



The Ultimate Bug Out Bag Checklist

Use this printable checklist to build, track, and maintain your bug out bag. Tick each item as you pack it, and review every 6 months to rotate food, batteries, and medications.

MAINTENANCE TRACKER

Date Checked: _____

Food Rotation ☐ Yes ☐ No

Battery Check ☐ Yes ☐ No

First Aid Updated ☐ Yes ☐ No

WATER

- ☐ Minimum 3 litres of clean water per person
- ☐ Collapsible water container or hydration bladder
- ☐ Water filter (Sawyer Mini, LifeStraw, or Grayl)
- ☐ Water purification tablets
- ☐ Metal canteen or cup for boiling

FOOD

- ☐ 3 days' supply of high-calorie, non-perishable food
- ☐ Freeze-dried or dehydrated meals
- ☐ Protein bars, jerky, trail mix, nuts
- ☐ Instant oats, soups, powdered drinks
- ☐ Lightweight stove or fuel burner
- ☐ Fuel tablets or gas canister
- ☐ Cooking pot or mess kit
- ☐ Spork or utensil

SHELTER & SLEEP

- ☐ Lightweight tent or waterproof tarp
- ☐ Sleeping bag or bivy rated for local climate
- ☐ Sleeping pad or inflatable mat
- ☐ Emergency blanket



- ☐ 50 ft paracord
- ☐ Compact folding shovel (optional)

CLOTHING

- ☐ Moisture-wicking base layer
- ☐ Insulating mid-layer
- ☐ Waterproof outer shell
- ☐ Hat, gloves, extra socks
- ☐ Sturdy boots or trail shoes
- ☐ Spare underwear

FIRST AID & MEDICATION

- ☐ First aid kit
- ☐ Bandages, gauze pads, antiseptic wipes
- ☐ Medical tape, elastic bandage
- ☐ Tweezers, scissors, safety pins
- ☐ Pain relievers (ibuprofen, acetaminophen)
- ☐ Antihistamines, antibiotic cream
- ☐ Prescription meds (7-day supply)
- ☐ Tourniquet and trauma bandage
- ☐ Burn gel, moleskin, gloves

FIRE & COOKING

- ☐ Waterproof matches or lighter
- ☐ Ferro rod or fire starter
- ☐ Tinder (cotton balls, wax chips, lint)
- ☐ Stove or burner
- ☐ Fuel tablets or canister
- ☐ Compact cooking pot
- ☐ Metal mug or cup

TOOLS & REPAIRS

- ☐ Fixed-blade knife (full tang)
- ☐ Folding knife or multitool
- ☐ Duct tape
- ☐ Zip ties and carabiners



- ☐ Sewing kit
- ☐ Hatchet or survival shovel
- ☐ Rugged gloves

NAVIGATION & COMMUNICATION

- ☐ Compass and local maps
- ☐ GPS device (optional)
- ☐ Notebook and pencil
- ☐ Whistle and signal mirror
- ☐ Two-way radios
- ☐ Solar or hand-crank radio
- ☐ Spare batteries

LIGHTING

- ☐ Headlamp
- ☐ Flashlight or tactical torch
- ☐ Glow sticks or mini lantern
- ☐ Spare batteries

HYGIENE & PERSONAL CARE

- ☐ Toothbrush and toothpaste
- ☐ Biodegradable soap
- ☐ Wet wipes
- ☐ Hand sanitiser
- ☐ Small towel or washcloth
- ☐ Feminine hygiene items
- ☐ Toilet paper (in zip bag)
- ☐ Trowel for sanitation
- ☐ Insect repellent and sunscreen]