

FREE PRINTABLE RESOURCE

BACKCOUNTRY WATER PURIFICATION CHECKLIST

Three methods, what each one actually removes, and a spot to track what's already in your pack.

BOIL

- ☐ **Rolling boil, 1 minute**
Kills viruses, bacteria, and parasites
- ☐ **Rolling boil, 3 minutes above 6,500 ft**
Water boils at a lower temperature at altitude
- ☐ **Let it cool before drinking**

FILTER

- ☐ **1 micron or smaller pore size**
Or NSF 53/58 certified — removes parasites
- ☐ **0.3 micron or smaller**
Removes bacteria too, still not viruses
- ☐ **Reverse osmosis filter**
Only type that removes viruses too

Remember: Filtering alone does not purify water. Viruses are too small for any portable filter to catch — pair a filter with boiling or disinfection.

DISINFECT

- ☐ **Chlorine dioxide tablets**
Kills viruses/bacteria, effective on Giardia
- ☐ **Unscented chlorine bleach or iodine**
Kills viruses/bacteria, not reliable on parasites
- ☐ **Portable UV light unit**
Clear water only — filter first if cloudy

COLLECT SMART

- ☐ **Moving water, not stagnant**
- ☐ **Top few inches of a lake**
- ☐ **Away from campsites & grazing areas**

Skip iodine if: pregnant, thyroid condition, or iodine-sensitive. No one should use iodine-treated water for more than a few weeks.

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Sources: CDC Drinking Water — Hiking/Camping/Traveling; National Park Service. For informational purposes only.

GEAR THAT SHOWS UP BEFORE YOU NEED IT.

TACTICALBOX