

## **BUG-OUT BAG CHECKLIST**



From "**What Should I Pack in a Bug-Out-Bag?**"

The Prepared Home Series by  
[Le Petit Simon](#)

*This comprehensive checklist helps ensure you've considered all essential categories when building your bug-out bag. Check off items as you add them, and review the list quarterly as part of your maintenance routine.*

### **WATER**

- ☐ Water bottle (filled)
- ☐ Collapsible water container
- ☐ Water filter/purifier
- ☐ Water purification tablets
- ☐ Electrolyte replacement packets

### **FOOD**

- ☐ Energy/protein bars
- ☐ Ready-to-eat meals
- ☐ Trail mix/nuts
- ☐ Compact cooking equipment (if applicable)
- ☐ Utensils

## **SHELTER & WARMTH**

- ☐ Emergency shelter (bivvy, tarp, etc.)
- ☐ Emergency blanket
- ☐ Cordage (paracord or similar)
- ☐ Hand/body warmers
- ☐ Sleeping pad (optional)

## **CLOTHING**

- ☐ Base layer (season appropriate)
- ☐ Mid-layer insulation
- ☐ Outer shell/rain protection
- ☐ Extra socks (2-3 pairs)
- ☐ Hat/head covering
- ☐ Gloves
- ☐ Bandana/multipurpose cloth

## **LIGHT & FIRE**

- ☐ Headlamp
- ☐ Secondary light source
- ☐ Spare batteries
- ☐ Primary fire starter
- ☐ Backup fire starter
- ☐ Tinder/fire accelerant

## **FIRST AID & HEALTH**

- ☐ First aid kit
- ☐ Personal medications
- ☐ Pain relievers/fever reducers
- ☐ Antihistamines

- ☐ Gastrointestinal remedies
- ☐ Blister treatment
- ☐ Insect repellent
- ☐ Sunscreen

## **TOOLS & UTILITY**

- ☐ Multi-tool
- ☐ Fixed-blade knife (if needed)
- ☐ Duct tape
- ☐ Zip ties
- ☐ Work gloves
- ☐ Whistle
- ☐ Repair kit (needle, thread, etc.)

## **NAVIGATION & COMMUNICATION**

- ☐ Local maps
- ☐ Compass
- ☐ Power bank
- ☐ Charging cables
- ☐ Emergency radio
- ☐ Signal mirror
- ☐ Notebook and pencil

## **DOCUMENTS & FINANCIAL**

- ☐ ID copies (license, passport, etc.)
- ☐ Insurance information
- ☐ Emergency contacts
- ☐ Medical information
- ☐ Cash (small denominations)
- ☐ Waterproof document case

## HYGIENE & SANITATION

- ☐ Hand sanitizer
- ☐ Biodegradable wipes
- ☐ Toothbrush and toothpaste
- ☐ Toilet paper/sanitation supplies
- ☐ Feminine hygiene products (if needed)
- ☐ Small towel
- ☐ Garbage bags

## SPECIAL CONSIDERATIONS

- ☐ Child-specific items
- ☐ Pet supplies
- ☐ Elderly/medical needs
- ☐ Spare glasses/contacts
- ☐ Comfort/morale items
- ☐ Dust masks

## PERSONAL NOTES:

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*Download additional copies at :*

*<https://econopass.com/le-petit-simon/everyday-emergency-skills-series/essential-bug-out-bag-packing-list/>*