

BUG OUT BIN

Medical Supplies	Warmth & Cold	Water & Cooking	Fuel, Light & Electrical	Safety & Hygiene
Large First Aid Kit	Hot Hands & Hot Feet	Water in pouches or cans (that pack easily)	LED Flashlights	Battery/Crank NOAA radio with flashlight & charger
First Aid Manual	Instant Ice Packs	Datrex 3600 Calorie Bars	LOTS of Batteries!	Whistle(s)
** PUT NOTE on bins to grab meds & glasses!	Reflective Mylar Blankets	Gallons of water to grab (try to grab at least 1)	Cooking Stove: Esbit, Sterno, Coleman, Ohuhu, or Iwatani	Hand Sanitizer, sanitation wipes, towelettes
Copies of prescription meds	Emergency Mylar Sleeping Bags	3 Days of Portable Food: MH Pouches, MREs	Cooking fuel: Esbit, Sterno, propane or wood	Toilet Paper, Paper Towels
Copies of eye prescriptions	Rain Ponchos	Mess Kit to boil water	Solar Battery Charger	Feminine Products
Latex Gloves	Warm Blankets	Bleach, water disinfectants	LED Lanterns (small)	Garbage bags & plastic ties
N95 Masks		Water filters	LED Headlamp (optional)	Travel toothbrushes and toothpaste
Burn Dressing		Manual can opener	Lightsticks (optional)	Underwear for 3 days and change of clothing
QuikClot Clotting Gauze		Cooking Utensils (spoon)	115 Plus Hour Candles	Kleenex
QuikClot Clotting Crystals		Pot holders	Waterproof matches	Toenail Clippers
Dental Repair Kit		Bowls & cups	Lighter	Fire Extinguisher
IOSAT Potassium Tablets		Utensils		
Glasses Repair Kit		Measuring cup for preparing food		
Aspirin		Medicine dropper (for bleach)		
Ibuprofen				
Acetaminophen				
Benadryl (or generic version)	Infants & Children	Pets	Tools & General	Cash, Records, Maps
Neosporin	Baby food, formula	Pet Meds and records !!!	Duct Tape	Financial Documents
Antacids	Diapers	Water for pets !!!	Plastic Sheeting	- See Step 11 to create
Laxatives, Diarrhea remedy	Baby Wipes	Pet food in airtight container	Multifunction Tool	Financial Binder
Tweezers	Diaper creams	Collapsible pet bowls	Leather Gloves	Good Supply of cash!
Thermometer	Bottles	Extra leash, collar in kit	Rope	- with small bills (\$5 & \$1)
Hydrogen Peroxide	Pacifiers	Portable crate	Scissors	- and coins
Rubbing Alcohol (travel size)	Books, games, puzzles	Extra ID Tag, photo of you & pet (proof of ownership)	Safety Pins	Maps of local area
Contact Lens Solution, contact case, extra glasses		Pet First Aid Kit (or supplies)	Zip Lock Bags	Disaster survival resources – books, printouts, etc
Sunscreen		Pet litter, poop bags	Pad of paper, pens, pencils	
Hearing Aid Batteries		Favorite bedding, toy, treat	Pocket Knife	