

# BUG-OUT BAG CHECKLIST

## *Essentials for Preparedness*

### WATER AND HYDRATION

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- REUSABLE WATER BOTTLE (DURABLE AND LIGHTWEIGHT)
- WATER PURIFICATION TABLETS
- LIGHTWEIGHT WATER FILTRATION SYSTEM (E.G., LIFESTRAW)
- HYDRATION BLADDER (OPTIONAL)

### FOOD AND NUTRITION

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- HIGH-ENERGY NON-PERISHABLE FOODS (PROTEIN BARS, NUTS, JERKY)
- FREEZE-DRIED MEALS
- COMPACT STOVE AND FUEL
- LIGHTWEIGHT COOKING POT
- SPORK OR MULTI-TOOL WITH UTENSILS

### SHELTER AND WARMTH

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- EMERGENCY BLANKET
- SMALL TARP OR ONE-PERSON TENT
- THERMAL CLOTHING, SOCKS, AND GLOVES
- HAND AND FOOT WARMERS (OPTIONAL)

### FIRST AID AND MEDICAL SUPPLIES

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- BASIC FIRST AID KIT (BANDAGES, ANTISEPTIC WIPES, GAUZE)
- PAIN RELIEVERS AND PERSONAL MEDICATIONS (3-DAY SUPPLY MINIMUM)
- JACE MEDICAL EMERGENCY ANTIBIOTIC KIT

## TOOLS AND NAVIGATION

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- MULTI-TOOL OR KNIFE
- DURABLE LED FLASHLIGHT WITH EXTRA BATTERIES
- WATERPROOF MATCHES AND LIGHTER
- FIRE STARTER KIT
- PAPER MAP AND COMPASS

## HYGIENE AND PERSONAL CARE

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- TRAVEL-SIZE TOILETRIES (SOAP, TOOTHPASTE, TOOTHBRUSH, SMALL TOWEL)
- BIODEGRADABLE TOILET PAPER
- HAND SANITIZER
- FEMININE HYGIENE PRODUCTS
- HAIR BRUSH

## COMMUNICATION AND SAFETY

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- HAND-CRANK OR BATTERY-POWERED RADIO
- WHISTLE
- PEPPER SPRAY OR SELF-DEFENSE TOOL

## OPTIONAL ITEMS FOR PERSONALIZATION

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- DIAPERS, BABY WIPES, OR FORMULA
- COMFORT TOYS OR BLANKETS FOR CHILDREN
- PET FOOD AND WATER
- LEASH AND WASTE BAGS
- LIGHTWEIGHT RAIN JACKET (WET CLIMATES)
- INSULATED GLOVES AND HAT (COLD CLIMATES)
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