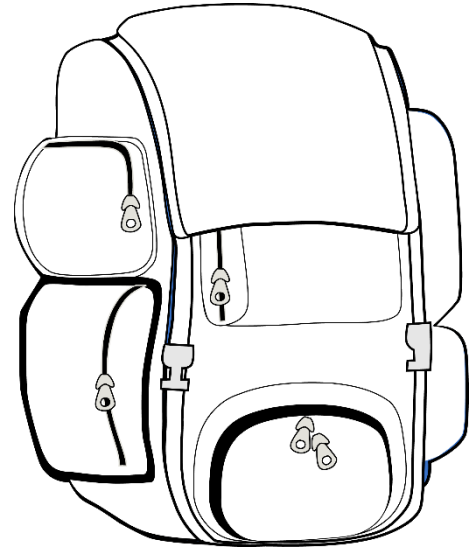


Bug-Out-Bag / Grab-n-Go Bag Checklist

Everyone should have a Bug-Out-Bag to quickly grab and maneuver to survive 72 hours until they can get to your family's long-term storage supplies. It should be light and mobile. Each bag should include:

- A backpack with good zippers. New or get one cheap at a resale shop
- 1 or 2 Full Tang Quality Knives – To Make Other tools, shelter, or for Self-Defense
- First aid kit, Hand Sanitizer
- 27-32 oz Bottled Water Or Water in a hard canteen
- Collapsible canteen / Vessel
- Water filtering Life Straw
- Water Purification Tablets x 30
- Cash for Street Negotiations
- Food that's Ready to Eat
- A plastic jar of peanut butter or almond butter if not allergic, buy without High Fructose Corn Syrup. You can live off 1 spoonful per day
- A Spork
- 2 lighters / Stormproof Matches
- Tinder – quick lighting material to start fires
- Lighting – Headlamp or flashlight. 2 Sets of Batteries
- A Map of Your State & City
- A PRINTED list of Family Member Phone Numbers and Emergency Police , Fire Dept, and Poison Control's DIRECT numbers in case 9-1-1 is down
- Cordage – Rope
- A Multi-Tool, A Hand Saw
- A small note pad and 3 Ink Pens
- A Compass, Binoculars, Whistles, An Emergency Blanket
- Duct Tape (make sure it's quality duct tape)
- Lithium Battery charger, Solar if Possible
- A Survival Manual – Survival Book
- Small Bible; Small Holy Quran; or relative spiritual book for Mental Health.
- Small Deck of waterproof playing cards to play and relax when needed.
- Have 7 days worth of over-the-counter AND prescription medications.
- A copy of your insurance card.
- Go to the dollar store and buy these: Antacid, Pain relievers-including acetaminophen, aspirin, ibuprofen, antidiarrheal remedies, Antiseptic wipes, antibiotic ointment, Scissors, Thermometer, Tweezers, bandages, gauze, and tape, eyewash solution, An antihistamine for allergic reactions, ziplock bags
- An EpiPen or a Generic version if you can afford it. These are adrenaline injections. They treat very serious allergic reactions to insect stings/bites, foods, drugs, or other substances
- Pepper Spray



Customize each Bug-Out-Bag to Owner

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