

FREE PRINTABLE RESOURCE

GET-HOME BAG PACKING CHECKLIST

Built for one job: getting you from work to your front door on foot. Small enough to actually carry.

FEET & MOVEMENT

- ☐ **Broken-in shoes, not what's under your desk**
Blisters end a walk home faster than almost anything else
- ☐ **A spare pair of dry socks**
- ☐ **Compact blister care (moleskin or bandages)**
- ☐ **A thin rain layer**

WATER & FOOD

- ☐ **1–2 liters of water**
Covers a few hours on foot
- ☐ **A small filter or purification tablets**
For a walk that runs longer than planned
- ☐ **Calorie-dense food needing no prep**
Bars, nuts, dried fruit

NAVIGATION & POWER

- ☐ **A paper map or written directions home**
Not reliant on signal or battery
- ☐ **2–3 routes worked out ahead of time**
- ☐ **A charged battery pack and cable**
Networks overload fast in a widespread disruption
- ☐ **A small flashlight**

EVERYTHING ELSE

- ☐ **Any daily medication**
- ☐ **A whistle**
- ☐ **A bit of cash**
For when cards or apps aren't working
- ☐ **A small daypack that fits under a desk**
Not a full-size pack you'll leave behind

Pack for the walk, not every scenario. A bag that's too heavy to carry is a bag that stays in the trunk. Build it around one job and stop there.

BEFORE YOU WALK

- ☐ **Text someone your route and rough timeline**
Send it before you lose a reliable connection
- ☐ **Stick to routes you already know**
An unfamiliar shortcut adds its own risk
- ☐ **Check conditions before committing to a route**

KNOW WHEN NOT TO WALK

- ☐ **Never drive or walk across flooded roads**
Per the CDC, moving water can sweep away cars and people
- ☐ **Shelter in place if conditions are actively dangerous**
Staying put can be the safer call than pushing toward home
- ☐ **Keep a separate, fuller kit in the vehicle**
For when you're stuck in the car rather than walking away from it

Bag last checked: _____

Full guide: tacticalbox.com/blogs/tacticalbox-blog/get-home-bag-for-the-commute

Sources: U.S. Census Bureau (ACS), Ready.gov, CDC.