The Most Complete (and Free) Bug Out Bag Checklist

Before you begin filling your bug out bag with all your survival gear and supplies, you need a high-quality bug out bag.



A QUALITY BUG OUT BAG

- [ ] 1 – Bug Out Bag

WATER AND HYDRATION TOOLS

- [ ] 2 – Stainless Steel Water Bottle
- [ ] 3 – Water Purification Tablets
- [ ] 4 – Portable Water Filter
- [ ] 5 – Expedition Jerrycan Filtration System

FOOD SUPPLIES AND TOOLS

- [ ] 6 – Calorie Dense Food Bars
- [ ] 7 – Freeze Dried Meals
- [ ] 8 – Military Meals (MRE – Meal, Ready to Eat)
- [ ] 9 – Eating Utensils
- [ ] 10 – Small Collapsible Cup/Bowl
- [ ] 11 – Braided Fishing Line

- [ ] 12 – Fishing Pole (small, collapsing, or pocket)
- [ ] 13 – Yo-Yo Fishing Reels
- [ ] 14 – Hook, Swivel, Sinker Set
- [ ] 15 – Portable Light Weight Stove
- [ ] 16 – Stove Fuel
- [ ] 17 – Snare Wires
- [ ] 18 – Survival Slingshot
- [ ] 19 – Daily Multivitamin Supplement

CLOTHING AND WARMTH SUPPLIES

- [ ] 20 – Fresh Socks
- [ ] 21 – Quick Drying Undergarments
- [ ] 22 – Sewing Kit
- [ ] 23 – Safety Pins
- [ ] 24 – Survival Gloves
- [ ] 25 – Stocking Cap
- [ ] 26 – Body Warmers
- [ ] 27 – Rain Poncho with Hood

SHELTER AND BEDDING OPTIONS

- [ ] 28 – Tarp Shelter
- [ ] 29 – Survival Hammock
- [ ] 30 – TACT Bivvy
- [ ] 31 – Sleeping Pad
- [ ] 32 – Zip Ties
- [ ] 33 – Paracord Survival Kit

FIRESTARTING TOOLS AND GEAR

- [ ] 34 – Waterproof Survival Matches
- [ ] 35 – FireSteel Fire Starter
- [ ] 36 – Windproof – Waterproof Electrical Lighter
- [ ] 37 – Tinder

- [ ] 38 – Vaseline
- [ ] 39 – Small Magnifying Glass
- [ ] 40 – Small Waterproof Storage Container

FIRST AID AND MEDICAL SUPPLIES

- [ ] 41 – Personal Medications
- [ ] 42 – Wound Gauze Roll
- [ ] 43 – Surgical Tape
- [ ] 44 – Band-Aids / Mole Skin Pads
- [ ] 45 – Neosporin
- [ ] 46 – Pain Killers
- [ ] 47 – Blood Clotting Sponge
- [ ] 48 – Super Glue
- [ ] 49 – Vaseline
- [ ] 50 – Survival Antibiotics
- [ ] 51 – Sterile Alchohol Prep Pads
- [ ] 52 – Hydrogen Peroxide
- [ ] 53 – Q-tips Cotton Swabs
- [ ] 54 – Tweezers and Nail Clippers
- [ ] 55 – Insect Repellent
- [ ] 56 – Sun Screen

PERSONAL HYGIENE ITEMS

- [ ] 57 – Moist Towelettes
- [ ] 58 – Mini-Toothbrushes
- [ ] 59 – Mini-Toothpaste Tubes
- [ ] 60 – Dental Floss
- [ ] 61 – Sportsman Soap
- [ ] 62 – Tampons
- [ ] 63 – Hand Sanitizer
- [ ] 64 – Bandana

CORE SURVIVAL TOOLS

- [ ] 65 – High-Quality Compass
- [ ] 66 – Tough Compact Folding Shovel
- [ ] 67 – Survival Knife
- [ ] 68 – Survival Series Multi Tool Pliers
- [ ] 69 – Portable Solar Charger
- [ ] 70 – Survival Hatchet
- [ ] 71 – Small Wire Saw

LLUMINATION TOOLS

- [ ] 72 – Super Bright LED Headlamp
- [ ] 73 – Super Bright LED Tactical Flashlight
- [ ] 74 – Glow Sticks

COMMUNICATION DEVICES

- [ ] 75 – Hand Crank AM/FM/NOAA Digital Radio
- [ ] 76 – Two-Way Walkie Talkie Radios
- [ ] 77 – Protected Smart Phone
- [ ] 78 – Small Signaling Mirror
- [ ] 79 – Notepad and Pencil
- [ ] 80 – Multi-Functional Survival Whistle

SELF DEFENSE TOOLS

- [ ] 81 – Survival Firearm
- [ ] 82 – Firearm Ammunition
- [ ] 83 – Knuckle Blaster Stun Gun
- [ ] 84 – Takedown Survival Bow
- [ ] 85 – Pepper Spray

MISC SURVIVAL TOOLS AND SUPPLIES

- [ ] 86 – Carabineers

- [ ] 87 – Rechargeable Batteries
- [ ] 88 – Cash or Rare Metal Coins
- [ ] 89 – Playing Cards
- [ ] 90 – Sunglasses
- [ ] 91 – Personal Credit Cards
- [ ] 92 – Drivers License / Passport
- [ ] 93 – Small Roll Of Duct Tape
- [ ] 94 – Local Area Topographical Map
- [ ] 95 – Gas Mask
- [ ] 96 – Camo Face Paint Sticks
- [ ] 97 – Family Photos
- [ ] 98 – Set Of Broadheads
- [ ] 99 – Spare Pair Of Corrective Lenses
- [ ] 100 – Mosquito Head Net
- [ ] 101 – Survival Watch
- [ ] 102 – Electrical Tape
- [ ] 103 – Trekking Poles

ULTIMATE “DONE FOR YOU” BUG OUT BAG

- [ ] 104 – Done For You Bug Out Bag Build

FINAL WORDS OF ADVICE

- [ ] My final word of advice is to take action today using this free bug out bag checklist. If you don’t already have a bug out bag, invest in one today.

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