

*Take both BOB and GHB when bugging out.
Combined bags provide for 2 people/4-5 days.*

Add when leaving home: CHAMP

Cash, Hard drive, Ammo/pistol, Meds, Phone

B&B "Bug Out Bag"-survival supplies, 34 lbs

1-Top zip 7-Ext bottom (sleep)
2-Inside top zip 8-Bottom 9-Mid 10-Top
3-R side zip 11-R waist 12-L waist
4-L side zip (access) 13-Inside slide pocket
5-Back zip 14-R-stretch pouch
6-Stretch back 15-L stretch pouch
k-Kitchen t-Tools m-Misc h-Hygiene
L-Lights w-Water s-Pot

Backpack, 65 L, 32.7x16.5x11.8, 6.6 lbs.

1-Copy of this list
1-White paper rags, 2
9s-Sterno, 2.25 hr
9s-Cup, collapsible silicone, hot/cold
9s-Camp cookware; 1.1 qt SS pot stove,
12 oz bowls 2, spork 2, scrub pad
9-Stove w/6 lighter cubes, lights if wet
9-Bucket, collapsible, 3 gal
9k-Poly cutting pad
9k-Long spoon, silicone
9k-Foil pan, round 6", folded flat
9k-Foil, heavy duty
9k-Reusable scrub cloth
9k-Reusable bag to use in boiling water
9k-Folding knife (for camp kitchen +)
9k-Measuring spoons, T & tsp
8-Salt & powdered butter dual shaker
8-Folding grill grate, 6"x12"
8-Plastic plates, 3 (in plastic box)
8-Assorted food for two, 3+days
8-Condiments
15-Bottled water, 25 oz (& fits water filter)

5-Dish liquid (& to wash clothes)
5-Plastic bags, lrg garbage & asst storage
5w-Water bladder
5w-Personal water filter, 2

5w-Water purify tabs = 4 qts (treat 4 hrs)
5w-Coffee filters (use for filtering water+)
5w-Cheesecloth (to strain, netting, bandage)

3-Monocular telescope, 10x22 mm
3-Gloves w/gripping rubber palms
12-Keychain watch
L2-Head lamp
L2-Lighter, small extendable, disposable
L2-Matches, weatherproof box
L2-Led lights (attachable to bill of cap), 2
L2-Charging cables, asst, & charging plug
L2-Batteries, AAA, 3
L2 & 11-Pocket LED flashlight, 2
13-Solar camp light & power bank
13-Paracord, 550 lb wt limit, 50'
13-Zip ties, 10
13-Grill mat, heavy duty, 6x12 (wind shield)
14-Knife, fixed titanium SS, full tang
7-XL 7' x 5' emergency blanket
7-Sleeping bag, 1 light weight
7-Sleeping pad
7-Sleeping bag liner
7-Pillow
10t-Clip strap, 1'
10t-Saw, pocket, 24"
10t-Whetstone retractable pen
10t-Folding pliers; multi-tool
10t-Carabiners, 6, asst sizes
10t-Flagging ribbon, orange
10t-Velcro tie ribbon + 3 strips
10t-Sticky back Velcro, 6"
10t-Peppermint oil
10t-Cotton pads, 6 (soak w/mint oil for bugs)
10t-Hand warmers, pkt
10t-Duct tape
10t-String
10t-Wire
10t-Super glue
10t-Assorted nails
10t-Sewing kit & heavy thread, asst. needles
10t-Safety pins, assorted
10t-Fishing kit

10t-Playing cards (small set)
10t-Petroleum jelly, (& cotton balls) - fire
2m-Eyeglasses
2m-Note paper
2m-Pen, pencil, highlighter
2m-Rubber bands, 6 lrg
2m-Bible, NIV, NT, lrg print

9/4-First aid (other) - most in GHB

Ace bandage
Sterile gloves
Hand sanitizer
Medicated muscle cream
Anti-itch cream
Insect repellent spray, 40% DEET
Bleed stop powder
Vented chest seal
Tourniquet
Activated charcoal (poison, diarrhea, snake)
Current vitamins & meds (for 3 days+)

9-Hygiene

3-Flushable wipes, pk of 18
6-Toilet paper, 3 pks
4-Plastic bags, waste, odor sealing, 10
14-Tissue, pack
9h-Soap, 2
9h-Lotion
9h-Shampoo, conditioner
9h-Cornstarch (dry hair shampoo, skin salve)
9h-Deodorant
9h-Chapstick (can also use for fire starter)
9h-Toothbrush & toothpaste
9h-Floss
9h-Comb/brush combo
9h-Emery board & nail clippers
9h-Rubber w/fabric hairband
9h-Elastic headband (hat/wind or sweat)
9h-Mirror
9h-Disposable razor
9h-Hand sanitizer
9h-Panty liner pads, 2
9h-Tweezers (for splinters, ticks, etc)

9h-Reusable cloth
8-Towel, microfiber, 25"x54"

Clothes (women's in GHB)

W underwear, wicking/quick dry
W & M water slippers, 2
M pants, zip off legs
M silk long underwear set
M thick hiking socks, ankle
M underwear
M wick away SS T-shirt
9/4-M rain jacket
10-Ballcap & toboggan (sleep cap)
10-Hooded waterproof poncho, 7.2'x4.6'

Add:

Any additional food & water
Another sleeping bag, med weight
*Carry/strap on: Tent for two (7'6"x6') plus
ground/rain tarp (6'x7') = total 6 lbs.*

Optional items:

Eye drops and/or contacts solution
Weather thermometer

Above list + 3 days food for 2 = 34 lbs (inc
one 25 oz water; 6 lb tent w/tarp not incl.

Apply water repellent spray to ponchos,
shoes, tent, exterior of backpack. For
sheltering-in or backpack trekking; omit
items as needed or split weight between two
people. Store bag in cool, dry location. Swap
food/meds/seasonal clothes every 6 months.

Download into phone (for when no internet is available):

Bible, books, movie, games
Favorite family photos
Local maps & first aid
First aid; bleeds, breaks, burns, etc.
Foraging book to ID plants for food/meds

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