

# Bug Out Bag Checklist

**TRUEPREPPER**

For more information visit:

<https://trueprepper.com/kits/bug-out-bag-list/>

Minimum Requirements

Suggested Additions

Consider Adding

## Shelter/Clothing

- Work Gloves
- Socks
- Long Sleeve Shirt
- Underwear
- Pants
- Waterproof Tarp
- Survival Blanket
- Sleeping Bag/Bivvy
- Rain Poncho
- Bandana
- Tent
- Hat
- Jacket
- Boots/Shoes
- Quick Dry Cloth
- Long Underwear
- Sunglasses
- Sleeping Mat/Ground Pad
- Scarf/Shamagh
- Rainproof Shell
- Shovel
- Compressed Towels
- Handwarmers
- Tent Stakes

## Fire/Light

- Waterproof Matches
- Lighter
- Flashlight
- Headlamp
- Ferro Rod
- Candles
- Tinder
- Keychain Flashlight

## Communication

- Weather Radio
- Survival Mirror
- Cell Phone Charger
- Power Bank
- Signal Flares
- Whistle
- Ham Radio
- CB Radio

## Water

- Water Filter
- Purification Tablets
- Steel Water Bottle
- Canteen With Cup
- Water (3L+)
- Drink Mix
- Bleach
- Coffee
- Electrolyte Mix

## Food

- Emergency Ration Bars
- MREs (Meal Ready-to-Eat)
- Camp Utensils
- Can Opener
- Stove
- Steel Pot
- Fishing Kit
- Snare Kit
- Beef Jerky
- Condiments
- Multi-Vitamins
- Stove Fuel
- Conibear Trap

## Safety

- Survival Knife
- Handgun (if trained)
- Ammunition
- Pepper Spray
- Takedown Rifle
- Gun Cleaning Kit
- Pocket Sharpener
- Ammo Pouch
- Machete
- Hatchet

## Miscellaneous

- Survival Backpack
- Paracord
- Duct Tape
- Multitool
- Cash Stash
- Batteries
- Sewing Kit
- Folding Saw
- Garbage Bags
- Super Glue
- Zip Ties
- Prybar
- Binoculars
- Silver
- Gold
- Hacksaw
- Zip-Lock Bags
- Waterproof Bags
- Pliers
- Dish Soap
- Rope
- Earplugs

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Minimum Requirements

Suggested Additions

Consider Adding

- Steel Wool
- Glow Sticks
- Magnifying Glass
- Fire Extinguisher

Sillcock Key

## Documents/Navigation

- Rainproof Pen
- Waterproof Notebook
- Copy of ID
- Emergency Plan
- Compass
- Local Maps
- Copy of Birth Certificate
- Copy of Passport
- GPS Watch
- Ranger Beads
- Playing Cards
- USB Drive
- Bug Out Bag Checklist
- Insurance Documents
- Edible Plants Guide
- First Aid Guide
- Fishing/Hunting License
- Bible

## Hygiene/First Aid

- Basic First Aid Kit
- Toothbrush
- Toothpaste
- Soap
- N-95 Masks
- Prescription Medication
- Nitrile Gloves
- Feminine Supplies
- Sun Screen
- Bug Spray
- Hand Sanitizer
- Portable Bidet
- Anti-diarrheal Tabs
- Iodide Tablets
- Shaving Supplies
- Foot Powder
- Toilet Paper
- Floss
- Sting Kit
- Extra OTC Medication
- Trauma Kit (if trained)

# BOB

