

# BOB CHECKLIST



You probably won't need to include every single item in this Bug Out Bag checklist. Rather, the checklist is a starting point to help make sure you don't overlook any important items. Customize the checklist based on your needs and Bug Out plan so you will be prepared for anything!

## SHELTER

- Tarp or tent
- Sleeping bag or bivy bag

## FIRST AID

- Personal medications
- Waterproof first aid bag
- Heavy gauze
- Rolled bandages
- Trauma pads
- Non-adhesive bandages sterile wound dressings
- Adhesive bandages
- Skin glue
- Moleskin
- Medical tape
- Butterfly closures
- Antibiotic ointment or iodine
- Tourniquet
- Burn salve
- Nitrate gloves
- Tweezers
- Cotton swabs
- 60cc syringe with irrigation tip
- Small scissors

● Ace bandage



● Triangle bandage



● Antihistamine



● Pain relievers



● EpiPen



● Potassium iodide



● Antidiarrhea medicine



● Sunscreen



## WATER

● 1-3 quarts of water per person



● Water bottle



● Water filter and/or purification tablets/drops



● Lightweight pot for boiling water



## FOOD

- Emergency food for 3 days
- Camp cook stove and fuel
- Mini fishing kit
- Guide to wild edibles

## HYGIENE

- Toothbrush, toothpaste
- Bandana
- Small soap

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- Antibacterial hand sanitizer
- Feminine products
- Insect repellent
- Toilet paper
- Baby wipes



## COMMUNICATION AND EVACUATION ITEMS

- Emergency radio
- Map with bug out route
- Compass and/or GPS
- Cash in small bills



## GEAR

- Rainproof shell for bag (can be trash bag)
- Knife
- Waterproof matches and/or lighter
- Backup fire starter
- Multi-tool
- Flashlight, headlamp, emergency candles and/or glow sticks
- Weapon and ammo
- Extra batteries and/or solar chargers, charging cables
- Face respirator mask or gas mask
- Shovel (for digging latrine holes)
- Small ax



## CLOTHING

- One change of clothing
- Extra socks and underwear
- Hat with a brim
- Rain jacket or poncho
- Sturdy hiking shoes or boots



## EXTRAS AND COMFORT ITEMS

- Mini survival guide
- Pen and paper or notebook
- Deck of cards
- Glasses and glasses case



## FOR FAMILIES WITH SMALL CHILDREN

- Multivitamins
- Toys or comfort items for children
  - For infants:
  - Baby formula
  - Bottles
  - Pacifier
  - Diapers
  - Baby medicines



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## DOCUMENTS

- Birth certificates 
- Social security card 
- State-issued ID/Driver's license 
- Passport 
- Important medical records, including blood type 
- Prescriptions for medications 
- Health insurance information 
- Marriage certificate 
- Divorce papers 
- Child custody papers 
- Diplomas 
- School transcripts 
- Military documents 
- Weapon permits 
- Credit and debit card (copies of front and back) 
- Deed to house or rental agreement 
- Vehicle papers 
- Living will 

### Emergency Contact Info to Include:

- Friends and family members 
- Health care providers 
- Insurance providers 
- Attorneys 

- Utility providers 

- Banks and other financial institutions 

Property Ownership Documents and pictures of items

- Firearm serial number 

- Valuable jewelry 

- Valuable electronics 

- Antiques and family heirlooms 

### Pet Documents:

If you cannot prove that your pet is vaccinated, then it might be put down in the aftermath of a disaster. You also will have trouble getting it into an evacuation shelter or kennel while you secure housing.

### Family Photos:

In case you get separated from your family, photos will be needed to help you reunite.