

Check bags every six months to rotate food, water, and batteries.

6. Continue Your Preparedness Journey

Continue Building Your Preparedness

Preparedness is a continuous process. Small steps taken today can significantly improve safety and resilience during unexpected disruptions.

Explore more practical survival guides, preparedness strategies, and printable resources designed for modern families.

Share This Checklist

If you found this checklist helpful, consider sharing it with others who may benefit from being prepared.

More survival resources available at:

Visit Global Survival Base

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