

Child Bug Out Bag Checklist

- Food and water
 - ◆ Ready to eat foods is advisable. If your child knows how to drink from a camelbak like ours does, that's a great way to put water in there. Otherwise, a couple water bottles will do. Treats are a good idea, too. Do they have a specific treat that they enjoy? It'll help keep their morale up.
- Toys
 - ◆ Kids still love their toys, but I'd say let them carry a max of 5 of their favorite toys.
- Extra clothes
 - ◆ Gets get dirty, pack several extra pairs of clothes.
- Kid multitool/knife
 - ◆ CRKT offers wooden multitools and knives. It'll make them feel like mommy or daddy, but they're wooden so they can't do any harm. If they're old enough for a sharp object such as a SAK, then by all means let them have it.
- Hat
 - ◆ To go along with extra clothes, keep an extra hat in there.
- Blanket
 - ◆ Let them pack their favorite blanket.
- Sleeping bag
 - ◆ If your child is old enough for a sleeping bag, this would be a great thing to add to their bag.
- Flashlight(s)
 - ◆ Our daughter loves her headlamp so we pack that in her bag. If your child has a favorite flashlight, pack it in their bag. They could also carry some extra batteries.
- Toilet paper
 - ◆ Pack some camping toilet paper.
- Hygiene
 - ◆ Wet wipes, toothbrush/toothpaste, hair brush, etc.

Optional:

- Diapers/wipes
 - ◆ If your child is still in diapers but they're able to carry their own bag, have them carry some diapers and wipes and butt cream.
- Hand towel
 - ◆ Some sort of towel would be nice to clean them for general hygiene purposes.
- Warm/cold weather
 - ◆ Depending on your region, you will want to put in items for the cold or warm weather. Such as sunscreen, bug spray, cooling towel, gloves, extra jacket, etc.

- Compass
 - ◆ If your child is old enough to understand direction, it might be fun if they have their own compass to “help” navigate.
- Medications/first aid
 - ◆ If your child requires any special medications (such as child tylenol or maybe an inhaler) or general first aid items, keep those in their bag.
- Walking stick
 - ◆ You may not need to pack this as you can just find a stick along the way, but my child loves walking sticks. It may sound like a pain to deal with, but it’ll keep them happy if they enjoy it.
- Shemagh
 - ◆ Our child loves her shemagh.
- Rain gear
 - ◆ Is it the rainy season? Might be a good idea to pack a raincoat and their rain boots and any other rain gear that they might have/need.

Important notes: Depending on their age, they may be able to carry all of this, none of this or just some of this. These are just ideas for now and for the future. Let your child(ren) help to create their own bug out bag, it’ll be a lot of fun! Let them carry their bug out bag around with them as often as possible. Have them use stuff from their bug out bag. Basically get them as familiar with their bug out bag as possible. If there’s anything not on this list that you know has to go into their bug out bag, then by all means, put it in there. You know your child(ren) best.

If you ever need to bounce ideas or need help in anyway, I’m here!

Contact me:

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