

Natural Disasters - Terrorist Attacks - Food Shortages
Pandemic - Economic Collapse - Social Unrest
SurvivalistsSite.com
and many other situations threaten us

Recommended BOB (Bug Out Bag) Contents

FOOD & WATER

- 3 to 10 days of lightweight food
- At least 2 days of water
- Means to purify water
- Some way to cook your food (stove, rack for fire)
- 1 quart pot, 3 quart pot, stainless steel fry pan, coffee percolator/tea pot
- stainless steel mess kit, two insulated or plastic mugs/cups
- knife, fork and spoon set, steak knife
- 5 gallon collapsible water jug
- measuring cups, spatula, slotted spoon
- basic spices
- 2 quart canteens, water bottles or hydration bag
- dish scrubby and dish soap
- small bottle of bleach
- manual can opener

SHELTER & SLEEPING

- tent with extra pegs/stakes and/or two tarps (8 feet X 6 feet)
- sleeping bag or blankets
- sleeping pad
- 10 to 20 small nails
- 50 feet of rope
- 100 feet parachute cord
- plastic sheet/tarp or heavy duty garbage bags

CLOTHES

- underwear, 4 to 7 pairs
- socks, 4 to 7 pairs (wool - some cotton is OK)
- T shirts, 4 to 8 (at least 2 all synthetic)
- long sleeve shirt
- fleece or wool sweater or 2
- wind & water resistant jacket with hood
- athletic/sweat pants, 2 pairs
- jeans, 1 pair
- shorts, 1 pair
- thermal underwear, 1 pair
- watchmen's cap (wool or fleece)
- baseball cap
- sneakers
- hiking boots
- water shoes, moccasins, flip flops, etc
- army poncho
- seasonal clothing
- Woolite
- retractable clothesline and clothes pins (6 to 10)

- bandannas (3)

BASIC TOOLS

- Multi-tool (Leatherman, Gerber)
- folding knife, 3 to 4 inch
- fixed blade knife, 4 to 6 inch
- hatchet
- machete
- leather work gloves
- compass
- LED flashlight
- squeeze/shake/windup LED flashlight
- light sticks, three 6 hour
- solar/crank/battery powered multi-band radio
- whistle
- matches, 50 to 100
- disposable lighters, 2
- magnesium fire block
- binoculars, small sportsman's
- small shovel or entrenching tool
- basic survival kit

FIRST AID & MEDICAL

- basic first aid kit
- blister cream and moleskin
- NP95 disposable masks
- latex exam gloves
- medicated foot powder
- extra Ace bandages
- spare eye glasses or contacts
- 30 day supply of any prescription medications
- lip balm/chapstick
- sunscreen
- 2 decks of cards (Sanity)
- favorite book (Sanity)
- travel/auto versions of popular games (Sanity)

PERSONAL HYGIENE

- comb/brush
- tooth brush, tooth paste, floss
- deodorant/antiperspirant (scentless if going into woods)
- nail clippers & file
- soap in soap dish and/or liquid soap
- face cloth or body scrubber
- hand towel
- bath towel
- baby wipes
- baby powder
- sample/hotel size shampoo and conditioner
- antibacterial wash
- sample size shaving cream and disposable razor
- toilet paper
- small unbreakable mirror
- feminine products
- garbage bags

