



SurvivalReliance.com

Bug Out Bag Checklist

<u>Category</u>	<u>Essential Items</u>	<u>Optional Items</u>
Shelter	Emergency Tent <input type="checkbox"/>	Lightweight Hammock <input type="checkbox"/>
	Survival Tarp <input type="checkbox"/>	Portable Camping Stove <input type="checkbox"/>
	Sleeping Bag <input type="checkbox"/>	Bivy Sack <input type="checkbox"/>
Water	Water Filtration Bottle <input type="checkbox"/>	Collapsible Water Container <input type="checkbox"/>
	Water Purification Tablets <input type="checkbox"/>	Portable Water Filter Pump <input type="checkbox"/>
	Collapsible Water Bottle <input type="checkbox"/>	Water Bladder <input type="checkbox"/>
Food	Emergency Ration Bars <input type="checkbox"/>	Dehydrated Meals <input type="checkbox"/>
	High-Calorie Snacks (e.g., Trail Mix) <input type="checkbox"/>	Freeze-Dried Fruits and Vegetables <input type="checkbox"/>
	Meal Replacement Bars <input type="checkbox"/>	MREs (Meals Ready-to-Eat) <input type="checkbox"/>
Clothing	Weatherproof Jacket <input type="checkbox"/>	Extra Socks and Underwear <input type="checkbox"/>
	Moisture-Wicking Base Layer <input type="checkbox"/>	Insulated Jacket or Vest <input type="checkbox"/>
	Hiking Boots <input type="checkbox"/>	Rain Poncho <input type="checkbox"/>
First Aid	Compact First Aid Kit <input type="checkbox"/>	Trauma Kit <input type="checkbox"/>
	Emergency Blanket <input type="checkbox"/>	Tourniquet <input type="checkbox"/>
	Adhesive Bandages <input type="checkbox"/>	CPR Face Mask <input type="checkbox"/>
Tools and	Survival Multi-Tool <input type="checkbox"/>	Folding Shovel <input type="checkbox"/>
Navigation	Compact Compass <input type="checkbox"/>	GPS Device <input type="checkbox"/>
	Fire Starter Kit <input type="checkbox"/>	Signal Mirror <input type="checkbox"/>
	Multi-Purpose Knife <input type="checkbox"/>	Whistle <input type="checkbox"/>