

Bug Out Bag Checklist

Checklist · 36 items · 12 sections

The complete bug out bag checklist for a 72-hour emergency evacuation kit. Covers water, food, shelter, first aid, documents, tools, and communication essentials.

Open the editable version online:

<https://genechecklist.com/checklist/bug-out-bag-checklist>

WATER

- Water: 1 liter per person per day minimum (3-day supply)

HIGH

Water is your #1 priority. Pack both bottled water AND a filtration method

- Water filter (LifeStraw or Sawyer Squeeze)

HIGH

- Water purification tablets (backup to filter)

HIGH

- Collapsible water bottle or bladder (to collect water from sources)

FOOD

- 3-day food supply: 2,000 calories per person per day

HIGH

Focus on calorie-dense, no-cook options: energy bars, peanut butter, jerky, trail mix

- Freeze-dried meals or MREs (add variety to snacks)

- Spork or utensil set

SHELTER

- Lightweight backpacking tent or emergency bivvy

HIGH

- Emergency mylar blankets (2+)

HIGH

Reflect 90% of body heat: pack several even if you have a tent

- Tarp with paracord (6-8 feet) for improvised shelter

- Sleeping bag (or emergency sleeping bag) rated for your climate

HIGH

FIRST AID

- Comprehensive first aid kit
HIGH
- Prescription medications: 7-day supply
HIGH
- Pain reliever, antihistamine, anti-diarrheal, antacid
HIGH
- N95 masks (2+)

DOCUMENTS

- Copies of important documents: ID, passport, insurance, birth certificate
HIGH
Store in a waterproof pouch. Also save digital copies to a USB drive or cloud storage
- Cash in small bills (ATMs and card systems may be down)
HIGH
- USB drive with digital copies of important documents

TOOLS

- Flashlight or headlamp with extra batteries
HIGH
- Multi-tool or Swiss Army knife
HIGH
- Lighter and waterproof matches
HIGH
- Paracord (50 feet minimum)
- Duct tape
- Work gloves

COMMUNICATION

- Hand-crank or battery-powered NOAA weather radio
HIGH
Get emergency broadcasts without needing internet or cell service
- Portable phone charger / power bank (fully charged)
HIGH
- Whistle (signal for help)
HIGH

NAVIGATION

- Paper map of your region and evacuation routes

HIGH

GPS and phones fail: know your routes without technology

- Compass

CLOTHING

- Change of clothes (moisture-wicking, weather-appropriate)

HIGH

- Rain poncho or waterproof jacket

HIGH

- Sturdy walking shoes or boots (already broken in)

HIGH

- Warm hat and gloves (even in warm climates: nights can be cold)

HYGIENE

- Hygiene kit: toothbrush, wipes, hand sanitizer, toilet paper

HIGH

PLAN

- Know your meeting point and evacuation routes (discussed with family)

HIGH

MAINTENANCE

- Review and refresh bag contents every 6 months (food/water expiration)

HIGH

Set a calendar reminder for spring and fall to rotate food and check batteries