### Clothing
- One pair jeans
- One sweatshirt
- One t-shirt
- Two pairs underwear
- Two pairs of socks (one wool)
- One pair winter gloves
- One pair work gloves
- Two bandanas

### Food/Cooking
All stored food should be replenished every six months.
- One standard mess kit
- Six mini boxes of drinking water
- Two bags of trail mix
- Two bags of candy
- 10 granola bars
- One bag of dried fruit
- Four MREs or freeze dried meals
- One bag of goldfish crackers
- One box of fruit snacks
- One pack of gum
- One LifeStraw filtration device
- Four packs of instant oatmeal
- Four cups of Instant pudding
- Powdered drink mix

### Medical/Hygiene
Most of the items in this list should be travel size, rather than full size.
- Roll of toilet paper
- Bar of deodorant (travel size)
- Bottle of aloe vera
- Bottle of bug spray
- Bottle of water purifier tablets
- Small roll of paper towel
- Small pack of moist wipes
- Small first aid kit
- Bottle of hand sanitizer
- 30 q-tips
- 10 band aids
- Medicine (as needed)
- Tube of chapstick
- Bottle of sunscreen
- Tube of toothpaste, brush
- Bottle of pain reliever
- Hand towel
- Two small bars of soap
- Bottle of vitamins
- Bottle of shampoo

### Survival
- Mini AM/FM radio
- Gerber multi-function tool
- Poncho
- Binoculars
- 100 hour candle
- 100 matches
- Four light sticks
- Whistle
- A dozen hand/foot warmers
- Two particulate breathing masks
- Fifty feet of paracord
- Compass
- Map of the area
- Ham radio, spare battery
- Tube tent
- Aluminum survival wrap
- Latrine shovel
- Mosquito netting
- Ten zip ties

### Miscellaneous
- Roll of duct tape
- Assortment of batteries
- copies of IDs, passport
- Emergency contact information
- $100 in assorted bills and coins
- Tube of super glue
- Small notebook
- Two pens and one Sharpie marker
- Book of crossword puzzles
- Playing cards
- Five pairs of disposable ear plugs
- Five garbage bags
- USB flash drive with important family photos, documents, etc.

### Bugout Items
In the event of an evacuation, be sure to grab the following.
- Wallet/purse
- Keys
- Glasses
- Prescription medication
- Cell phone
- Firearm and ammunition
- Shutoff house utilities
- Lock doors and windows
- Follow evacuation instructions

### IMPORTANT TIPS ABOUT YOUR BUGOUT BAG
- Be sure to review the contents of your bag every six months. Rotate out any food, change out winter/summer clothes, etc.
- People with children should consolidate most of the family’s items into their own bags, and include only light, essential items in kids’ bags.
- As you determine what to include in your own bag, be sensitive to the weight load and make sure that the person whose bag it is would be able to hike a few miles with the weight.
- Keep smaller, important items such as flashlights, whistles, rope, and other such things in the outside pockets where they can be more easily accessed.
- Keep your bag in an entry way closet or in the garage, where you will remember it and easily be able to grab it in the event of a “bugout.”
- You may need more than three days of supplies to endure an emergency. Plan accordingly.
**“GET HOME” CAR BAG**  This should be a small bag, such as a backpack or waistpack.

- Two blankets
- Small pillow
- Old pair of shoes
- Two extra pairs socks
- Paper maps of your area (AAA)
- Mini flashlight
- Lightstick
- Pocketknife
- Blastmatch fire starter
- Bic lighter
- Ziploc bag with 10 vaseline-coated cotton balls for starting fire
- Small notebook
- Sharpie marker, pen, and pencil
- Tube of chapstick
- 100+ hour emergency candle
- Poncho
- “Hotties” hand/feet warmers
- One roll of toilet paper
- Small trowel
- Two paid latex gloves
- Small pack of wet wipes
- 100 feet paracord
- Small bottle of foot powder
- Extra ammunition for your gun
- Bug repellent
- Pair of sunglasses
- Pain reliever (e.g. Advil)
- Small first aid kit
- Datrex 3600 calorie food bar (2)
- Bag of candy
- Chewing gum
- LifeStraw water filter
- Two bottles of water
- $50 in small bills
- Small games, cards, drawing pads
- Small AM/FM radio (rotate batteries)
- Particulate breathing mask

**“GET HOME” OFFICE BAG**

This should be a medium size backpack, ideally with sturdy waist straps for support (e.g. North Face).

This should be a separate bag from your car bag, but will contain all of the same materials listed in the car bag box above. In addition, consider including:

- Water bottle with carbon-based filter inside
- Box of energy bars (food will store in an office at room temperature longer than in a hot car)
- Bag of dried fruit
- 1 liter (or close) metal water bottle, filled
- Pepper spray

Using Google Maps, find three alternate routes from your office to your home that you can take on foot (e.g. back roads). Using different colored markers, draw these routes on a paper map of your city/county and keep this in your “get home” office bag.

**KID BAGS**

- Season-appropriate clothes (ROTATE!)
- Laminated emergency contact list w/ phone #s
- Simple games and activity books
- Their favorite snacks
- Small first aid kit
- Particulate breathing mask
- Bubble gum
- Tennis ball or other simple motion activity
- Children’s poncho
- Water bottle
- Flashlight

**PET BAG**

If you have a larger dog, consider buying a bag that they can carry themselves. One option is the Outward Hound Backpack, which comes in various sizes.

- Three days worth of food (ROTATE!)
- Tennis ball / toy
- Filled pet water bottle (such as a GULPY)
- Extra leash
- Chain/rope to tie them to something
- Waste bags

**THE SIMPLE RULE OF BUGGING OUT:**

Three minutes without air
(or from some wounds and extreme freezing conditions)

You will die in:

- Three hours without shelter in severe weather
- Three days without water
- Three weeks without food

For tips and other ideas, see *Build the Perfect Bug Out Bag: Your 72-Hour Disaster Survival Kit* by Creek Stewart. Also consider owning/reviewing *SAS Survival Handbook* by John Wiseman.