

3V GEAR BUG OUT BAG CHECKLIST

UPDATED 2020 VERSION

MEDICAL

- ☐ Anti-bacterial wipes
- ☐ Painkillers
- ☐ Sunscreen
- ☐ Bandages
- ☐ Burn gel
- ☐ Antibiotic ointment
- ☐ Latex gloves
- ☐ Gauze pads
- ☐ Rubbing alcohol
- ☐ Scissors
- ☐ Prescriptions and medicine
- ☐ Hand Sanitizer
- ☐ N-95 mask

HYDRATION

- ☐ Purification tablets
- ☐ Reusable water bottle
- ☐ Filtration system

SHELTER

- ☐ Tarp or lightweight tent
- ☐ Mylar reflective blanket
- ☐ Ultra lightweight sleeping bag

CLOTHING

- ☐ Heavy duty gloves
- ☐ Change of clothes
- ☐ Heavy socks
- ☐ Waterproof jacket
- ☐ Hat or head protection

EQUIPMENT

- ☐ Handgun and sufficient ammo
- ☐ Paracord
- ☐ Knife
- ☐ Pepper spray
- ☐ Multi-tool
- ☐ Camp stove
- ☐ Camp cooking supplies & propane
- ☐ Solar charger
- ☐ Lighter and waterproof matches
- ☐ Hygiene items
- ☐ Duct tape

FOOD

- ☐ Candy or yummy food to keep spirits up
- ☐ Freeze dried food or MRE's
- ☐ High calorie and high protein foods

NAVIGATION

- ☐ GPS
- ☐ Compass
- ☐ Maps

MISCELLANEOUS

- ☐ Important Documents: Passport, birth certificate, social security cards, etc.
- ☐ Phone charger
- ☐ Whistle
- ☐ Sewing kit
- ☐ Fishing kit
- ☐ Cash in small bills or something to barter
- ☐ Small mirror