**Bug Out Bag (1 per adult, min.)**

❏ Back Pack

**Water & Hydration**

❏ Drinking Water (3 Liters)

❏ Collapsible Water Bottle

❏ Hard Water Bottle

❏ Metal Water Bottle / Canteen

❏ Water Filter / Purification System

❏ Water Purification Tablets

**Food & Food Preparation**

❏ Protein / Energy Bars (Qty 6)

❏ MREs / Dehydrated Meals (Qty 3)

❏ Coast Guard Rations

❏ Spork

❏ P-51 Can Opener

❏ Metal Cooking Pot

❏ Metal Cup

❏ Pot Scrubber

❏ Portable Stove

❏ Stove Fuel (Qty 8 Tablets)

**Clothing**

❏ Lightweight Long Sleeve Shirt

❏ Pants

**Clothing continued…**

❏ Underwear

❏ Wool Hiking Socks (Qty 3 pair)

❏ Medium Weight Fleece

❏ Hat w/ Flex Brim

❏ Work Gloves

❏ Rain Poncho

❏ Shemagh / Head Neck Scarf

**Shelter & Bedding**

❏ Tarp

❏ Hammock

❏Sleeping Bag / Bivvy

❏ Ground Pad

❏ Wool Blanket

❏ Tent

**Fire & Fire Starters**

❏ Ignition Source (Qty 3 types)

❏ Tinder (Qty 3)

❏ Waterproof Storage

**First Aid**

❏ First Aid Kit

❏ Insect Repellant

❏ Mylar Survival Blanket

**First Aid continued…**

❏ Trauma Kit

❏ Hydrocortisone

**Hygiene**

❏ Wet Napkins

❏ Hand Sanitizer

❏ All-Purpose Camp Soap

❏ Small Pack Towel

❏ Personal Hygiene Needs

❏ Travel Toilet Paper (Qty 2)

**Tools**

❏ Survival Knife (Fixed Blade)

❏ Survival Knife (Folding Blade)

❏ Hatchet / Machete

❏ Multi-Tool

❏ Camping Trowel/E-Tool

❏ Crowbar

**Lighting**

❏ LED Headlamp

❏ Mini LED Keychain Light

❏ LED Flashlight

❏ Candle

❏ Chem Lights

**Communications**

❏ Cell Phone

❏ Emergency Radio w/ Hand Crank

❏ Two-Way Radios

❏ Solar Panel /Power Bank

❏ Weatherproof Notepad & Pen

**Survival Document Portfolio**

❏ $500-$1000 in Small Bills

❏ Quarters (Qty 8)

❏ Copies of Personal Documents

**Protection & Self Defense**

❏ Pepper Spray

❏ Air Horn

❏ Snap Bangs

**Signaling & Navigation**

❏ Signal Mirror

❏ Local Area Map

❏ Compass

❏ Emergency Whistle

**Miscellaneous**

❏ 550 Parachute Cord (50’)

❏ Cotton Bandana

❏ Duct Tape (25’)

❏ 55 Gal. Contractor Garbage Bag (Qty 2)

❏ Resealable Bags (Qty 5, Various Sizes)

❏ Sunglasses/ANSI Z87.1 eye protection.

❏ N95 Face Mask

❏ Sewing Kit

❏ Latex Tubing (3’)

❏ Fishing Kit

❏ Non-Lubricated Condoms

❏ Binoculars (Optional)

❏ Face Paint

❏ Military Surplus Survival Wire

❏ Deck of Playing Cards

❏ Survival Handbook