

BUG_OUT_BAG

A SUGGESTED BOB CHECKLIST

Backpack

- ◇ Any bag is preferable to no bag however, a military style bag with the frame is preferable. Consider the person who is to carry the bag when purchasing and packing it. Weight counts.

Shelter

- ◇ Military style Poncho, 1 or 2 man tent, Tarp, Sleeping bag or bivvy bag

Food (preferably non cook meals)

- ◇ Emergency food for 3 days
- ◇ 3 high Protein Breakfasts
- ◇ 3 High Protein Lunches
- ◇ 3 Suppers
- ◇ Energy boosting snacks for between meals
- ◇ Camp cook stove and fuel
- ◇ Mini fishing kit
- ◇ Guide to wild edibles

First Aid

- ◇ Personal medications(Chronic Meds)
- ◇ Waterproof first aid bag
- ◇ Heavy gauze
- ◇ Roller bandages
- ◇ Trauma pads
- ◇ Non-adhesive sterile wound dressings
- ◇ Adhesive bandages
- ◇ Skin glue

- ◇ Moleskin
- ◇ Medical tape
- ◇ Butterfly closures
- ◇ Blood clotting agents
- ◇ Antibiotic ointment or iodine
- ◇ Tourniquet
- ◇ Burn salve
- ◇ Nitrate gloves
- ◇ Tweezers
- ◇ Cotton swabs
- ◇ 60cc syringe with irrigation tip
- ◇ Small scissors
- ◇ Ace bandage
- ◇ Triangle bandage
- ◇ Antihistamine
- ◇ Pain relievers
- ◇ EpiPen
- ◇ Potassium iodide
- ◇ Antidiarrhea medicine
- ◇ Sunscreen

Water

- ◇ 1-3 quarts of water per person
- ◇ Water bottle
- ◇ Water filter and/or purification tablets/drops
- ◇ Lightweight pot for boiling water
- ◇ Plastic bags for collecting water

Hygiene

- ◇ Toothbrush
- ◇ Small soap
- ◇ Antibacterial hand sanitizer
- ◇ Toothpaste

- ◇ Feminine products
- ◇ Insect repellent
- ◇ Toilet paper
- ◇ Baby wipes

Communication and Evacuation Items

- ◇ Emergency radio
- ◇ Map with bug out route
- ◇ Compass and/or GPS
- ◇ Cash in small bills

Documents*Some of these can be put on a USB to save space!

- ◇ Birth certificates
- ◇ Social security card
- ◇ State-issued ID/Driver's license
- ◇ Passport
- ◇ Important medical records, including blood type
- ◇ Prescriptions for medications
- ◇ Health insurance information
- ◇ Marriage certificate
- ◇ Divorce papers
- ◇ Child custody papers
- ◇ Diplomas
- ◇ School transcripts
- ◇ Military documents
- ◇ Weapon permits
- ◇ Credit and debit card (copies of front and back)
- ◇ Deed to house or rental agreement
- ◇ Vehicle papers
- ◇ Living will

Emergency Contact Info to Include:

- ◇ Friends and family members
- ◇ Health care providers
- ◇ Insurance providers
- ◇ Attorneys
- ◇ Utility providers

- ◇ Banks and other financial institutions
- ◇ Property Ownership Documents
- ◇ Firearm serial number
- ◇ Valuable jewellery
- ◇ Valuable electronics
- ◇ Antiques and family heirlooms
- ◇ Pet Documents:

If you cannot prove that your pet is vaccinated, then it might be put down in the aftermath of a disaster. You also will have trouble getting it into a kennel while you secure housing.

Family Photos:
In case you get separated from your family, photos will be needed to help you reunite.

Gear

- ◇ Rainproof shell for bag (can be trash bag)
- ◇ Knife
- ◇ Waterproof matches and/or lighter
- ◇ Backup fire starter
- ◇ Multi-tool like a Leatherman
- ◇ Flashlight, headlamp, emergency candles and/or glow sticks
- ◇ Weapon and ammo
- ◇ Extra batteries and/or solar charger
- ◇ Face respirator mask or gas mask
- ◇ Shovel (for digging latrine holes)
- ◇ Small axe

Clothing

- ◇ One change of clothing
- ◇ Extra socks
- ◇ Hat with a brim
- ◇ Rain jacket or poncho

Extras

- ◇ Mini survival guide
- ◇ Pen and paper
- ◇ Deck of cards
- ◇ Glasses and glasses case

For Families with:

Small Children

- ◇ Multivitamins
- ◇ Toys or comfort items for children

With Infants:

- ◇ Baby formula
- ◇ Bottles
- ◇ Pacifier
- ◇ Diapers
- ◇ Baby medicines

Personal Extra

Requirements

This Guide is Provided by :-

Surviving South Africa

<https://bryanbotha.com>

