



BUG OUT BAG

1 ADULT

The contents in a bug out bag will be determined by location and skill. A minimum of 3 days of items is recommended or enough to help you make it to your secondary location. The bag is built to the environments you will encounter. Bugging out is the absolute last resort. Your bag should never weigh more than 20% of your body weight and never carry items you are not trained in or will be useless.

- ☐ 3-Day Backpack (40-60L)
- ☐ Water Purification
- ☐ Water bottle w/ Purification
- ☐ Dehydrated Food or MREs
- ☐ 10x10 Emergency Shelter
- ☐ Waterproof Lighter/matches
- ☐ Fire Tinder
- ☐ 1 Small Personal First Aid Kit & IFAK
- ☐ 1 Vacuum Sealed Outfit (Weather Appropriate)
- ☐ 1 Flashlight with back-up batteries
- ☐ 1 Head light with back-up batteries
- ☐ 100ft of Paracord
- ☐ Hygiene Items (body wipes, toothpaste, etc....)
- ☐ Poncho
- ☐ 4 Chem Lights
- ☐ Shemagh and/or face mask
- ☐ Hat
- ☐ 1 Pre-Filled Water Bottle
- ☐ 2 Climbing Quality Carabiners
- ☐ Multi-tool
- ☐ Fixed Blade
- ☐ Hatchet
- ☐ Self-Inflating Sleeping Pad or Hammock
- ☐ Flex Cuffs x2
- ☐ Survival Fishing Kit
- ☐ Folding Shovel and Saw
- ☐ Mylar Blanket x2
- ☐ Compact or Portable Cookware
- ☐ X10 12x12 sheets of foil
- ☐ Camp Utensils
- ☐ Tylenol, Ibuprofen, Naproxen, Allergy
- ☐ Solar Power Bank
- ☐ Hand Sanitizer
- ☐ Various sized Zip Ties (10-15)
- ☐ Baofeng Radio or other emergency radios
- ☐ 4-6 Days of Prescription Medication
- ☐ Small Roll of Duct Tape
- ☐ Compressed Towel Tabs
- ☐ Spare Pistol Magazines x2
- ☐ Spare Rifle Magazines x2 (If you have one)
- ☐ Hydration Bladder 3L
- ☐ Durable Gloves
- ☐ Liquid IV or Similar Electrolytes x3
- ☐ Roller Rope Tie-Downs x4
- ☐ 3ft, 1" Ratchet Straps x2
- ☐ 1 Road Flare
- ☐ Area Map
- ☐ Pocket Field Guide (Outdoor, First-Aid/Survival)
- ☐ Travel Sewing Kit