

FREE PRINTABLE RESOURCE

BUG-OUT BAG PACKING CHECKLIST

Print this out, check items off as you pack, and keep the bag by the door once it's done.

WATER & FOOD

- ☐ 1 gallon of water per person, per day
3-day minimum
- ☐ Portable water filter or purification tablets
Backup if bottles run out
- ☐ 3-day supply of non-perishable food
Nothing that needs cooking
- ☐ Manual can opener

LIGHT, POWER & COMMS

- ☐ Headlamp or flashlight
Headlamps free up your hands
- ☐ Extra batteries
- ☐ Battery or hand-crank radio
NOAA weather radio if possible
- ☐ Power bank or hand-crank charger
- ☐ Whistle
To signal for help

FIRST AID & MEDS

- ☐ Stocked first aid kit
Bandages, gauze, tape, antiseptic
- ☐ 7-day supply of prescription meds
- ☐ Pain relievers & anti-diarrhea meds
- ☐ Hygiene items & hand sanitizer

Don't skip: Rotate water, food, and meds every six months. A bug-out bag that's been sitting untouched for a year is a bag full of expired supplies.

DOCS, TOOLS & CASH

- ☐ Multi-purpose tool
- ☐ Copies of ID, insurance & documents
In a waterproof pouch
- ☐ Cash in small bills
Cards don't work if the power's out
- ☐ Change of clothes & sturdy shoes
- ☐ Emergency blanket or lightweight sleeping bag

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Sources: FEMA, American Red Cross. For informational purposes only — not a substitute for local emergency guidance.

GEAR THAT SHOWS UP BEFORE YOU NEED IT.

TACTICAL BOX