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
_____Extra Shoe Laces _____Extra Pair of Glasses
_____Scarf (to shield from wind/dust)
_____Sturdy Walking Shoes / Boots / Sandals
_____Scarf
_____Extra Shoe Laces
_____Extra Pair of Glasses

PERSONAL HYGIENE / SANITATION
_____Wash Cloths
_____Bar of Soap
_____Deodorant
_____Dental Floss
_____Toothbrush / Toothpaste
_____Comb
_____Qips
_____Chapstick
_____Lotion
_____Razor
_____Dish Soap
_____Hand Sanitizer
_____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!

FEEDING YOURSELF (3 DAY FOOD SUPPLY)
Breakfast:
_____Oatmeal Packets
_____Dry Cereal
_____Granola or Oatmeal Bars

Lunch:
_____Energy Bars (High Calorie)
_____V8 Juice
_____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
_____Fire Steel Fire Starter
_____Vaseline Soaked Cotton Balls
_____Hexamine Tablets (boils water in 8 min or less)

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
_____Signalizing Mirror
_____Dust Mask
_____Gas Mask
_____Mosquito Net
_____Heavy Duty Trash Bags
_____Ziplock Bags
_____Paper, Pencils (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, Cough Medicine, 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!)

ITEMS OFTEN OVERLOOKED

This graphic and list compiled and designed by the folks at GraphixStation.com

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.