

# BOB CHECKLIST ✓

You probably won't need to include every single item in this Bug Out Bag checklist.

Rather, the checklist is a starting point to help make sure you don't overlook any important items. Customize the checklist based on your needs and Bug Out plan so you will be prepared for anything!

## Shelter

- Tarp or tent
- Sleeping bag or bivvy bag

## First Aid

- Personal medications
- Waterproof first aid bag
- Heavy gauze
- Roller bandages
- Trauma pads
- Non-adhesive sterile wound dressings
- Adhesive bandages
- Skin glue
- Moleskin
- Medical tape
- Butterfly closures
- Blood clotting agents
- Antibiotic ointment or iodine
- Tourniquet
- Burn salve
- Nitrate gloves
- Tweezers
- Cotton swabs
- 60cc syringe with irrigation tip
- Small scissors
- Ace bandage
- Triangle bandage
- Antihistamine
- Pain relievers
- EpiPen
- Potassium iodide
- Antidiarrheal medicine
- Sunscreen

## Water

- 1-3 quarts of water per person
- Water bottle
- Water filter and/or purification tablets/drops
- Lightweight pot for boiling water

## Food

- Emergency food for 3 days
- Camp cook stove and fuel
- Mini fishing kit
- Guide to wild edibles

## Hygiene

- Toothbrush
- Toothpaste or toothpaste powder
- Small soap
- Antibacterial hand sanitizer
- Feminine products
- Insect repellent
- Toilet paper
- Baby wipes

## Communication and Evacuation Items

- Emergency radio
- Map with bug out route
- Compass and/or GPS
- Cash in small bills

## Gear

- Rainproof shell for bag (can be trash bag)
- Knife
- Waterproof matches and/or lighter
- Backup fire starter
- Multi-tool like a Leatherman
- Flashlight, headlamp, emergency candles and/or glow sticks
- Weapon and ammo
- Extra batteries and/or solar charger
- Face respirator mask or gas mask
- Shovel (for digging latrine holes)
- Small ax

## Clothing

- One change of clothing
- Extra socks
- Hat with a brim
- Rain jacket or poncho
- Sturdy hiking shoes or boots

## Extras and Comfort Items

- Mini survival guide
- Pen and paper
- Deck of cards
- Glasses and glasses case

## For Families with Small Children

- Multivitamins
- Toys or comfort items for children

### For Infants:

- Baby formula
- Bottles
- Pacifier
- Diapers
- Baby medicines

## Documents

\*Some of these can be put on a USB to save space!

- Birth certificates
- Social security card
- State-issued ID/Driver's license
- Passport
- Important medical records, including blood type
- Prescriptions for medications
- Health insurance information
- Marriage certificate
- Divorce papers
- Child custody papers
- Diplomas
- School transcripts
- Military documents
- Weapon permits
- Credit and debit card (copies of front and back)
- Deed to house or rental agreement
- Vehicle papers
- Living will

### Emergency Contact Info to Include:

- Friends and family members
- Health care providers
- Insurance providers
- Attorneys
- Utility providers
- Banks and other financial institutions

### Property Ownership Documents

- Firearm serial number
- Valuable jewelry
- Valuable electronics
- Antiques and family heirlooms

### Pet Documents:

If you cannot prove that your pet is vaccinated, then it might be put down in the aftermath of a disaster. You also will have trouble getting it into a kennel while you secure housing.

### Family Photos:

In case you get separated from your family, photos will be needed to help you reunite.