

(The ultimate)

# Bug out bag list

## Water

- Bottled water/pouches (3L/p/day)
- Water Purification tablets
- Metal water bottle

## Food

- Camp stove
- Jerky
- Dried rice
- Dried beans
- Dried vegetables
- Meal bars
- Dehydrated/freeze dried meals
- Spices and seasoning
- Trail mix
- Muesli bars
- Canned food
- Edible plants guide for your region
- Collapsible bowls
- Camp cook pot
- Eating utensils

## Medication

- First Aid Kit and manual
- Prescription medications & scripts
- Non prescription medications
- Prescription glasses & sunglasses

## Warmth

- Fire Starter kit
- Lighter/Waterproof matches
- Mylar survival blanket
- Lightweight water proof tarp
- Sleeping bag
- Compact, lightweight tent
- Bivy sack
- Sleeping mat
- Hammock
- Bug net
- Wool blanket - light weight
- Telescoping tarp poles

## Light

- LED flashlight/torch
- Headlamp
- Solar light / lantern
- Candles
- Chem lights
- Camping solar panels
- Solar charger
- Spare batteries

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## Communications

- Hand crank radio
- Cellphone / mobile phone
- Signal Mirror
- Personal locator beacon (PLB)
- Flares
- Two-way radio (preset to desired channel)
- Prepaid phone card (telstra)
- Pad and pencil

## Clothing & footwear

- Waterproof jacket
- Closed-toed shoes or boots
- Light weight long sleeve shirt
- Change of underwear x 2
- Quick dry light weight long pants
- Woollen socks x 3 pairs

## Navigation

- Compass
- Map(s) of local area
- Ranger beads
- Trail markers
- Coms & Navigation Kit

## Comfort

- Sweets
- Deck of cards
- Coffee bags
- Tea bags
- Powdered milk satchets

## Sanitation

- Toothbrush/toothpaste
- Soap/shampoo
- Feminine hygiene items
- Toilet paper
- Hand sanitizer
- Deodorant
- Comb
- Washcloth
- Microfibre towel
- Disinfectant wipes
- Wet ones

## Tools

- Whistle
- Utility knife
- Duct tape
- Cordage / paracord
- Small knife sharpener
- Machete
- P38 can opener
- 2 feet of trip wire (snare)
- Small fishing kit
- Camp axe
- Compact shovel
- Small sewing kit
- Dental floss
- Superglue (can close wounds)
- Zip ties
- 4 bandanas
- 36" length of rubber tubing

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## Protection

- Respirator mask / dust mask
- N 95 Masks
- Sunglasses (can double as safety glasses)
- Insect repellent
- Heavy duty 30-gallon garbage bags
- Sunscreen
- Hat
- Magnifying glass
- Aluminum foil

## Smart gadgets

- USB flash drive with electronic copies of critical documents
- USB Smart Charger Cable

## Documentation

- Government ID
- Birth and marriage certificates
- Emergency plan & contact list - family, friends lawyer, insurance
- Medicare, pension cards,
- Immunisation records
- Bank account & credit card details
- Family photo
- Medical documents (prescriptions, medical history, etc.)

## Storage

- Backpack Large
- Waterproof bags

## Notes:

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