



## FOOD & WATER

- Personal daily rations for three days
- 32 oz water bottle (It's recommended to drink 8 oz, eight times throughout the day = 64oz.)
- Water purification tablets
- Camping cook set, utensil, scrubbing pad

## LIGHT & WARMTH

- Flashlight with extra batteries and/or solar/hand crank light
- Glow sticks
- Candles (Seal these in a Ziploc bag to prevent oil & wax from leaking onto your other items)
- Matches, lighter, and/or magnifying glass (another method to start fires)
- Flares
- Hand or foot warmers
- Emergency blanket and/or light weight blanket
- Sleeping bag
- Tent

## CLOTHING

- Extra clothing (shirt, pants, thermals or under armor, underwear, socks)
- Beanie, baseball cap, & handkerchief
- Gloves
- Belt
- Poncho

## FIRSTAID

- |                             |                       |                    |
|-----------------------------|-----------------------|--------------------|
| ○ Lg., med., & sm. bandages | ○ Antibiotic ointment | ○ Surgical gloves  |
| ○ Medication/vitamins       | ○ Tweezers            | ○ Small sewing kit |
| ○ Eye drops                 | ○ Moleskin            | ○ Krazy glue       |
| ○ Pain reliever             | ○ Headache medicine   | ○ Allergy medicine |

## TOILETRIES

- |                  |                             |                |
|------------------|-----------------------------|----------------|
| ○ Toothbrush     | ○ Toothpaste                | ○ Cotton swaps |
| ○ Brush or comb  | ○ Lotion                    | ○ Hair ties    |
| ○ Toilet paper   | ○ Feminine hygiene products | ○ Hand shovel  |
| ○ Hand sanitizer | ○ Small bar of soap         | ○ Washcloth    |

## COMMUNICATION

- |                                    |                               |                             |
|------------------------------------|-------------------------------|-----------------------------|
| ○ Radio & a list of radio stations | ○ Notepad & pencil            | ○ Calling card              |
| ○ Stamps & postcards               | ○ Power stick battery charger | ○ Cell phone & charger cord |
| ○ Whistle                          |                               |                             |

## MISCELLANEOUS

- |   |                      |              |
|---|----------------------|--------------|
| ○ Duct tape   | ○ Black garbage bags | ○ Leatherman |
| ○ Map   | ○ Compass            | ○ Scriptures |
| ○ Pocket knife/Razor blade                                | ○ Pepper stray       |              |
| ○ Stress relievers-a favorite book, games, Sudoku or toys |                      |              |
| ○ An inventory list of everything in your Emergency Kit   |                      |              |

## DOCUMENTS - Carry Copies Of:

- |                                    |                             |                        |
|------------------------------------|-----------------------------|------------------------|
| ○ Drivers License                  | ○ Picture of family members | ○ Credit Card          |
| ○ Contact list of family & friends | ○ Birth Certificate         | ○ Marriage Certificate |

[ <http://www.preppersurvive.com/bug-out-bag-checklist/> ]