



# Bug Out Bag Checklist – 72 hour kit

www.survivortown.com

## Water and water filtration

- Drinking water 3 liters (separate containers)
- One 32 oz. wide mouth hard plastic bottle
- One bottle with integral filter
- One collapsible soft bottle
- Straw water filter
- Water purification tablets

## Food

- MRE's
- Beef jerky
- Granola bars, energy bars, instant oatmeal and nuts
- Soft tuna packs
- Metal camping cup

## Shelter

- Mylar survival blanket
- Foam sleeping pad
- 8' x 10' nylon camping tarp

## Fire-making

- Butane lighters – two
- Fire striking rod
- Stormproof matches in waterproof case
- Wetfire starting tinder

## First aid and hygiene

- Well stocked first aid kit to treat cuts, blister, rash, fever and burns at a minimum.
- Toilet paper
- Medication and/or eyewear

## Tools

- Survival knife – Full tang, single edge, 7” – 11”
- Multi-tool
- Machete

## Security

- Firearm and ammo
- Pepper spray

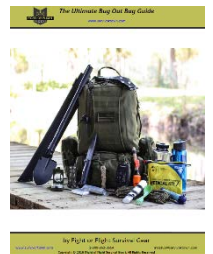
## Lighting

- LED head lamp
- LED compact waterproof flashlight with back up batteries
- One 9 hour candle

## Additional items

- Emergency hand crank NOAA/AM/FM radio/flashlight
- Bug spray
- Cash, Maps and compass
- Small pad and paper
- Duct tape – wrap one of your items with 10'
- Multiple zip lock bags
- One large contractor grade garbage bag
- One bandana
- Hard plastic or metal spork
- Paracord 100' military spec 550
- Emergency fishing kit
- Emergency sewing kit
- Folding shovel

Additional resources: Download our [“Ultimate Bug Out Bag Guide”](#) here.



by Fight or Flight Survival Gear