

Bug Out Kit – Shopping List

(Most items can be found at your local Wal-Mart, TSC, Atwoods, True Value or Sporting Goods Store)

Clothing & Footwear Section

- ❑ 2 full change of heavy duty clothing per person-consider BDU's
- ❑ 4 pair of socks & underwear- 2 light cotton, 2 wool
- ❑ 2 Plastic Rain Ponchos
- ❑ 1 pair Heavy duty hiking boots
- ❑ 1 Pair of leather gloves each

Camping Section

- ❑ 1 small folding saw
- ❑ 1 military style fold up shovel
- ❑ 1 folding tip up for fishing on the ice
- ❑ 1 Jigg stick / Pocket Fisherman
- ❑ 1 small fishing tackle box - 3"x6"x2"
- ❑ 1 10'x10' heavy duty water proof tarp with grommet's
- ❑ 2 100' rolls of parachute cord - very durable and useful
- ❑ 7 day supply - Mountain House freeze dried foods
- ❑ 1 Hatchet with cover and sharpening stone
- ❑ 2 rolls of 16 gage wire - small military surplus type is good
- ❑ 1 each Mess kits with utensils (the type you can cook with and eat from to save on space and weight)
- ❑ 8 Trioxane Fuel Packets
- ❑ 2 each 100 hour Nu Wick candles & butane lighters
- ❑ 2 one quart plastic canteens
- ❑ 1 First Aid Kit (I will cover the contents later in the article)
- ❑ 2 Sky blazer flares used in case you're lost or want to be found.
- ❑ 2 Red Smoke signal devices - again if you want to be found.
- ❑ 1 Folding Solar Shower
- ❑ 1 Extra Compass
- ❑ 1 Extra Pocket knife or Sheath Knife
- ❑ 1 Hand Held GPS (optional)
- ❑ 1 road map of my area (town or county)
- ❑ 1 topographical map of the area
- ❑ 1 each Head Lamp for night movement 2 AA batteries.
- ❑ 1 Pair Compact Binoculars
- ❑ 1 Night Vision Monocular (optional)
- ❑ 1 each Multi-Tool (Leatherman type)
- ❑ 4 bottles of Halazone tablets (water purification)
- ❑ 1 each Sunglasses and Prescription Glasses(if needed)
- ❑ 1 each - 30°F rated sleeping bags
- ❑ 1 each - space blanket inside
- ❑ 100' length of Kernmantal Rappelling Rope 1/2" each person
- ❑ 1 each Ground Mattress 1 1/2" thick (rolled) covered with garbage bag.
- ❑ 1 each Texsport 5 person octagon tent- strapped on one side of the pack (15lbs)

Electronics Section

- ❑ 2 (one each) FRS Two Way Radios
- ❑ 4 - 4 pack AA Batteries
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- ❑ 1 PDA with Survival Manual
- ❑ 1 Radio Shack DX-351 or Kaito KA0007 Radio SW 5.05 to 21.50 range, am/fm, and 150khz to 280khz which cover's most police, weather etc.. (2 AA batteries) very small and light weight. The Kaito Radio has a dynamo & solar panel as well as Battery backup.
- ❑ 1 solar battery charger & with rechargeable batteries

Houseware & Hardware Section

- ❑ 1 each pad and pencil (pens don't write well in rain or cold)
- ❑ Space Bag Storage System
- ❑ Garbage Bags (30 gallon with drawstring)
- ❑ 1 folded up roll of Aluminum Foil Heavy duty type
- ❑ 2 each bars of soap anti-bacterial type
- ❑ 1 each roll of Toilet Paper
- ❑ Tooth brush
- ❑ Tooth paste
- ❑ Various food items:
 - Coffee, Tea (herbal)
 - Beef and Chicken Bouillon
 - Sugar
 - Salt
 - Pepper etc.
- ❑ 1 each deck of cards (is good to help pass the time, or a few paper backs)
- ❑ 4 Rat Trap's - You might think I'm crazy but they work great as trap's for small game.

Pharmacy Section

- ❑ 50 each - Tylenol / Ibuprofen / Aspirin
- ❑ 2 package Benadryl (used for allergic reaction & nausea)
- ❑ 1 Primatene Mist inhaler (used for bronchospasm)
- ❑ 10 4"x4" sterile gauze pads
- ❑ 10 2"x2" sterile gauze pads
- ❑ 2 rolls 1" Adhesive Tape
- ❑ 2 Pouches QuikClot
- ❑ 1 Box Multi Size Band Aids
- ❑ 4 Crevats - 2' x 2' (non- sterile)
- ❑ 2 Rolls sterile cling (4" wide)
- ❑ 1 3" ace bandage
- ❑ 1 package of mole skin
- ❑ 1 tube SPF 45 sunscreen
- ❑ 1 1oz bottle of Allergan Refresh Tears
- ❑ 1 tube/bottle liquid insect repellent
- ❑ 1 Tube of Triple Anti-biotic
- ❑ 2 Week supply of prescription medications
- ❑ 1 Tube Cortisone Cream

- ❑ 1 Small bottle of Providine Solution
- ❑ 1 Pair of Heavy Duty Scissors
- ❑ 1 Chap Stick
- ❑ 1 Foot Powder
- ❑ 2 Scalpel Blades
- ❑ 1 Snake Bite Kit
- ❑ 2 Suture sets
- ❑ Tube of oral analgesic paste (numbs site for suture needle insertion)
- ❑ 2 Steri-Strip Packs
- ❑ 1 Med Adult Oral Airway
- ❑ 1 CPR Pocket Mask
- ❑ 1 Sam Splint (rolls up compact)
- ❑ 6 Safety Pins
- ❑ 1 Antacid Tablet's
- ❑ 1 Anti Diarrhea Tablet's
- ❑ 4 large Kotex Pads (best for severe bleeding)
- ❑ 1 tourniquet
- ❑ 6 Ammonia Inhalants.