

Bug-Out Packing List: What to Grab When You Must Leave Fast

Pack one for every family member and customize to the individual.

1. Water & Hydration

- 1–2 liters of water
- Collapsible water bottle
- Small filter (Sawyer Mini or similar)

2. Food

- 72 hours of lightweight, ready-to-eat meals
- Protein bars
- Trail mix or nuts
- Instant meals (MREs, dehydrated foods)

3. Clothing

- 1–2 changes of clothes
- **Extra socks (you might be surprise how important dry socks are!)**
- Lightweight jacket or hoodie
- Sturdy shoes
- Season-appropriate accessories (hat, gloves, rain gear)

4. Shelter & Warmth

- Emergency blanket
- Compact sleeping bag or bivy
- Lightweight tarp or emergency shelter
- Paracord

5. First Aid & Health

- Basic first-aid kit
- Personal medications (in waterproof bag)
- Travel-size toiletries
- Sunscreen & insect repellent

6. Tools & Gear

- Multi-tool
- Small flashlight or headlamp + extra batteries
- Fire starter (lighter + Ferro rod)
- Duct tape (small roll)
- Pocketknife (where legal)

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7. Documents & Money

- Copies of ID, insurance, medical info
- Cash in small bills
- USB drive with backups of important files

8. Communication & Navigation

- Phone charger + power bank
- Local map
- Whistle
- Emergency radio (optional but helpful)

9. Safety Items

- Dust mask
- Work gloves
- Safety glasses
- Small pry bar (optional but useful)

10. Personal & Comfort Items

- Pen and small notebook
- Small comfort item for kids
- Toiletries and hygiene basics

Vehicle Add-Ons (If You're Bugging Out by Car)

- Full fuel tank whenever possible
- Jumper cables
- Tire repair kit
- Spare tire + tools
- Blankets
- Extra food and water
- Road atlas and compass (GPS can fail)