

Bug Out Bag Checklist

Note: You might not need all of these items, this is just a checklist of common ones, others might want to add to this list. Its constantly changing so please check back to prepperlog.com
Please note this is only a reference tool, your personal needs may differ

Personal Hygiene

- ☐ Dental Floss
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Hand Sanitizer (pocket wipes)
- ☐ Toilet Paper
- ☐ Cotton Balls (dry)
- ☐ Q-tips
- ☐ Lye Soap (homemade kind made from Ash, Water, Lye to mask scent)
- ☐ Small pack of pocket tissues
- ☐ Tampons and pads
- ☐ Shaving cream
- ☐ Mouthwash
- ☐ Small comb
- ☐ Tweezers
- ☐ Small magnifying glass (for splinters and also used for fire starting)
- ☐ Lip balm
- ☐ Portable Toilet
- ☐ Sunscreen

Qty:

Notes:

[illegible]

Fire and Warmth

- ⑦ Waterproof matches
- ⑦ Paraffin Wax (To waterproof matches etc.)
- ⑦ Lacquer Nail Polish (To waterproof matches etc.)
- ⑦ Fire Steel
- ⑦ Cotton Balls soaked in petroleum jelly
- ⑦ Steel wool (for fire starting)
- ⑦ Pocket Warmers
- ⑦ Skull cap, toboggan, Hat with brim
- ⑦ Emergency long burning candles
- ⑦ Blankets

Qty:

Notes:

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First Aid

- ☐ Antibiotic ointment
- ☐ Hydrocortisone (anti-itch) ointment
- ☐ Gauze pads Assorted (nonstick, sterile etc)
- ☐ Cloth Tape
- ☐ Antiseptic wipe packs
- ☐ Scissors (paramedic style)
- ☐ Break proof (non-glass and non-mercury) thermometer
- ☐ Band-Aids assorted (knuckle, finger, butterfly, small, med, large)
- ☐ Pink Bismuth (Bismuth Subsalicylate) oral tablets
- ☐ Ammonia inhalants
- ☐ Cough drops
- ☐ Tylenol AND aspirin AND Ibuprofen
- ☐ Plastic gloves
- ☐ Constipation/Laxative Tablets
- ☐ Arm Splint
- ☐ Instant ice pack
- ☐ Laminated Emergency Card with known allergies, contacts, Blood type, name, address
- ☐ Laminated first aid instruction booklet
- ☐ Emergency Mylar Blanket
- ☐ Instant hot pack
- ☐ Cold/Sinus tablets
- ☐ Instant eyewash
- ☐ Burn relief aerosol
- ☐ Alcohol prep pads
- ☐ Antibiotics
- ☐ Eye drops
- ☐ Personal Medications

- ☐ Power Bars
- ☐ Potable Water purification tablets
- ☐ MRE packs or dehydrated foods (peanut butter, milk, jerky etc.)
- ☐ Bottled water
- ☐ Salt
- ☐ Spices
- ☐ Sugar
- ☐ Gatorade
- ☐ TVP (Textured Vegetable Protein)
- ☐ Slim Jims



Shelter

- ☐ Para-cord 7 strand 550 100ft
- ☐ Waterproof tarps
- ☐ Gore tex parka
- ☐ Pocket umbrella
- ☐ Tube Tent
- ☐ 4 Season Tent
- ☐ Gore Tex sleep bag
- ☐ Umbrella

Qty: Notes:

Weapons, Protection, Defense

- ☐ Various common caliber ammunition (.22, 357, 5.56, .223, 12guage, pellets and CO2 tubes)
- ☐ Combo hunting survival gun
(one that breaks down into a carry case and has two different calibers like .22 and a 410)
- ☐ Personal defense gun (357, 45, 12 guage riot, 9mm)
- ☐ Pellet gun (for silent hunting)
- ☐ Pocket knife, Skinning Knife, Survival/Combat Knife
- ☐ Trip wire
- ☐ Flares
- ☐ Ballistic Vest
- ☐ Kevlar Gloves
- ☐ Kevlar Helmet

Qty: Notes:

Tools

- ☐ Multifunction tool
- ☐ Foldable "Army style" shovel
- ☐ Belt Axe
- ☐ Pliers
- ☐ Screwdriver (Phillips and flat head)
- ☐ Allen Wrench (foldable)
- ☐ Duct tape
- ☐ Bolt Cutters
- ☐ Lock Picking tools

Qty: Notes:

Miscellaneous

- ☐ Leather care kit
- ☐ Needles
- ☐ Thread
- ☐ Earth Tone spray paint
- ☐ Mosquito/bug spray
- ☐ 12 hour light sticks

Qty: Notes:

