



READY LIFESTYLE

Bug Out Bag Checklist

Minimum Required Items:

- Backpack – Appropriate for your area
- Water – 2 1-Liter water bottles, light weight water filter
- Food – Enough to keep you going if you have to walk to your bug out location
- Shelter – Appropriate for your area (tarp, sleeping bag, etc.)
- First Aid Kit – Must be able to treat trauma and minor injuries

Optional Items:

- Extra Clothing – Socks, underwear, light rain gear, broken in footwear
- Light – Headlamp or flashlight
- Hygiene – Baby wipes, toothbrush, toothpaste, feminine hygiene products
- Weapons – Rifle, pistol or what is available in your area
- Protective Gear – Glasses, dust mask, gloves
- Fire Starting – Bic lighter or other materials as needed
- Cordage – 25 – 50 ft of 550 cord
- Knife / Axe – Knife, multitool or small hatchet
- Navigation – Maps, GPS, compass
- Money – Small denominations
- Identification – Proper photo ID
- Electronics – Cell Phone and a way to charge it
- Signaling Devices – Signal mirror, whistle

Need more information? Learn what and why these items are on our [bug out bag list](#) here.