

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	Qty:	Notes:
2 Dental Floss		
2 Toothbrush		
2 Toothpaste		
☐ Hand Sanitizer (pocket wipes)		
☑ Toilet Paper		
2 Cotton Balls (dry)		
② Q-tips		
☑ Lye Soap (homemade kind made from Ash, Water, Lye to mask scent)		
2 Small pack of pocket tissues		
2 Tampons and pads		
☑ Shaving cream		
2 Small comb		
2 Tweezers		
☑ Small magnifying glass (for splinters and also used for fire starting)		
☐ Lip balm		
2 Portable Toilet		
☑ Sunscreen		
Fire and Warmth	Qty:	Notes:
☑ Waterproof matches		
2 Paraffin Wax (To waterproof matches etc.)		
☑ Lacquer Nail Polish (To waterproof matches etc.)		
☑ Fire Steel		
☑ Cotton Balls soaked in petroleum jelly		
☑ Steel wool (for fire starting)		
☑ Pocket Warmers		
☐ Skull cap, toboggan, Hat with brim		
☑ Emergency long burning candles		
2 Blankets		



First Aid	Qty:	Notes:
☑ 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		
2 Ammonia inhalants		
☑ Cough drops		
☑ Tylenol AND aspirin AND Ibuprofen		
☑ Plastic gloves		
☑ Constipation/Laxative Tablets		\$ 9
☑ Arm Splint	69 () Ped a	
☐ 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		
2 Cold/Sinus tablets		
☐ Instant eyewash		
Burn relief aerosol		
② Alcohol prep pads		
2 Antibiotics		
2 Eye drops		
Personal Medications		
Food and Water	Qty:	Notes:
2 Power Bars		
2 Potable Water purification tablets		
☐ MRE packs or dehydrated foods (peanut butter, milk, jerky etc.)		
Bottled water		
2 Salt		
☑ Spices		
☑ Sugar		
2 Gatorade		
☐ TVP (Textured Vegetable Protein)		
2 Slim Jims		



Shelter	Qty:	Notes:
☑ Para-cord 7 strand 550 100ft		
2 Waterproof tarps		
② Gore tex parka		
2 Pocket umbrella		
2 Tube Tent		
2 4 Season Tent		
Gore Tex sleep bag		
2 Umbrella		
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Weapons, Protection, Defense	Qty:	Notes:
🛮 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)		
2 Personal defense gun (357, 45, 12 guage riot, 9mm)	0	
2 Pellet gun (for silent hunting)	(/69 ga	
Pocket knife, Skinning Knife, Survival/Combat Knife		
2 Trip wire	333	
2 Flares		
Ballistic Vest		
2 Kevlar Gloves		
Kevlar Helmet		
Tools	Qty:	Notes:
Multifunction tool		
Foldable "Army style" shovel		
2 Belt Axe		
2 Pliers		
Screwdriver (Phillips and flat head)		
2 Allen Wrench (foldable)		
② Duct tape		
Bolt Cutters		
☑ Lock Picking tools		
Miscellaneous	Qty:	Notes:
② Leather care kit		
2 Needles		1
2 Thread		
2 Earth Tone spray paint		
Mosquito/bug spray		

2 12 hour light sticks



Electronics	Qty:	notes:
☑ Assorted batteries (AAA, AA, D, C, 6volt, 9 volt, 12 volt, etc)		
② MURS Perimeter alarms		
2 Shortwave radio		
2 Cb radio		
2 Crank or solar radio		
☑ "Shake" flashlight		
☑ GPS with solar charger		
Fishing Gear	Qty:	Notes:
☑ Assorted fishing line with different line test (3lb, 5lb, 10lb, 30lb etc)		
2 Trout line		
☑ Assorted fishing hooks with some being 3-pronged also		
2 Stringer		
2 Sinkers/weights		
☑ Cork bobbers		
☐ Graphite, cane, fiberglass fishing rods		
2 Spinners		
Mechanical reels as well as flyrods		
☑ Tackle box or equivalent	0,0	200
② Yo Yo fishing real	69/:/ 63	G.
2 Clothing		
☑ Gore Tex Socks	150 m	
2 Puncture Resistance Boots with Steel Toe	(150)	
2 Handkerchief	93	
2 Thermal underwear		
2 Para-cord Belt		
② Chaps (snake proof)		
7 Frog gigs		

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