

BUG OUT BAG CHECKLIST 72 HR - ADULT

DATE LAST CHECKED

WEIGHT - LBS

PACKAGED DATES

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GEAR LIST

- Headlamp (1ct)
- Para-Cord (50ft)
- Spare Batteries (10ct)
- Wet Ones Travel Pack (20 wipes)
- Personal Water Filter System (1ct)
- 32oz Water Bladder (1ct)
- Personal First Aid Kit¹
- Work Gloves (1pr)
- Gallon Zip Lock Bags (3 bags)
- Quart Zip Lock Bags (3 bags)
- Duck Tape (1 card roll ≈ 50ft)²
- P-38 Can Opener (1ct)
- Fire Striker Kit (1ct)
- Fire Tinder (8ct) (with strike kit above)
- Waterproof Matches (1 box)
- Whistle (1ct)
- LED Flasher Beacon (1ct)
- Mini Lighter (1ct)
- Camp Saw (1ct)
- Cable Ties (10ct)
- Pistol Magazines w/ Rounds (50 rnds)
- Fixed Blade Knife (1ct)
- Pocket Knife (1ct)
- Compass (1ct)
- Monocular (1ct)
- Handheld 2-Way Radio
- Radio Clamshell Battery Pack
- Dummy Battery for Clamshell
- Mini Carabiner (2ct)
- Memo Notebook (1ct)
- Handkerchief (1ct)

- Underwear (2-3ct)
- T-Shirts (2-3ct)
- Pants (1pr)
- Synthetic Fabric Socks (2-3p)
- Belt (1ct)
- Beanie Head Cover (1ct)
- Boonie Hat (1ct)
- Thermal Gloves
- Toothbrush (1ct)
- Dental Floss (1ct)
- Soap (1 bar)
- Powder Deodorant (1 travel size stick)
- Toothpaste (1ct)
- Tampons (6ct)
- Spork / Plastic Ware (1ct)
- Nalgene Water Bottle 32oz (1ct)
- GSI Camp Cup (1ct)
- Cash
- Silver Round (1oz)
- Ultralight Hammock w/ Tree Loops (1ct)
- 2-3 mil Contractor Garbage Bag for Dry Bag (1 ct)
- Bag Rain Cover (1ct)
- Ultralight Rain Suit (1ct)
- Emergency Bivvy (1ct)
- Water Purification Tablets (1 bottle)
- Signal Mirror (1ct)
- SAS Survival Guide
- Small Insect Repellent Spray (1ct)
- Anti-Itch Relief Stick (1ct)
- SPF30 Water Resistant Sun Screen
- Lip Balm with SPF
- Portable Stove w/ 3oz Fuel (1 ct optional)
- Stove Stand (1 ct optional)
- Pencil/Pen (1ct)

EMERGENCY FOOD³

- Datrex Bar 3600 (1ct) ^{5 yr exp}
- Mountain House ProPak (2ct) ^{7 yr exp}
- Hard Tack (2ct) ^{2 yr exp}
- Starkist Tuna Pouch 6oz (2ct) ^{2 yr exp}
- Gatorade Powder Pack (2ct) ^{2 yr exp}
- Starbucks Via Iced (2ct) ^{1 yr exp}
- Honey Packets (4ct) ^{no exp}
- Bouillon Cubes (4 ct) ^{5 yr exp}

DOCUMENTATION

- Small Atlas (1ct)
- State Map (1ct)
- Local Map (1ct)
- Copy of Communications Plan (1ct)
- Copy of Emergency Travel Plan (1ct)

¹ See Personal First Aid Kit list in separate dedicated checklist.

² Roll approximately 50 feet on a plastic card to compact. Old credit cards or ID cards work well.

³ Food other than the Datrex and Mountain House can usually be found at a lower price in your local grocery store. Honey packets can be found at your local Starbucks or Chick-Fil-A with a purchase.