

# Survival of the Prepped



*Prepare Today, Survive Tomorrow*

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## Bug Out Bag (BOB) – Supply List

A bug out bag is a portable emergency supply kit designed to provide the items you'll need to survive the first 72 hours following a disaster. Your bug out bag should be stocked and ready to go at a moment's notice. The bug out bag is for those times when you need to evacuate and can't take all of your home emergency supplies with you. This is not a one size fits all supply list, rather a list of the basics to help get you started. Customize your bugout bag to meet your own potential risks and needs.



### Supply List:

- Non-perishable food (3 days)
- Energy bars
- Water bottles, [emergency water pouches](#) and/or a [Lifestraw](#)
- [Portable Stove](#) with fuel tablets
- Metal cooking pot w/scrubber
- [Mess kit](#)
- Waterproof matches/[fire starter](#)/lighter
- Fire tinder
- Emergency candle
- Small travel size bottle of dish soap w/cloth
- Small [first aid kit](#)
- [Compression bandage](#)
- [Instant cold pack](#)
- Disposable [medical grade gloves](#)

- Tweezers
- Cell phone with extra battery or [crank powered charger](#)
- Maps of the area
- Compass
- Whistle
- Signal mirror
- Change of clothes, extra socks
- Weather appropriate outerwear
- Rain poncho
- Bandana
- Hat
- Personal hygiene items, e.g. toothbrush, toothpaste, hairbrush
- Toilet paper
- Prescription medications
- [LED Headlamp](#) with extra batteries
- [Mini LED lantern](#)
- Work gloves
- [N95 face mask](#)
- Emergency radio, battery or crank operated (extra batteries)
- Insect repellent
- Sunscreen
- Wet wipes/hand sanitizer
- Flashlight w/batteries
- Glow sticks
- Sewing kit
- Aluminum foil/Ziploc bags
- Cash, bills & change – ATMs might not be available following a disaster
- Identification, driver's license, passport, birth certificate
- [Swiss Army knife](#)
- Multi-tool, such as a [Leatherman](#)
- Paracord/rope
- Duct tape
- Razor blade
- Safety pins
- Paper clips
- Rubber bands
- Small notebook
- [Tactical pen](#)
- Zip ties
- Plastic trash bag
- Wire, for making animal traps or binding items

- ❑ Emergency [fishing kit](#)
  - ❑ Plastic tarps, can be used to sleep on or to make an emergency shelter
  - ❑ Sleeping bag and/or wool blanket
  - ❑ Tent
  - ❑ Emergency Mylar thermal blanket
  - ❑ Hatchet
  - ❑ [Pepper spray](#) (personal protection from animals and marauders)
- Compact binoculars