

# 3V GEAR BUG OUT BAG CHECKLIST

UPDATED 2020 VERSION

## MEDICAL

- Anti-bacterial wipes
- Painkillers
- Sunscreen
- Bandages
- Burn gel
- Antibiotic ointment
- Latex gloves
- Gauze pads
- Rubbing alcohol
- Scissors
- Prescriptions and medicine
- Hand Sanitizer
- N-95 mask

## HYDRATION

- Purification tablets
- Reusable water bottle
- Filtration system

## SHELTER

- Tarp or lightweight tent
- Mylar reflective blanket
- Ultra lightweight sleeping bag

## CLOTHING

- Heavy duty gloves
- Change of clothes
- Heavy socks
- Waterproof jacket
- Hat or head protection

## EQUIPMENT

- Handgun and sufficient ammo
- Paracord
- Knife
- Pepper spray
- Multi-tool
- Camp stove
- Camp cooking supplies & propane
- Solar charger
- Lighter and waterproof matches
- Hygiene items
- Duct tape

## FOOD

- Candy or yummy food to keep spirits up
- Freeze dried food or MRE's
- High calorie and high protein foods

## NAVIGATION

- GPS
- Compass
- Maps

## MISCELLANEOUS

- Important Documents: Passport, birth certificate, social security cards, etc.
- Phone charger
- Whistle
- Sewing kit
- Fishing kit
- Cash in small bills or something to barter
- Small mirror