

Bug out bag essentials

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
- Spices and seasoning
- Trail mix/Muesli bars
- Edible plants guide for your region
- Collapsible bowls
- Camp cook pot
- Eating utensils

Medication

- First Aid Kit and manual
- Prescription medications & scripts
- Prescription glasses & sunglasses
- Gastro stop & hydralite

Warmth

- Fire Starter kit
- Lighter
- Waterproof matches
- Mylar survival blanket
- Lightweight water proof tarp
- Sleeping bag
- Bivy sack
- Sleeping mat
- Hammock
- Bug net
- Wool blanket - light weight

Light

- LED flashlight/torch
- Headlamp
- Chem lights
- Camping solar panels (fold out)
- Solar charger

flip ↪

Communications

- Hand crank radio
- Cellphone or mobile phone
- Personal locator beacon (PLB)
- Flares
- 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
- Socks x 2 pairs

Navigation

- Compass
- Map(s) of local area
- Trail markers

Protection

- N 95 Mask
- Sunglasses (can double as safety glasses)
- Insect repellent
- Heavy duty large garbage bags
- Sunscreen
- Hat

Storage

- Backpack Large
- Waterproof bags

Sanitation

- Toothbrush/toothpaste
- Soap/shampoo
- Feminine hygiene items
- Toilet paper
- Disinfectant wipes
- Wet ones

Tools

- Whistle
- Utility knife
- Duct tape
- Cordage / paracord
- Small knife sharpener

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.)