



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 

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!

● 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





















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!



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.