

Bug Out Bag Checklist

SURVIVALSTOCKUP

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72-hour emergency kit | Personal essentials, family supplies & packing plan

Weight check: General guide: 20% of body weight or less (30 lb for a 150 lb adult). Adjust for fitness and comfort.

Check off packed items. Adjust quantities for your household and assign shared gear to a carrier.

01 WATER & FOOD

- ☐ **Safe water + leakproof containers**
Record carry quantity and resupply on page 3.
- ☐ **Backup water treatment**
[Filter](#) + [compatible disinfectant](#); follow labels.
- ☐ **Separate collection container**
Label separately from drinking-water containers.
- ☐ **Ready-to-eat food for 3 days**
Choose familiar foods that suit your dietary needs.
- ☐ **Meals + calorie-dense snacks**
Pack [meals](#) and snacks for each day.
- ☐ **Utensil + opener if needed**
Pack to match your food choices.

03 SANITATION & PROTECTION

- ☐ **Soap + hand sanitizer**
Use [soap](#) and [safe water](#) when available.
- ☐ **Toothbrush + toothpaste**
Travel sizes; one brush per person.
- ☐ **Toilet paper + wipes**
Keep dry; include [sealable waste bags](#).
- ☐ **Menstrual / continence supplies**
Enough for your expected needs, plus a buffer.
- ☐ **Work gloves + suitable masks**
Choose well-fitting [gloves](#) and masks.
- ☐ **Sunscreen + insect repellent**
Use as labeled when relevant to your route.

02 BAG, CLOTHING & WARMTH

- ☐ **Comfortable backpack + pack liner**
Fit to torso; keep sleepwear and documents dry.
- ☐ **Broken-in walking shoes**
Comfortable, worn-in footwear.
- ☐ **Spare socks + underwear**
Start with 2 pairs of each per person.
- ☐ **Dry clothing + insulating layer**
Match the forecast; separate wet items.
- ☐ **Rain shell or poncho**
One per person.
- ☐ **Seasonal hat + gloves**
Add sun protection or cold-weather coverage.
- ☐ **Emergency blanket or bivy**
One per person.

04 DOCUMENTS & TOOLS

- ☐ **Waterproof document pouch**
ID copies, insurance details and essential records.
- ☐ **Cash in small bills + spare keys**
Small bills and spare home or vehicle keys.
- ☐ **Notebook + pencil**
Record contacts, instructions and supply gaps.
- ☐ **Compact multi-tool**
Check transport and destination restrictions.
- ☐ **Duct tape + small repair supplies**
For equipment repairs.
- ☐ **Personal emergency contact card**
Keep one with each person in case you separate.

Personal & Family Essentials

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Lighting, first aid, family supplies and optional outdoor gear

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05 LIGHT, POWER & CONTACT

- ☐ **Headlamp + backup light**
One [headlamp](#) per adult; test switches in the dark.
- ☐ **Correct spare batteries**
Match each device; protect loose terminals.
- ☐ **Charged phone + power bank**
Test charging with your actual [phone](#) and cable.
- ☐ **Charging cable + wall adapter**
Include connectors for medical or hearing devices.
- ☐ **Battery-powered weather radio**
US: NOAA reception if available; test locally.
- ☐ **Whistle + local map**
One [whistle](#) per person; mark evacuation routes.
- ☐ **Printed contacts + meeting plan**
Include an out-of-area contact and backup destination.

07 FAMILY & ACCESSIBILITY

- ☐ **Infant or child supplies, if needed**
[Feeding supplies](#), [diapers](#), [baby clothes](#) and [comfort item](#).
- ☐ **Pet or service-animal kit, if needed**
[Pet food](#), [pet water](#), [bowl](#), [leash](#) / [carrier](#), medication and records.
- ☐ **Mobility and medical-device plan**
Transport assistance, backup power and care contacts.
- ☐ **Individual essentials for each adult**
Split shared gear; keep personal meds and light accessible.

06 FIRST AID & PERSONAL CARE

- ☐ **Practical first aid kit**
[Bandages](#), [sterile gauze](#), [medical tape](#), [antiseptic wipes](#), [tweezers](#).
- ☐ **Blister care + elastic wrap**
Select items you know how to use.
- ☐ **Nitrile gloves**
Pack several pairs in the kit; replenish after use.
- ☐ **Prescriptions + personal supplies**
Aim for 7 days if permitted; coordinate with pharmacist.
- ☐ **Medication list + care instructions**
Include allergies, doses and storage requirements.
- ☐ **Personal OTC medicines**
Only products suitable for the user; retain directions.
- ☐ **Glasses + assistive device supplies**
Spare glasses, [hearing batteries](#) or charging equipment.

08 OPTIONAL OUTDOOR MODULE

- ☐ **Sleep system for outdoor overnight**
Weather-appropriate [sleeping bag](#) / [quilt](#) + [insulating sleeping pad](#).
- ☐ **Tent or tarp with rigging**
Size for the group; practice setup before departure.
- ☐ **Stove, compatible fuel + cook pot**
Only if needed; operate outdoors, away from openings.
- ☐ **Route-specific tools / trained-use kit**
[Compass](#), [two-way radios](#) or [trauma supplies](#) as appropriate.

Your 72-Hour Packing Plan

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Your route, emergency contact, supplies and departure check

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09 HOUSEHOLD & ROUTE

Household / people / pets

Primary destination

Backup destination / route

10 CONTACT & WATER

Out-of-area contact + phone

Safe water refill location

Backup water source / transport reserve

11 ASSIGN SUPPLIES & CHECK WEIGHT

Person / bag carrier	Water carried (L)	Food (days)	Weight (lb/kg)

12 BEFORE YOU LEAVE

- ☐ Water and food packed
- ☐ Medication and documents packed
- ☐ Phone, lights and radio checked
- ☐ Loaded bag carried and tested

Last-minute items / shared gear + carrier

13 REVIEW DATES

Packed / checked on

Next review