

## ✓ What to Pack in Your Bug Out Bag Checklist

water

pocket knife

compass

whistle (to help you get found if you are lost)

matches or lighters

battery-powered radio/batteries

duct tape

large black garbage bags

medications/vitamins

first aid supplies

emergency binder/family plan/info (practice) sharpie/pen/paper

solar charger

rope or paracord

emergency blankets/emergency sleeping bags

flashlights/batteries

air filter mask

hatchet for cutting wood

mylar emergency blankets

water filter or water purification tablets cash sunblock

deodorant

body wash or soap (if bar soap, put it in a baggie so it doesn't get all over your other

belongings) baby wipes

feminine hygiene products

lotion

shampoo

toothbrushes/toothpaste

diapers (if needed-once your kids outgrow them keep them to use as bandages)

food/snacks

can opener

a change of clothes for each member of your family

plastic cups/silverware/plates (use things that can be used repeatedly)

napkins/paper towels/kleenex/toilet paper (no need to pack all four of them-one will do)

deck of cards

coloring book/crayons

**Happy Prepping!**

***Deb***

