# Bug Out Bag Checklist

## 1. Water
- [ ] Nalgene Water Bottle
- [ ] Water Filter
- [ ] Extra Nalgene Canteen (32 ounce)

## 2. Food
- [ ] Mainstay Emergency Rations OR
- [ ] Mountain House Freeze Dried Food
- [ ] Snacks

## 3. Clothing & Shelter
- [ ] Long Pants
- [ ] Long Sleeves Shirt
- [ ] Change of Underwear
- [ ] Spare pair of socks
- [ ] Hat or Beanie
- [ ] Rain Gear
- [ ] Gloves - Work and Leather
- [ ] Tarp or Tent
- [ ] Sleeping Bag or Bivvy

## 4. Fire and Light
- [ ] Disposeable Lighters in waterproof bag
- [ ] Swedish FireSteel
- [ ] Headlamp - Spare Batteries

## 5. Self Defense
- [ ] According to scenario - Pistol and Rifle
- [ ] Bear Spray
- [ ] Tazer
- [ ] Extra Ammo for Firearms

## 6. Communications
- [ ] HAM Radio - Baofeng UV-5RA
- [ ] Antenna
- [ ] Spare Battery
- [ ] Whip Antenna

## 7. Tools
- [ ] Multi-Tool - Leatherman
- [ ] Pocket Folder Knife
- [ ] Large Knife - Gerber LMF II
- [ ] JetBoil Flash
- [ ] 50' Paracord
- [ ] First Aid Kit
- [ ] Trauma Dressings - Or Tampons/Maxi Pad
- [ ] Quick Clot

## 8. Hygiene
- [ ] Soap
- [ ] Toothbrush/Toothpaste
- [ ] Chapstick
- [ ] Floss
- [ ] Hand Sanitizer

## 9. Miscellaneous
- [ ] Duct Tape
- [ ] Bandanna
- [ ] Spare Batteries
- [ ] ID
- [ ] 
- [ ] 
- [ ] 
- [ ] 

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