Bug Out Bag Checklist

Note: You might not need all of these items, this is just a checklist of common ones, others might want to add to this list. Its constantly changing so please check back to prepperlog.com Please note this is only a reference tool, your personal needs may differ

Personal Hygiene	**Qty:**	**Notes:**
☐ Dental Floss		
☐ Toothbrush		
☐ Toothpaste		
☐ Hand Sanitizer (pocket wipes)		
☐ Toilet Paper		
☐ Cotton Balls (dry)		
☐ Q-tips		
☐ Lye Soap (homemade kind made from Ash, Water, Lye to mask scent)		
☐ Small pack of pocket tissues		
☐ Tampons and pads		
☐ Shaving cream		
☐ Mouthwash		
☐ Small comb		
☐ Tweezers		
☐ Small magnifying glass (for splinters and also used for fire starting)		
☐ Lip balm		
☐ Portable Toilet		
☐ Sunscreen		

Fire and Warmth	**Qty:**	**Notes:**
☐ Waterproof matches		
☐ Paraffin Wax (To waterproof matches etc.)		
☐ Lacquer Nail Polish (To waterproof matches etc.)		
☐ Fire Steel		
☐ Cotton Balls soaked in petroleum jelly		
☐ Steel wool (for fire starting)		
☐ Pocket Warmers		
☐ Skull cap, toboggan, Hat with brim		
☐ Emergency long burning candles		
☐ Blankets		

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First Aid	Qty:	Notes:
☐ Antibiotic ointment		
☐ Hydrocortisone (anti-itch) ointment		
☐ Gauze pads Assorted (nonstick, sterile etc)		
☐ Cloth Tape		
☐ Antiseptic wipe packs		
☐ Scissors (paramedic style)		
☐ Break proof (non-glass and non-mercury) thermometer		
☐ Band-Aids assorted (knuckle, finger, butterfly, small, med, large)		
☐ Pink Bismuth (Bismuth Subsalicylate) oral tablets		
☐ Ammonia inhalants		
☐ Cough drops		
☐ Tylenol AND aspirin AND Ibuprofen		
☐ Plastic gloves		
☐ Constipation/Laxative Tablets		
☐ Arm Splint		
☐ Instant ice pack		
☐ Laminated Emergency Card with known allergies, contacts, Blood type, name, address		
☐ Laminated first aid instruction booklet		
☐ Emergency Mylar Blanket		
☐ Instant hot pack		
☐ Cold/Sinus tablets		
☐ Instant eyewash		
☐ Burn relief aerosol		
☐ Alcohol prep pads		
☐ Antibiotics		
☐ Eye drops		
☐ Personal Medications		

Food and Water	Qty:	Notes:
☐ Power Bars		
☐ Potable Water purification tablets		
☐ MRE packs or dehydrated foods (peanut butter, milk, jerky etc.)		
☐ Bottled water		
☐ Salt		
☐ Spices		
☐ Sugar		
☐ Gatorade		
☐ TVP (Textured Vegetable Protein)		
☐ Slim Jims		

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Shelter	Qty:	Notes:
☐ Para-cord 7 strand 550 100ft		
☐ Waterproof tarps		
☐ Gore tex parka		
☐ Pocket umbrella		
☐ Tube Tent		
☐ 4 Season Tent		
☐ Gore Tex sleep bag		
☐ Umbrella		

Weapons, Protection, Defense	Qty:	Notes:
☐ Various common caliber ammunition (.22, 357, 5.56, .223, 12guage, pellets and CO2 tubes)		
☐ Combo hunting survival gun		
(one that breaks down into a carry case and has two different calibers like .22 and a 410)		
☐ Personal defense gun (357, 45, 12 guage riot, 9mm)		
☐ Pellet gun (for silent hunting)		
☐ Pocket knife, Skinning Knife, Survival/Combat Knife		
☐ Trip wire		
☐ Flares		
☐ Ballistic Vest		
☐ Kevlar Gloves		
☐ Kevlar Helmet		

Tools	Qty:	Notes:
☐ Multifunction tool		
☐ Foldable “Army style” shovel		
☐ Belt Axe		
☐ Pliers		
☐ Screwdriver (Phillips and flat head)		
☐ Allen Wrench (foldable)		
☐ Duct tape		
☐ Bolt Cutters		
☐ Lock Picking tools		

Miscellaneous	Qty:	Notes:
☐ Leather care kit		
☐ Needles		
☐ Thread		
☐ Earth Tone spray paint		
☐ Mosquito/bug spray		
☐ 12 hour light sticks		

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Electronics	Qty:	Notes:
☐ Assorted batteries (AAA, AA, D, C, 6volt, 9 volt, 12 volt, etc)		
☐ MURS Perimeter alarms		
☐ Shortwave radio		
☐ Cb radio		
☐ Crank or solar radio		
☐ “Shake” flashlight		
☐ GPS with solar charger		

Fishing Gear	Qty:	Notes:
☐ Assorted fishing line with different line test (3lb, 5lb, 10lb, 30lb etc)		
☐ Trout line		
☐ Assorted fishing hooks with some being 3-pronged also		
☐ Stringer		
☐ Sinkers/weights		
☐ Cork bobbers		
☐ Graphite, cane, fiberglass fishing rods		
☐ Spinners		
☐ Mechanical reels as well as flyrods		
☐ Tackle box or equivalent		
☐ Yo Yo fishing real		
☐ Clothing		
☐ Gore Tex Socks		
☐ Puncture Resistance Boots with Steel Toe		
☐ Handkerchief		
☐ Thermal underwear		
☐ Para-cord Belt		
☐ Chaps (snake proof)		
☐ Frog gigs		

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