

72 Hour BugOut Bag List

EMERGENCY GO-BAG items to consider:

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

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
- __Dental Floss __Tooth Brush / Toothpaste __Comb
- __Qtips __Chapstick
- __Lotion __Razor
- __Dish Soap __Hand Sanitizer
- __Travel Shampoo/Conditioner
- __Feminine Products
- __Fingernail Clippers
- __Trash Bags (to line potty)
- __Moist Wipes / Clorox Wipes
- __Toilet Paper (flattened) __Small Box of Tissues



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!



Although your EMERGENCY GO BAG bag will include a number of items, make sure your 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 in the upcoming months such as food and medical supplies.

FEEDING YOURSELF (3 DAY FOOD SUPPLY)

Breakfast:

- __Oatmeal Packets __Dry Cereal __Granola or Oatmeal Bars

Lunch:

- __Energy Bars (High Calorie)
- __V8 Juice __Cocoa Mix __Coffee
- __Gatorade Powder Pkts
- __Peanut Butter (to-go packs are great)

Snacks:

- __Almonds __Trail Mix or Dried Fruit
- __Jelly Cups __Applesauce or Fruit Cups
- __Crackers __Sunflower Seeds
- __Beef Jerky __Cookies (comfort food)
- __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)



ITEMS OFTEN OVERLOOKED

MONEY:

- __Credit and Debit Cards
- __Small Denominations of Money: such as coins (quarters), one and five 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 and auto insurance information, medical records, bank and credit card account numbers (store all these in a waterproof folder/bag)
- __Recent Family Photo(s) for identification - including your pets (in ziplock baggies)

TOOLS FOR SECURITY & SURVIVAL

Supplies:

- __Tritium Compass (glows in the dark w/o battery power)
- __Small Shovel (foldable type are good)
- __Gerber or Leatherman Multi-tool
- __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
- __Dust Mask __Gas Mask __Mosquito Net
- __Heavy Duty Trash Bags __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 and Paper Copies of Your Prescriptions (in ziplock bags)
- __Other Medicines Like Tylenol, Tums, Allergy Medicine, Cough/Cold Tablets, Pepto Pills, Ibuprofen
- __Vitamins
- __Sun Block SPF 50 __Bug Repellent
- __Contact Lens Solution and Extra Container
- __Small Powder Laundry Soap



Small First-aid Kit To Include:

- __Band-aids __Bandages / Gauze
- __Rubber Gloves __Ointment / Neosporin
- __Tweezers __Sewing Kit
- __Thermometer __Medical Tape
- __Snake Bite Kit __Vaseline
- __Antiseptic Spray __Iodine __Eye Drops
- __Ointment For Burns / Insect Bites



KEEP YOUR SANITY

- __Bible __Small Journal
- __Deck Of Cards __Foam Ear Plugs
- __Collapsible Chair __Books on Kindle or mp3
- __Small Pillow (like you'd get on an airplane)



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!)