

THE 72-HOUR GO-BAG

BUG-OUT BAG CHECKLIST

One bag per person. Everything you need to leave home fast and stay self-sufficient for three days.

NAME _____ BAG PACKED ON _____ BAG WEIGHT (LB) _____

01 WATER

Heaviest item. Plan for treatment, not just carrying.

- ☐ 1 liter of water in a sturdy bottle, per person
- ☐ Water filter or purification tablets (carry a backup method)
- ☐ Metal cup or pot for boiling

02 FOOD

3 days, no cooking required. Foods you will actually eat.

- ☐ 9 bars or ready-to-eat meals per person (3 per day)
- ☐ Freeze-dried or dehydrated meals, if you carry a stove or pot
- ☐ Salty and sweet snacks for morale (nuts, jerky, candy)
- ☐ Spoon, small can opener, spare zip bags

03 SHELTER & WARMTH

Staying dry is staying alive.

- ☐ Emergency bivy or space blanket, 1 per person
- ☐ Lightweight tarp or poncho with cord
- ☐ Sleeping bag or wool blanket rated for your coldest night
- ☐ Heavy-duty trash bags (2 to 3)

04 FIRE

Redundancy. Two ways to make flame, minimum.

- ☐ 2 lighters, kept dry
- ☐ Waterproof matches or ferro rod
- ☐ Tinder: cotton balls with petroleum jelly, or fire sticks

05 LIGHT & POWER

Hands-free first.

- ☐ Headlamp with spare batteries
- ☐ Small backup flashlight
- ☐ Charged power bank + charging cable
- ☐ Battery or hand-crank radio (NOAA weather band)

06 FIRST AID

Build around the injuries you can treat.

- ☐ Trauma kit: tourniquet, pressure bandage, gauze
- ☐ Adhesive bandages, tape, blister care
- ☐ Antiseptic wipes, antibiotic ointment, gloves (2 pair)
- ☐ Pain/fever reliever, antihistamine, anti-diarrheal
- ☐ Tweezers, trauma shears, safety pins

07 HYGIENE & SANITATION

Illness ends more bug-outs than injury.

- ☐ Hand sanitizer and a small bar or sheet soap
- ☐ Toothbrush, toothpaste, floss
- ☐ Toilet paper (flat-packed), wet wipes, trowel
- ☐ Feminine hygiene supplies, if needed
- ☐ Small towel or bandana

THE NON-NEGOTIABLE 10: IF YOU ONLY HAVE FIVE MINUTES, GRAB THESE

- | | |
|-------------------------|------------------------------|
| 01 Water treatment | 06 \$200 small-bill cash |
| 02 3 days of food | 07 ID and document copies |
| 03 Trauma first-aid kit | 08 Weather layer |
| 04 Headlamp + batteries | 09 Knife or multi-tool |
| 05 Power bank | 10 Fire starter (2 lighters) |

CONTINUED

BUG-OUT BAG CHECKLIST

08 TOOLS

Cut, fix, signal.

- ☐ Fixed-blade knife or multi-tool
- ☐ Duct tape (wrapped on a pencil or card)
- ☐ Paracord, 50 ft
- ☐ Whistle (signal for help)
- ☐ Work gloves, N95 or dust masks

09 NAVIGATION

Your phone is not a map.

- ☐ Paper maps of home, route, and destination
- ☐ Compass (and know how to use it)
- ☐ Notebook, pencil, route notes
- ☐ Two evacuation routes and a rally point, written down

10 COMMUNICATION

Phones fail. Paper does not.

- ☐ Written contact list (paper, waterproofed)
- ☐ One out-of-area contact everyone knows to call
- ☐ Spare phone battery or power bank (see Light & Power)

11 DOCUMENTS & CASH

What you grab in five minutes.

- ☐ Copies of ID, insurance, deeds, medical records
- ☐ Digital copies on an encrypted USB drive
- ☐ \$200 cash in small bills
- ☐ All in one waterproof pouch

12 CLOTHING

One weather-ready set, per person.

- ☐ Weather-appropriate layer (fleece, wool, or rain shell)
- ☐ 2 pair of wool or synthetic socks, spare underwear
- ☐ Sturdy broken-in shoes or boots (by the bag)
- ☐ Hat, and gloves in cold season

13 KIDS, PETS & MEDS

Specific to your household. Don't skip it.

- ☐ 7-day supply of each prescription, with dosage list
- ☐ Kids: diapers or wipes, formula, comfort item, change of clothes
- ☐ Pets: 3 days of food, water, leash, vaccination records, waste bags
- ☐ Glasses, spare contacts, hearing-aid batteries

TARGET WEIGHT

Under 25 lb

Fully loaded, per adult. If it weighs more, you will dump gear on the trail. Be ruthless about what makes the cut.

TEST IT

- ☐ Load the bag, wear it, walk 5 miles.
- ☐ Keep it by the door, not behind boxes.
- ☐ One bag per person, adults carry their own.

CHECK EVERY 6 MONTHS

Swap clothing for the season. Replace expired food, medicine, and batteries. Refresh documents and cash.

LAST CHECK _____

Sources: general guidance drawn from Ready.gov and American Red Cross emergency-kit recommendations, adapted to a go-bag. Fortified Living is not affiliated with Ready.gov, the American Red Cross, or any government agency. Educational use only; adjust quantities for your household, climate, and medical needs.