

- 3 days worth of food
 - ◆ This can be ready to eat food or food that you need to stop and cook, it's up to you.
- Knife
 - ◆ A fixed blade would be best so that you can baton wood if needed.
- Fire starting kit
 - ◆ This can be as extensive or as simple as you wish, lighters and some fire starters are always a good, quick option.
- Fire aid kit
 - ◆ You don't need to carry a trauma kit if you don't have those skills, you can carry a simple kit with gauze, alcohol pads and bandages.
- Morale item(s)
 - ◆ Such as a deck of playing cards.
- Shelter
 - ◆ A tarp and a couple emergency blankets, also some stakes.
- Water
 - ◆ You can carry the water in bottles, in a bladder or any other way you choose. Water is heavy, so realistically you won't be able to carry 3 days worth of water, but carry some.
- Water purification
 - ◆ Water purification straws, tablets, more advanced systems like pumps will be helpful to get the water you need along the way.
- Flashlight(s)
 - ◆ Handheld flashlights or a headlamp that can allow you to be hands free.
- Extra batteries
 - ◆ Make sure you have enough batteries for the flashlights and anything else you're carrying that will require batteries.
- Paracord
 - ◆ At least 100 feet, preferably more.
- Cook kit
 - ◆ Something you can cook in/boil water in, a burner and fuel. We use a jetboil for example, it houses everything we need in the cooking container.
- Garbage bag
 - ◆ Can be used as shelter, to cover your bag if it rains, to make a liner for your bag, improvised poncho or anything else.
- Personal protection
 - ◆ While most people carry personal protection on them everyday, if you don't, please remember to pack it, along with any necessary items that go along with it.
- Hat
 - ◆ If it's cold a hat can help keep you warm, if it's hot it can keep the sun off your head.
- Compass & Map
 - ◆ Make sure the map is up to date and that the compass works.
- Hygiene

- ◆ This can be as simple as baby wipes to keep yourself refreshed or it can also have a toothbrush and toothpaste, etc.

Optional:

- Aluminum foil
 - ◆ Aluminum foil has many uses, it can be used to store foods, reflect the sun and act like a signal, or to cook with.
- Plastic bags
 - ◆ Such as ziploc bags for organization or to store trash in, you can even cook in ziploc bags.
- Solar panel
 - ◆ A portable solar panel is a great option to charge rechargeable batteries or devices.
- Gorilla tape
 - ◆ Great for repair, to help build things (like shelter), or make things out of.
- N95 mask(s)
 - ◆ Just in case of illness.
- Child/Pet supplies
 - ◆ If you have a child(ren) that cannot carry their own bags of stuff yet, you'll need to pack them in your bag, same goes for pets.
- Extra socks
 - ◆ In case they get wet or just in case you need another pair.
- Winter clothing
 - ◆ If you live in a cold climate, winter clothing will be helpful.
- Gloves
 - ◆ Good gloves such as leather gloves or any regular gloves will be useful to protect your hands.
- Foldable saw
 - ◆ Great for cutting wood to make firewood, traps or shelter.
- Mole skin
 - ◆ For blistered feet.
- Multitool
 - ◆ Multitools are extremely useful in many situations as they contain a variety of tools. There are many different kinds, find one with the tools you want.
- Sillcock key
 - ◆ Perfect for getting water from the side of commercial buildings, as long as the water is flowing, you can get perfectly drinkable water.
- 3 in 1 oil
 - ◆ This is good for cleaning and lubricating tools, weapons, motors, machines. It's even flammable so you could use it for helping make a fire.
- Journal W/pen
 - ◆ For dictating the day's events, for writing down musings, anything. Can be good for morale to get your thoughts down on paper.

- Bug spray
 - ◆ Many areas require bug spray because of how bad mosquitos and other annoying bugs can be.
- Sunscreen
 - ◆ Getting a sunburn will not be fun and it's not good for you, protect your skin.
- Glow sticks
 - ◆ Great for temporary light (they last 8-12 hours) and they weigh practically nothing.
- Sewing kit
 - ◆ Great for repairing gear and clothing. If you want to use this for medical reasons, please make sure you know how to use it appropriately.
- Shemagh
 - ◆ So many great purposes, you can dunk it in water and wrap it around your head/neck, wrap it around your head to keep the sun off, use it as a blanket, and much more.
- Heavy duty poncho
 - ◆ If it's the rainy season, you'll want a really nice, durable poncho, something that will withstand multiple uses, you can also make shelter from a poncho.

Important notes: These are just ideas. The BOB was originally intended to only last 72 hours. However, you don't have to stick to the 72 hour minimum. If you want to put supplies in there to make it last longer, do it! Don't worry what anyone else says that you HAVE to do...you just do what is going to work for your skill level, personal, family and regional needs. Also, you'll already be in a stressful situation, it's a good idea not to make it more stressful. If you can make yourself more comfortable with a blow up pillow, a lightweight tent and lightweight sleeping mat, then by all means! Make the bug out bag your own. One last thing, make sure you know how to use EVERYTHING in your bag. Make sure it's all been used and tested multiple times before going into the bag.

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

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