

PLAN B SURVIVAL AND PREPAREDNESS

The Ultimate Bug Out Bag List

Select the items you want to pack in your bug out bag:

- Shelter and Environmental Protection
 - Fire Starting Kit
 - Emergency Blanket
 - Poncho
 - Sleeping Bag
 - Tarp
 - Tent
 - Spare Clothes
- Shelter and Environmental Protection (WEIGHT)

- Food and Water
 - Water
 - Rations
 - Water Filtering Item
 - Water Purification Tablets
 - Canteen
 - Hydration Bladder
 - Can Opener
 - Eating Utensils
- Food and Water (WEIGHT)

- Communication and Navigation
 - Emergency Radio

- Flashlight
- Headlamp
- Survival Whistle
- Compass
- Laminated State Map
- Chemical Light Sticks
- Signal Mirror
- Cell Phone Cable and Adapter
- Communication and Navigation (WEIGHT)

- First Aid and Staying Healthy
 - First Aid Kit
 - Tourniquet
 - Israeli Bandage
 - Sam Splint
 - QuickClot
 - Bug Repellent
 - Hygiene Kit
 - Wet Naps
 - Potassium Iodide Tablets
 - Ammonia Inhalants
- First Aid and Staying Healthy (WEIGHT)

- Miscellaneous
 - Multitool
 - Folding Knife
 - Fixed Blade Knife
 - Paracord
 - Duct Tape

- Batteries
 - Solar Charger
 - Zip Ties
 - Bandana
 - Dry Bag
 - Pocket Survival Guide
- Miscellaneous (WEIGHT)

- Urban / Suburban Survival Gear
 - Work Gloves
 - Dust Mask
 - Eye Protection
 - Urban Axe
 - Pry Bar
 - Breaching Tool
 - Sillcock Water Valve Key
- Urban / Suburban Survival Gear (WEIGHT)

- Wilderness Survival Gear
 - Camping Hammock
 - Pocket Chainsaw
 - Fishing Kit
 - Hatchet
 - Tomahawk
 - Camp Shovel
 - Fillet Knife
 - Skinning Knife
- Wilderness Survival Gear (WEIGHT)

- Self-Defense
 - Pepper Spray
 - Handgun & Ammo
 - Rifle & Ammo
 - Slingshot & Ammo
- Self-Defense (WEIGHT)

- Personal Items
 - Cash
 - Pen
 - Identification (photocopies)
 - Prescription Medication