

# 72 Hour BugOut Bag List

EMERGENCY GO-BAG items to consider:

(These are suggestions only. Pack what you would use.)

Make sure your EMERGENCY GO BAG bag is sturdy and easy to carry. Also do the following:  
 - Store your EMERGENCY GO BAG bags in a place that is easy to get to, such as under a bed or in a closet  
 - Prepare EMERGENCY GO-BAGs for year-round use: spring, summer, fall and winter  
 - Update your EMERGENCY GO BAG every six months. Replace items that will expire such as food and medical supplies.



## YOUR BACKPACK

- Molle Bag w/Hip Support
- Rainproof Shell

## SHELTER

- Sleeping Bag (w/compression Sack)
- Fleece Blanket
- Mylar (emergency) Blanket
- Hand Warmers
- Collapsible Nylon Bag / Dry Bag
- Tarp or Large Poncho (to use as coverage)
- Hennessee Hammock (w/compression Sack)



## CLOTHING (Full Change of Clothes)

- Extra Pants/Shorts (w/lots of pockets)
- Extra Shirt
- Extra Pair Warm Clothes or Sweats
- Extra Long Sleeve Shirt or Thermal
- Extra Underwear
- Extra Socks
- Bandana
- Cotton Hat
- Extra Shoe Laces
- Extra Pair of Glasses
- Scarf (to shield from wind/dust)
- Sturdy Walking Shoes / Boots / Sandals
- Work Gloves (like Mechanix)
- Rain Ponchos
- Jacket With Hood (packable)



## PERSONAL HYGIENE / SANITATION

- Wash Cloths
- Bar of Soap
- Deodorant
- Qtips
- Chapstick
- Lotion
- Comb
- Dental Floss
- Tooth Brush / Toothpaste
- Razor
- Dish Soap
- Hand Sanitizer
- Toilet Paper (flattened)
- Travel Shampoo/Conditioner
- Fingernail Clippers
- Moist Wipes / Clorox Wipes
- Small Box of Tissues
- Feminine Products
- Trash Bags (to line potty)



## WATER

- Bottled Water(s)
- Water Bottle With Filter / LifeStraw
- Emergency Water Packets
- Purification Tablets

\*1 Gallon per day/per person is suggested - carry what you can or get a good filter!

## FEEDING YOURSELF (3 DAY FOOD SUPPLY)

- Breakfast:**
- Oatmeal Packets
  - Dry Cereal
  - Granola or Oatmeal Bars
- Lunch:**
- V8 Juice
  - Cocoa Mix
  - Coffee
  - Energy Bars (High Calorie)
  - Gatorade Powder Pkts
  - Peanut Butter (to-go packs are great)
- Snacks:**
- Almonds/Nuts
  - Trail Mix or Dried Fruit
  - Jelly Cups
  - Crackers
  - Applesauce or Fruit Cups
  - Beef Jerky
  - Cookies
  - Sunflower Seeds
  - Candy (Laffy Taffy, Hard Candies, Tootsie Pops, Etc.)
  - Gum (anything but mint flavored)
- Dinner:**
- Tuna Packs (lighter than the cans)
  - Canned Pasta / Vegetables (food in easy-to-open cans containers)
  - MRE's (heat sensitive)
  - Freeze Dried Meals (Mountain House)
- Eating Utensils / Extras:**
- Titanium Spork / Cup
  - Titanium Plate
  - Metal Cooking Pot / Bowl
  - Pocket Knife
  - Can Opener / Utility Knife
  - Tongs
  - Plastic Table Cloth
  - Zip Lock Bags

## PREPARE YOUR FOOD / WATER

- Water Filter (for drinking questionable water)
- Canteen & Stove Kit
- Canteen & Cup Kit
- Water Proof Matches
- Lighter
- Fire Steel Fire Starter
- Vaseline Soaked Cotton Balls
- Hexamine Tablets (boils water in 8 min or less)



## TOOLS FOR SECURITY & SURVIVAL

- Supplies:**
- Tritium Compass (glows in the dark w/o battery power)
  - Small Shovel (foldable type)
  - Gerber or Leatherman Multi-tool
  - Heavy Duty Trash Bags
  - Hand Crank Emergency AM/FM Radio
  - 100 Ft. Paracord
  - Trip Wire / YoYo Fish Trap
  - Great Knife
  - Knife Sharpener
  - Scissors
  - Duct Tape
  - Super Glue
  - Zipties
  - Binoculars
  - Signaling Mirror
  - Mosquito Net
  - Dust Mask
  - Gas Mask
  - Ziplock Bags
  - Paper, Pens (or Sharpies!) and Tape (for leaving messages)
  - Regional Road Map (if you need to travel)



- Light:**
- Flashlights
  - Solar Charger
  - Lighter
  - Survival Candle
  - Glow Sticks
  - Flares
  - Headlamp(s) (Extra batteries if needed sizes AA, AAA, C, D)
- Self Defense: (\*Your choice of firearm - Pistol / Rifle)**
- Firearm(s) \*Ruger 10-22 w/collapsible stock
  - Ammo \*50-100 Rounds Of .22
  - Small Axe
  - Whistle
  - Pepper Spray



## STAY HEALTHY

- Prescription Medication for a Week + Paper Copies of Your Prescriptions (in ziplock bags)
- Other Medicines Like Tylenol, Tums, Allergy Medicine, Cough/Cold Tablets, Pepto Pills, Ibuprofen
- Vitamins
- Small Powder Laundry Soap
- Sun Block SPF 50
- Bug Repellent
- Contact Lens Solution and Extra Container



## Small First-aid Kit To Include:

- Band-aids
- Bandages / Gauze
- Tweezers
- Rubber Gloves
- Ointment / Neosporin
- Vaseline
- Thermometer
- Medical Tape
- Sewing Kit
- Snake Bite Kit
- Antiseptic Spray
- Iodine
- Eye Drops
- Ointment For Burns / Insect Bites

## KEEP YOUR SANITY

- Deck Of Cards
- Collapsible Chair
- Small Journal
- Foam Ear Plugs
- Books on Kindle or mp3
- Small Pillow (like you'd get on an airplane)
- Bible

## EXTRA

- Survival and First Aid Manuals
- (Put some on a b/w kindle which can charge easily on a solar charger and last for hours!)

## ITEMS OFTEN OVERLOOKED

- MONEY:**
- Credit and Debit Cards
  - Small Denominations of Money: such as coins (quarters), \$1 and \$5 dollar bills in case you are not able to use an ATM.
  - Gold or Junk Silver (good for barter if no money is on hand)
- PERSONAL ITEMS / INFO:**
- Extra House and Car Keys
  - Emergency Phone Numbers & Addresses (if you don't know them by heart) - have a card laminated or in a ziplock baggie!
  - Copies of Important Documents: Such as identification, passports, SS card, home/auto insurance information, wills, medical records, bank/credit card account numbers, etc (store all these in a waterproof folder/bag)
  - Recent Family and Pet Photo(s) for identification - (store in ziplock baggies)



## Quick Reminder

# \*\*WHEN EVACUATING\*\*

- \_\_ Switch OFF electricity (main box)
- \_\_ CLOSE water valves
- \_\_ CLOSE gas/ LPG
- \_\_ GRAB Mobile phones & chargers
- \_\_ GRAB Wallets, IDs, Money & extra keys
- \_\_ Switch any alarms ON
- \_\_ CLOSE and LOCK all windows, doors & gates
- \_\_ GRAB EVERYONE'S GO BAGS!
- \_\_ DON'T FORGET YOUR KID'S & PETS!