72 Hour BugOut Bag List

EMERGENCY GO-BAG items to consider:

(These are suggestions only. Pack what you would use.)

Although your EMERGENCY GO BAG bag will include a number of items, make sure your bag is sturdy and easy to carry. Also do the following:

- Store your EMERGENCY GO BAG bags in a place that is easy to get to, such as under a bed or in a closet
- Prepare EMERGENCY GO-BAGs for year-round use: spring, summer, fall and winter
- Update your EMERGENCY GO BAG every six months. Replace items that will expire in the upcoming months such as food and medical supplies.

YOUR BACKPACK

__Molle Bag w/Hip Support
__Rainproof Shell

SHELTER

__Sleeping Bag (w/compression Sack)
__Fleece Blanket
__Mylar (emergency) Blanket
__Hand Warmers
__Collapsible Nylon Bag / Dry Bag
__Tarp or Large Poncho (to use as coverage)
__Hennessee Hammock (w/compression Sack)

CLOTHING (Full Change of Clothes)

__Extra Pants/Shorts (w/lots of pockets)
__Extra Shirt
__Extra Pair Warm Clothes or Sweats
__Extra Long Sleeve Shirt or Thermal
__Extra Underwear __Extra Socks
__Bandana __Cotton Hat
__Extra Shoe Laces __Extra Pair of Glasses
__Scarf (to shield from wind/dust)
__Sturdy Walking Shoes / Boots / Sandals
__Work Gloves (like Mechanix)
__Rain Ponchos
__Jacket With Hood (packable)

PERSONAL HYGIENE / SANITATION

__Wash Cloths __Bar of Soap __Deodorant
__Dental Floss __Tooth Brush / Toothpaste __Comb
__Qtips __Chapstick
__Lotion __Razor
__Dish Soap __Hand Sanitizer
__Travel Shampoo/Conditioner
__Feminine Products
__Fingernail Clippers
__Trash Bags (to line potty)
__Moist Wipes / Clorox Wipes
__Toilet Paper (flattened) __Small Box of Tissues

WATER

__Bottled Water(s)
__Water Bottle With Filter / LifeStraw
__Emergency Water Packets
__Purification Tablets

*1 Gallon per day per person is suggested - carry what you can or get a good filter!

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FEEDING YOURSELF (3 DAY FOOD SUPPLY)

Breakfast:
__Oatmeal Packets __Dry Cereal __Granola or Oatmeal Bars

Lunch:
__Energy Bars (High Calorie)
__V8 Juice __Cocoa Mix __Coffee
__Gatorade Powder Pkts
__Peanut Butter (to-go packs are great)

Snacks:
__Almonds __Trail Mix or Dried Fruit
__Jelly Cups __Applesauce or Fruit Cups
__Crackers __Sunflower Seeds
__Beef Jerky __Cookies (comfort food)
__Candy (Laffy Taffy, Hard Candies, Tootsie Pops, Etc.)
__Gum (anything but mint flavored)

Dinner:
__Tuna Packs (lighter than the cans)
__Canned Pasta / Vegetables (food in easy-to-open cans containers)
__MRE's (heat sensitive) __Freeze Dried Meals (Mountain House)

Eating Utensils / Extras
__Titanium Spork / Cup __Titanium Plate
__Metal Cooking Pot / Bowl __Pocket Knife
__Can Opener / Utility Knife __Tongs
__Plastic Table Cloth __Zip Lock Bags

PREPARE YOUR FOOD / WATER

__Water Filter (for drinking questionable water)
__Canteen & Stove Kit
__Canteen & Cup Kit
__Water Proof Matches __Lighter
__Fire Steel Fire Starter
__Vaseline Soaked Cotton Balls
__Hexamine Tablets (boils water in 8 min or less)

ITEMS OFTEN OVERLOOKED

MONEY:
__Credit and Debit Cards
__Small Denominations of Money: such as coins (quarters), one and five dollar bills in case you are not able to use an ATM.
__Gold or Junk Silver (good for barter if no money is on hand)

PERSONAL ITEMS / INFO:
__Extra House and Car Keys
__Emergency Phone Numbers & Addresses (if you don't know them by heart) - have a card laminated or in a ziplock baggie!
__Copies of Important Documents: Such as identification, passports, SS card, home and auto insurance information, medical records, bank and credit card account numbers (store all these in a waterproof folder/bag)
__Recent Family Photo(s) for identification – including your pets (in ziplock baggies)

TOOLS FOR SECURITY & SURVIVAL

Supplies:
__Tritium Compass (glows in the dark w/o battery power)
__Small Shovel (foldable type are good)
__Gerber or Leatherman Multi-tool
__Hand Crank Emergency AM/FM Radio
__100 Ft. Paracord __Trip Wire / YoYo Fish Trap
__Great Knife __Knife Sharpener __Scissors
__Duct Tape __Super Glue __Zipties
__Binoculars __Signaling Mirror
__Dust Mask __Gas Mask __Mosquito Net
__Heavy Duty Trash Bags __Ziplock Bags
__Paper, Pens (or Sharpies!) and Tape (for leaving messages)
__Regional Road Map If You Need To Travel

Light:
__Flashlights __Solar Charger __Lighter
__Survival Candle __Glow Sticks __Flares
__Headlamp(s) (Extra batteries if needed sizes AA, AAA, C, D)

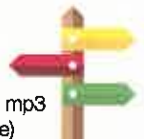
Self Defense: (*Your choice of firearm - Pistol / Rifle)
__Firearm(s) *Ruger 10-22 w/collapsible stock
__Ammo *50-100 Rounds Of .22
__Small Axe __Whistle __Pepper Spray

STAY HEALTHY

__Prescription Medication for a Week and Paper Copies of Your Prescriptions (in ziplock bags)
__Other Medicines Like Tylenol, Tums, Allergy Medicine, Cough/Cold Tablets, Pepto Pills, Ibuprofen
__Vitamins
__Sun Block SPF 50 __Bug Repellent
__Contact Lens Solution and Extra Container
__Small Powder Laundry Soap

Small First-aid Kit To Include:
__Band-aids __Bandages / Gauze
__Rubber Gloves __Ointment / Neosporin
__Tweezers __Sewing Kit
__Thermometer __Medical Tape
__Snake Bite Kit __Vaseline
__Antiseptic Spray __Iodine __Eye Drops
__Ointment For Burns / Insect Bites

KEEP YOUR SANITY



__Bible __Small Journal
__Deck Of Cards __Foam Ear Plugs
__Collapsible Chair __Books on Kindle or mp3
__Small Pillow (like you'd get on an airplane)

EXTRA
__Survival and First Aid Manuals (Put some on a b/w kindle which can charge easily on a solar charger and last for hours!)

This graphic and list compiled and designed by the folks at GraphixStation.com