

GHB (Get Home Bag) - 16 lbs + pad = 17.34

- 1) Outside back zipper 2) Net pockets
3) Top zip pouch 4) Inside zip pouch
5) Inside long pocket 6) Bottom of bag
7) Mid bag 8) Top *k-Kitchen t-Tools*
ss-Cup f-Fannypack m-Misc h-Hygiene

Backpack, foldable, 40 L

- 1-Water bag w/carabiner
1-Personal water filter
2-Pepper spray
3-This list
3-White paper rags, 2
3-Headlamp
3-Keychain LED dual flashlight w/batteries
3-Map compass w/magnifier
3-Local map
3-Eyeglasses
3-Sunglasses
3 & 5-Plastic bags, L garbage & asst storage

- 4m-Duct tape (around pencil)
4m-Assorted nails
4m-Binder clips, 2
4m-Zip ties, 4
4m-Velcro tie ribbon + 3 strips
4m-Sticky back Velcro, 4"
4m-Note paper
4m-Pen, pencil
4m-Needles & heavy thread
4m-Safety pins, assorted
4m-Large rubber bands, 3
4-Carabiners, 3
4-5m pouch w/cash, ID, contacts, flash drive, hard copy of IDs, medical, & car title

- 5- Grill mat, heavy duty, wind shield too
6-Dunk bag, nylon mesh (w/clothes)
6-XL 7' x 5' emergency blanket
6-Thick all-weather blanket, 5x7
6-Sleeping bag liner
6-Sleeping pad (1.34 lbs)
6-Pillow
7k-Foil pan, round 6", folded flat

- 7k-Spork
7k-Paper plate, 3
7k-Disposable plastic utensil set, 1
7k-Foil, heavy duty
7k-Scrub pad & dish liquid
7k-Reusable scrub cloth, 2 (washcloth too)
7k-Water purify tabs, 4 qts (treat 4 hrs)
7k-Beeswax candle, 2 (1 in ss cup)
7ss-SS cup w/long handles, 18 oz, cook
7ss-3 lighter cubes, lights if wet
7ss-Cup, collapsible silicone, hot/cold
7ss-Lighter (in ss cup)
7ss-Matches (w/candle in metal can)

- 7f-Fanny pack
7f-Trowel, multi-tool (saw, screwdriver +)
7f-Vaseline, cotton balls for fire
7f-Knife, 4" bait knife
7f-Ground stakes, metal, 4
7f-Paracord, camo grn, 550 lb wt limit, 25'
7f-Paracord, neon green, 18'
7f-Paracord grips (4)

- 7t-Fire starter - whistle, compass, paracord
7t-Fire starter block (3) & starter chips (6)
7t-Gloves w/gripping rubber palms
7t-Extra AAA batteries, 3
7t-Light stick
7t-Multi-tool, 15 in 1, scissors, knife, can op
7t-Flagging ribbon, orange
7t-Coffee filters, 2
7t-Clear repair tape (tent, poncho, etc)
7t-Peppermint oil
7t-Cotton pads, 3 (soak w/mint oil for bugs)
7t-Cheesecloth (to strain, netting, bandage)
7t-Charging cables, asst, & charging plug

- 8-Weather AM/FM radio; power bank, light
8-Ear buds (w/radio)
8-Ear plugs
8-Hooded waterproof poncho, 7.2'x4.6', 1
8-Footprint tarp, 44"x78"

2-First aid kit w/meds

Sting relief wipes
Antiseptic wipes
Antibiotic ointment
Benedryl gel (itch)
Burn cream
Silvex wound gel
Band-aids, asst & butterfly closures
Tagaderm waterproof pad
Blister pads, asst
Sunscreen
Insect repellent towelettes
Gauze pads, 2
Medical tape
Muscle pain patch, 1
Thermometer, strip
Bleed stop powder
Wound closure device w/alcohol pads
Nitrile glove

Added meds in kit:

Anbesol tooth gel
Ricola throat drops, 2
Alka-seltzer, 2
Sleep aid (4)
Benadryl D, 2 & Claratin, 1
Anti-diarrheal, 3
Ibuprofen, 200 mg, 10
Aspirin, low dose 81 mg, 14
Natural antibiotic, 8
Ivermectin (4)
Potassium iodide tablets (radiation fallout)
7ss-Current vitamins & meds (2 days)

6-Hygiene

1-Flushable wipes, 10
1-Toilet paper
1-Plastic bags, waste, odor sealing, dispose
2-Tissue pack
6h-Soap
6h-Toothbrush & floss
6h-Baking soda (brushing teeth, deodorant+)
6h-Chap stick (can use w/cotton for fire)
6h-Mints
6h-Lotion packet

6h-Comb
6h-Mirror
6h-Hairband, thin (rubber w/fabric)
6h-Elastic headband (for hat/wind/sweat)
6h-Panty liner pads, 3

6-Clothes (for woman)

Hiking shoes & hiking socks -not in total wt
Ankle socks
Pants, variable length
Hooded top. LS
SS top (wick away)
Underwear, wicking/quick dry & bra
Silk long underwear set
Belt
8-Ball cap & toboggan (sleep cap)
8-Rain jacket

GHB food list (food for 2+ days)

2- & 7 Boxed water, 11 oz (2)	06/24
2-Beef jerky packet	07/25
2-Electrolyte drink mix	05/24
2- & 6 Emergency ration bars (4)	
2- & 6 Breakfast bar, Apple Cin (2)	
2-Trail mix bar	09/25
3-Frz dried ice cream sandwich	08-28
3-Pear dried fruit	05/25
6-Cherries & apricot packets	02/25
6- & 2 Snack pks, nuts/cran (3)	08/27
6- & 2 Beef jerky sticks (6)	08/27
6-Tuna pkt	05/29
6-Chicken pkt	02/29
6-Ramen creamy chicken	08/27
6-Lemonade pkt	
6-Cracker pkt, 2	
6-Peanut butter powder	
6-Honey tube (1) & Stevia (3)	
6-Salt/pepper	

With hot water:

6-Quick rice - 1/2 cup	
6-Bone & veggie sip broths (2)	07/25
6-TVP w/chicken & ham cubes	09/23
6-Quick oatmeal (plain)	01/28
6-Tea bags (2)	
6- Decaf coffee (2)	Update 09/26