BUG-OUT BAG CHECKLIST

PREP LIKE NOAH
PREPLIKENOAH.COM

One bag per person, packed and by the door. Tick what you already own, then work the gaps. The items marked CRITICAL are the ones to get first: everything else is better, not essential.

☐ Packed and in the bag Current picks at preplikenoah.com/gear

WATER 7

- ☐ **Portable Water Filter** CRITICAL
  Filters bacteria and protozoa from natural water...
- ☐ **Water Purification Tablets**
  Chemical backup for when filtration isn't possible...
- ☐ **Collapsible Water Container**
  Holds gallons when needed, packs flat when not —...
- ☐ **Gravity Water Filter (no power)**
  No pumping, no power, no moving parts: hang, fill...
- ☐ **WaterBrick Stackable Container (3.5 gal)**
  Interlocking 3.5-gallon bricks that stack like...
- ☐ **WaterBOB Bathtub Reservoir (100 gal)**
  Food-grade bladder that lines your bathtub and...
- ☐ **Electrolyte Powder**
  Concentrated electrolyte drink mixes for prolonged...

FOOD 8

- ☐ **Emergency Food Bars** CRITICAL
  Calorie-dense, long shelf life (5+ years), no...
- ☐ **Freeze-Dried Meals**
  Just add hot water. Lightweight for bug-out bags...
- ☐ **Trail Mix / Nuts (high calorie)**
  Calorie-dense, no cooking, keeps for months.
- ☐ **Electrolyte Packets**
  Replaces the salts lost to heat, exertion, or...
- ☐ **Mylar Bags + O2 Absorbers**
  The deep-pantry packaging system: 5-gallon Mylar...
- ☐ **Camp Stove + Fuel**
  A compact stove and fuel to boil water and cook...
- ☐ **Mess Kit (pot, cup, utensils)**
  Pot, cup, and utensils for cooking and eating. One...
- ☐ **Extra Calorie-Dense Food (7-14 day)**
  Peanut butter, canned protein, rice, dried beans...

SHELTER & WARMTH 3

- ☐ **Emergency Bivvy / Space Blanket** CRITICAL
  A heat-reflective sleeping bag the size of a soda...
- ☐ **Tarp / Rain Poncho**
  Shelter, ground cover, rain catchment, gear cover —...
- ☐ **Sleeping Pad**
  Insulation from the ground matters more than your...

COMMUNICATION 4

- ☐ **Hand-Crank / Battery Radio** CRITICAL
  NOAA weather + AM/FM. Hand-crank or solar-charged...
- ☐ **Whistle (signal)** CRITICAL
  Three blasts means distress. A whistle carries...
- ☐ **FRS Walkie-Talkies (pair)**
  License-free radios that keep family connected...
- ☐ **Notepad + Pencil (waterproof)**
  Waterproof paper for notes, messages left behind...

MEDICAL, TOOLS & HYGIENE

MEDICAL 13

- [ ] **CAT Tourniquet (genuine)** CRITICAL
  The one piece of trauma gear that stops arterial...
- [ ] **Comprehensive First Aid Kit** CRITICAL
  Bandages, gauze, antiseptic, pain relievers...
- [ ] **Insulin Cooler Case** CRITICAL
  Keeps insulin at temperature for days without...
- [ ] **Glucose Monitor + Test Strips** CRITICAL
  A spare meter and a full vial of strips. Stress and...
- [ ] **Glucose Tablets** CRITICAL
  Fast sugar for lows — keep some in every bag and...
- [ ] **Spare EpiPen** CRITICAL
  Keep a spare auto-injector. Check expiration dates...
- [ ] **N95 Masks (10-pack)** CRITICAL
  Critical for wildfire smoke, volcanic ash, and dust...
- [ ] **OTC Medicine Stock**
  The pharmacy shelf you raid first in any illness...
- [ ] **Medical ID Bracelet**
  States your conditions, allergies, and medications...
- [ ] **Chest Seals (twin pack)**
  Vented seals for penetrating chest trauma. Part of...
- [ ] **Potassium Iodide (KI) Tablets**
  Thyroid protection after a nuclear release, for...
- [ ] **SAM Splint (36")**
  Moldable splint for fractures and sprains. Pair...
- [ ] **Wound Dressing Refills**
  What actually runs out: non-stick pads, elastic...

TOOLS 9

- [ ] **Knife / Multitool** CRITICAL
  The most-used tool in any kit. A locking blade plus...
- [ ] **Map + Compass** CRITICAL
  Paper map of your region. GPS dies when phones die...
- [ ] **Paracord (50 ft)**
  550 cord for shelter rigging, repairs...
- [ ] **Duct Tape (small roll)**
  Wrap around a pencil for compact storage. Endless...
- [ ] **Work Gloves**
  Debris, broken glass, hot pots. Protect the tools...
- [ ] **Ice Scraper + Snow Brush**
  Lives in the vehicle all winter.
- [ ] **Axe / Hatchet**
  Splits kindling and drives stakes. A hatchet covers...
- [ ] **Folding Saw**
  Processes firewood and clears branches with less...
- [ ] **Tire Chains**
  For snow-country evacuations — practice fitting...

HYGIENE 2

- [ ] **Toilet Kit (bags + sanitizer)**
  Bags, a bucket seat or folding toilet, and...
- [ ] **Biodegradable Soap**
  One soap for body, dishes, and laundry that's safe...

CHILDREN 2

- [ ] **Diapers + Wipes (7-day supply)** CRITICAL
  A week of diapers and wipes per baby — sized up one...
- [ ] **Children's Medications (Tylenol, Benadryl)**
  Children's pain reliever and antihistamine in...

LIGHT, CLOTHING & NOTES

LIGHT & FIRE 5

- [ ] **Flashlight / Headlamp** CRITICAL
  A headlamp keeps both hands free. One per person...
- [ ] **Fire Starting Kit** CRITICAL
  Waterproof matches, ferrocerium rod, and tinder...
- [ ] **Chemical Light Sticks**
  Flameless, sparkless light safe around gas leaks...
- [ ] **Beeswax Candles**
  Pure beeswax, no additives and no metal wicks...
- [ ] **Emergency Candles**
  Long-burning candles for light and a little warmth...

CLOTHING 7

- [ ] **Warm Layers (fleece / insulated jacket)** CRITICAL
  Fleece or insulated jacket per person. Layers beat...
- [ ] **Rain Gear (jacket + pants)**
  A real rain jacket and pants, not a disposable...
- [ ] **Wool Socks**
  Wool stays warm when wet and resists odor. Wet feet...
- [ ] **Hat + Gloves**
  Warm hat and gloves — you lose heat fastest from...
- [ ] **Sun Hat / Bandana**
  Shade for your head and neck; a bandana doubles as...
- [ ] **Goggles (sealed)**
  Sealed goggles protect your eyes from smoke, ash...
- [ ] **Ice Cleats**
  Strap-on traction before every step on ice; a fall...

DOCUMENTS 1

- [ ] **Waterproof Documents Folder** CRITICAL
  Copies of: IDs, passports, insurance policies...

PETS 2

- [ ] **Pet Leash / Carrier** CRITICAL
  A leash for each dog, a carrier for each cat...
- [ ] **Collapsible Pet Bowl**
  Packs flat and weighs nothing.

MORALE 1

- [ ] **Hand Warmers (box)**
  Air-activated warmers for pockets, gloves, and...

PACK NOTES — WHO THIS BAG IS FOR, AND WHAT IS STILL MISSING

This bag belongs to

Last checked review every six months

Still to get