

THE COMPLETE BUG OUT BAG LIST

FOOD & WATER

- **Nalgene water bottle** ([link](#))
- **Water purification tablets** ([link](#))
- **Mountain house food kits** ([link](#))
- **Portable water filter** ([link](#))
- **Nutrient dense snack food** ([link](#))

FIRE STARTING

- **Magnesium fire starter** ([link](#))
- **Windproof matches** ([link](#))
- **Whisperlite camping stove** ([link](#))

SHELTER AND WARMTH

- **Emergency shelter kit** ([link](#))
- **2 Extra sets of clothing that layers**
- **4 Extra sets of hiking socks** ([link](#))
- **Mylar blanket multipack** ([link](#))
- **Emergency poncho** ([link](#))

BACKPACK OPTIONS

- **5.11 Tactical RUSH72** ([link](#))
- **Teton Sports Grand 5500** ([link](#))
- **Teton Sports Scout 3400** ([link](#))
- **Mountaintop Hiking Pack** ([link](#))

MEDICAL GEAR

- **Small first aid kit** ([link](#))
- **OTC medication** ([link](#))

HYGIENE

- **Camping soap** ([link](#))
- **Toothbrush + Toothpaste**
- **Extra contacts / Glasses**
- **Bathing wipes** ([link](#))
- **Deodorant**

TOOLS AND GEAR

- **Cooking set** ([link](#))
- **Emergency radio** ([link](#))
- **Flashlight** ([link](#))
- **Extra campsite lighting** ([link](#))
- **Paracord** ([link](#))
- **Bowie knife** ([link](#))
- **Hatchet** ([link](#))
- **Tactical gloves** ([link](#))
- **Multitool** ([link](#))
- **Cash, ID copies**
- **Solar Charger** ([link](#))
- **Drybag** ([link](#))



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