

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 Alcohol 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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