



Bug Out Bag 1 Adult

72 Hour Bag

A bug out bag has 3 days worth of items that help you get to a secondary location. This bag should be built based on your location and where your bug out location is.

Bugging out should be your last resort.

Item(s)	/
Backpack, Preferably 3 day bag	
LifeStraw and Water Purification (Tabs, Gravity Bag, ETC)	
72 Hours of Food, MRE style or Protein Bars	
Emergency Shelter, 10x10 Emergency Tarp	
Headlamp with back up batteries	
flashlight with backup batteries	
Water Proof Matches	
Fire Starter with Tinder	
Fixed Blade Knife	
Multitool	
Folding Shovel	
Small Hatchet	
First-Aid Kit	
Paracord, 50Ft	
Chem-Lights 3-5	
Solar Power Bank	
Mess Kit	
1 Pair Socks and Backup Outfit Vacuum Sealed	
Tylenol, Ibuprofen, Benadryl, 10 ea.	
Collapsible Water Bottle or Water Bottle with Filter	
Self Inflating Sleeping Pad and or Hammock	
Heavy Duty Carabiners x2-3	
Folding Stove	
Baeofeng Walkie Talkie	
Hygiene Wipes	
4 Days of Perscription Medication	
Mylar Balnket x2	
Poncho	
Instant Coffee, If wanted	
Spare Magazines Secondary Weapon x3	
Spare Magazines Primary Weapon x3	
Hydration Bladder 3L	

1 Pre Filled Water Bottle	
Hat, appropriate for the weather	
Gloves, Durable	
Liquid IV x3	
Hygiene Items, Toothpaste, Hand Soap, Body Wipes	
\$40 in Small Bills	
Shemagh and Face Mask	