



# The SURVIVAL SHOW PODCAST

## BUDGET BUG OUT BAG

### \$49 (Dollar Store) Bug Out Bag - Checklist

Notes

#### Build YOUR Bug Out Bag/s Today!

The purpose of this checklist is to SIMPLIFY SURVIVAL and help you build a Bug Out / Emergency / Go Bag NOW (for each person in your family) - WITHOUT Breaking the Bank.

Just Remember: This kit is your starting point. It's NOT the ULTIMATE Bug Out Bag. But it is legit and gets you a Basic Bug Out Bag - now! You can always add items to it, and upgrade as you go.

#### Here's the Full "Kit List" on Amazon...

Although my Bug Out Bag cost me just shy of \$50 (without tax) you may not be able to get these items for the same price. However, I've done my best to find [similar items on Amazon.com](#) USA. Note the first price shown (below) is what I paid at my local dollar store, second price is closer to retail.

[Follow the links below](#) to a FULL List called, "Basic Bug Out Bag" on Amazon where you can pick and choose what items to buy. OR... go to your local Dollar Store and Surf their bargains. It's amazing what you can put together for \$50!!! Go, take this list and HAVE A BLAST!!!

#### Important Bug Out Bag UPGRADES - [VIDEO](#) & Amazon [CHECK LIST](#)

[Subscribe to "The SURVIVAL SHOW Podcast"](#) on iTunes - Now - so you don't miss out on any Episodes (in this series). In Episode #2 David covers Essential UPGRADES / One thing almost everyone wishes they would had in their BOB /And STUPID "NEVER PACK" items.

#### [CHECKLIST: 72 Hour - Bug out Bag / Emergency / Disaster Kit](#)

##### SHELTER / WARMTH

- Trash / Garbage Bags: 42 Gallon @ 2 mil+ Thick (Poncho, Tarp, Ground Cover etc.): \$6.50 - \$15.00
- Cord - Jute Twine (For Binding and Building +Pull Apart for Tinder): \$1.00 - \$5.00
- Fleece Throw Blanket/s: \$2.50 - \$25.00

##### FIRE

- Lighter/s (Disposable): \$1.00 - \$6.00
- Box of Matches: \$1.30 - \$5.00
- Candle: \$0.85 - \$5.00

##### FIRST AID

- Roll of Sterile Gauze: \$1.50 - \$5.00
- Triple Antibiotic (Rub into Cotton Balls to Extend Fire): \$3.00 - \$8.00

### World's Smallest Complete Survival Guide



Get Tiny SURVIVAL Guide and Card @ [www.TinySurvivalGear.com](http://www.TinySurvivalGear.com)

(Continued on next page)



Go UNLOCK Our Disaster Plan Checklist @ [www.Patreon.com/TheSurvivalShow](http://www.Patreon.com/TheSurvivalShow)



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Notes

### FIRST AID (Continued)

- Dust Tape Roll - Orange (Secures Gauze in Place + Gear Repair, Rescue etc.): \$3.50 - \$8.00
- Cotton Balls (Keep Dry to and Use as Fire Starting Tinder): \$1.50 - \$5.00
- Dust Mask/s: \$1.00 - \$5.00
- Bandanna (Multi-Use Item: Water Filter, Sling, Head and Neck Cover etc.): \$3.00 - \$9.00

### CUTTING TOOL

- Retractable Utility Knife w/ Snap-Off Blades: \$1.00 - \$12.00
- Paring Knife (Backup): \$1.00 - \$10.00

### WATER (CONTAINER / PURIFICATION)

- 2 x One Liter Bottles of Water: \$0.50 - \$2.00 /Bottle
- Single Walled SS Cup, Canteen or Dog Bowl (Holding and boiling water): \$1.75 - \$27.00

### FOOD

- Peanut Butter @ 40oz: \$4.00 - \$9.00
- Squeeze Jelly: \$2.55 - \$8.00
- Tortillas: \$2.55 - \$7.00

### OTHER

- LED Flashlight: \$1.00 - \$12.00
- Glad Zip Lock Bags @ 1L: \$2.00 - \$6.00
- Backpack: \$5.00 - \$70.00



SCAN

Here's the Basic Bug Out Bag Kit / List We Put Together Over on Amazon for You.

<https://amzn.to/2Ln4FJB>

### ACTION ITEM - Something You Can Do This Week

**MAKE YOUR KIT - This Week:** If you don't have a bug out bag for yourself (and every person in your family) - make one for each person ASAP. Use the [links above](#) to [Get Kit Items on Amazon Now](#) (and have them shipped to you). To save even more, check out: dollar stores, yard sales and thrift shops.

**EXPERT TIP:** Don't just buy your kit and leave it sit. Test the gear and go out and use it. Print out a copy of this check list and replenish items as they get used. Make sure you check dates on your food periodically and replace as needed. Most importantly, go out and use your gear. It will be fun and you will develop your skills. This will help to reduce fear and build confidence if disaster does strike.

### ADDITIONAL RESOURCES:

- [Disaster Plan Checklist](#) @ Patreon.com/TheSurvivalShow
- [Live Training Classes](#) @ Nature Reliance School: [www.NatureReliance.org](http://www.NatureReliance.org) (Craig's School)
- [YouTube - Nature Reliance School](#) (Craig's Channel)
- [YouTube - Ultimate Survival Tips](#) (David's Channel)
- [MSK-1 Survival Knife System](#) (David's Knife): [www.MSK1Knife.com](http://www.MSK1Knife.com)
- [Ultimate Survival Tips - Website:](#) [www.UltimateSurvivalTips.com](http://www.UltimateSurvivalTips.com)
- [Free Survival e-MAG](#) (From Ultimate Survival Tips)



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