



# Bug Out Bag Check-List



## Rule of 3

### 3 Minutes Without Air

#### 1. Respirators

N95 Respirator \*

### 3 Hours in Inclement Weather

#### 2. Shelter / Sleep Systems

Sleeping bag

Bivy \*

Tent

Tarp \*

Hammock

Bug netting

Mylar blanket \*

Ground Sheet/pad

Hammock

Blanket wool or fleece

### 3 Days Without Water

#### 3. Water Filtration Systems

Sawyer Water Filter \*

Purification Tablets

Metal containers to boil water in (cups, canteens, flasks, pot, kettle) \*

Hydration Bladders

Lifestraw

Katadyne Water Filter

### 3 Weeks Without Food

#### 4. Long Shelf Life Survival Foods

Pemmican

Jerky

MRE (meals ready to eat)

Dehydrated meal packs

Emergency food rations (3600 Calories per pack) \*

Trail mix \*

Lentils

Rice

Bannock mix

Food bars \*

Peanut butter \*

Oatmeal

Chocolate \*

Coffee / Tea \*

#### 5. First Aid & Hygiene

Ifak (Individual Trauma Kit) \*

First Aid Kit (Boo Boo Kit) \*

Prescription Medications \*

Painkillers (Ibuprofen, Paracetamol)

Anti-Diarhea (Immodium, Ciprofloxacin)

Anti-Histamines (Claritin, Benadryl)

Anti-Fungal Creams (Fluconazole, Clotrimazole)

Anti-biotics (get a doctors prescription)

Anti-bacterial wipes \*

Hand sanitizer \*

Wet Wipes \*

Soap \*

ToothBrush \*

#### 6. Cutting Tools

Knife (fixed bladed survival knife) \*

Portable Saw (Bahco Laplander, Silky, Sven)

Axe (Granfors Bruk, Fiskars)

Machete (Tramontina, Ontarios Military machete)

Multi-tool (Leatherman, Swiss Army Knife) \*

Folding Pocket Knife (Buck, Benchmade, Spyderco)

#### 7. Navigation & Signaling

Compass \*

Maps \*

GPS

Signal Mirror \*

Whistle \*

Mobile Phone \*

Ham Radio

#### 8. Fire Creating Devices & Tinder

Lighters (Bic is good) \*

Waterproof Matches \*

Ferrocium Rod \*

Magnesium Block

Cotton balls soaked in petroleum jelly \*

Char Cloth

Jute

Candles \*

## 9. Lighting Devices

LED Torchlight \*  
LED Headlamp \*  
Chemical Glowstick

## 10. Clothing

Spare Socks \*  
Spare baselayer clothing \*

Clothing suitable for your environment.

## 11. Cordage

Paracord \*  
Climbing Rope \*  
Fishing line \*  
Snare wire  
Dental Floss \*  
Jute Cord  
Microcord

## 12. Repair Kits/Items

Sewing Kit \*  
Duct Tape \*  
Superglue \*  
Tent Repair Kit  
Some material/fabric that could be sewn onto torn clothing, tents, gear, etc.

## 13. Protective Gear

Knee Pads (internal)  
Work Gloves \*  
Sun Glasses and Safety Glasses \*  
Hat \*  
Shemagh / Bandana \*  
Head bug net  
Boot Gaitors  
Poncho \*

## 14. Cooking Kit

Bushcraft Essentials Stove  
Metal Nesting cups  
Camping cook sets  
MSR Stove  
Spork \*

## 15. Cash / Documents

Cash (small denominations) \*  
Copies of ID (passport, drivers licence, etc) \*  
Copies of deeds and ownership papers of assets \*  
Digital copy of legal documents, banking information, phone numbers, family photos, etc (on a USB Drive or Data Card) \*

## 16. Miscellaneous

Heavy duty Garbage bags (pack 2 or 3 of them) \*  
Ziplock bags (half a dozen) \*  
Cable ties of varying lengths  
Rubber Tubing surgical grade  
Condoms (non-lubricated)  
Tick Remover  
Nail Clippers (or small scissors)  
Small mirror \*  
Small magnifying glass \*  
Pen and a little notebook \*  
Vaseline  
Hand towels (6x6 inch x 3) \*  
Fallkniven DC4 or any small portable sharpening tool  
Carabiner (real climbing ones) preferable with a screw lock x3 \*  
Tampons  
Powerbank to charge electronic device (preferably solar rechargeable)  
A Pair of Quick release straps  
2 Bag covers, one camo and one plain

## 17. Self Defense

Bear Spray \*  
Firearm (if legal in area)  
Bow and Arrows  
(Number 6 above there are a number of cutting tools listed that could be used for self defense)

The Items marked with \* are considered basic items and highly recommended

Knowledge is ESSENTIAL.. Learn First Aid, Navigation, Foraging, Trapping, Hunting and Fishing.

Use your Bug Out Bag... Go camping for 3 days, carry your bag and hike with it, you NEED to know if it is comfortable, if it is too heavy.

Use your gear, so you know how to use it, so you know if it is reliable, suitable for your environment.

Practice your skills, so in a survival situation you are not only well prepared gear wise, but also have the knowledge and skills to survive.

Always inform a trusted family member or friend of your whereabouts when camping/hiking, give them your itinerary so if anything unforeseen happens they can inform the authorities and call the cavalry to assist you.

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