



ReadyMan Bugout Checklist

Your checklist for disaster preparedness

ReadyMan Bugout Checklist

Don't be unprepared for a disaster – be the difference. There are essentials that should be added to any Bugout Kit, and they are listed here. These essentials are separated into 9 categories, as well as a “Must Have” section.

A more comprehensive guide and checklist can be found on our **Plan2Survive** app, which you can find here: <https://www.readymansecurenetwork.com/>

Packs and Bags:

	Item	Suggested Brand	Weight (oz)
<input type="checkbox"/>	Backpack	Osprey Exos 48L	33.9
<input type="checkbox"/>	Organizing Bags	Ziploc	3
<input type="checkbox"/>	Trash Compactor Bags	Generic	2.1
Notes: The Trash Compactor Bags will be the liner for the Backpack			

Shelter:

	Item	Suggested Brand	Weight (oz)
<input type="checkbox"/>	Tent/Bivy	Six Moons Gatewood Cape	11
<input type="checkbox"/>	6 Tent Stakes	Ziploc	3
<input type="checkbox"/>	Sleep Pad	Generic	2.1
<input type="checkbox"/>	Sleeping Bag	Western Mountaineering UL 20 Degree	31
<input type="checkbox"/>	Extra Socks	Darn Tough	3.3
<input type="checkbox"/>	Beanie	OR Gradient	3
Notes: You can cram the Sleeping Bag into the Backpack			

Gear Bag:

	Item	Suggested Brand	Weight (oz)
<input type="checkbox"/>	Emergency Blanket	Titan	2
<input type="checkbox"/>	Lighter	Bic Mini	0.4
<input type="checkbox"/>	Backup Lighter	Bic Mini	0.4
<input type="checkbox"/>	Paracord	MSR Ultralight 32 ft. Paracord	2.5
<input type="checkbox"/>	Knife	Spyderco Ladybug	2
<input type="checkbox"/>	Emergency Fire Starter	Cotton & Vaseline	0.35
<input type="checkbox"/>	Head Lamp	Petzl eLite	0.9
<input type="checkbox"/>	Extra Flashlight	ThorFire Cap Light	0.3
<input type="checkbox"/>	Compass	Silva 1-2-3 Starter	1
<input type="checkbox"/>	Mini Carabiners (2)	RED	0.55
<input type="checkbox"/>	Cash	USD	4
<input type="checkbox"/>	Maps	Road Maps	4

Cooking:

	Item	Suggested Brand	Weight (oz)
<input type="checkbox"/>	Stove	Evernew w/ Stand	1.2
<input type="checkbox"/>	Fuel	16 fl. Oz Alcohol	14
<input type="checkbox"/>	Stove Wind Screen	Vargo Titanium	1.3
<input type="checkbox"/>	Pot	Vargo Bot	4.75
<input type="checkbox"/>	Pot Grabber	MSR	1.55
<input type="checkbox"/>	Spoon	Titanium Spork	0.7
<input type="checkbox"/>	Coffee & Creamer	Starbucks Via	6.7
<input type="checkbox"/>	Backup Wood Stove	ReadyMan Survival Stove	2.25

Water:

	Item	Suggested Brand	Weight (oz)
<input type="checkbox"/>	Water Bottle(s)	Platypus (2)	2.5
<input type="checkbox"/>	Water Treatment	Iodine Tablets	0.1
<input type="checkbox"/>	Water Filter	Lifestraw	1.76
<input type="checkbox"/>	Water Flavor	Nuun	1.4
Notes: DON'T FORGET to fill your water bottles!			

Electronics:

	Item	Suggested Brand	Weight (oz)
<input type="checkbox"/>	EMP-Resistant Bag	Faraday Defense	0.2
<input type="checkbox"/>	Solar Charger	Solarade	6
Notes: Put solar charger in an EMP-Resistant Bag, as well as any phones and radios			

Med Kit:

	Item	Suggested Brand	Weight (oz)
<input type="checkbox"/>	First Aid Kit	Tape, Crazy Blue, ibuprofen	0.9
<input type="checkbox"/>	N95 Masks (2)	3M 8511	1
<input type="checkbox"/>	Tourniquet	RATS	2.55
<input type="checkbox"/>	Dosimeter Chip	Rad Triage	0.3
<input type="checkbox"/>	Potassium Iodid Tablets	IoSAT	0.3
Notes: Don't forget Crazy Glue in your First Aid Kit. It's important (and safe) to glue blisters and cuts so you can avoid infection.			

Personal Hygiene:

	Item	Suggested Brand	Weight (oz)
<input type="checkbox"/>	Toothbrush	Generic	0.2
<input type="checkbox"/>	Toothpaste	Crest Travel	1
<input type="checkbox"/>	Soap	1 oz. Dr. Bronner's	1.6
<input type="checkbox"/>	Repellent	Repel 100 1oz.	0.96
<input type="checkbox"/>	Fecal Paper/Stuff	Wet Wipes & Tissue	3.8

Notes: Put soap in small travel bottle.

Food:

	Item	Suggested Brand	Weight (oz)
<input type="checkbox"/>	Freeze Dried Food (5 day)	Mountainhouse	64.55
<input type="checkbox"/>	Survival Snack (3200 Calories)	Survival Bar	16

And lastly, don't forget to throw these in your kit as well:

Must Haves:

	Item	Notes
<input type="checkbox"/>	Driver's License	Keep in pocket
<input type="checkbox"/>	Cell Phone	Keep charged as much as possible
<input type="checkbox"/>	Social Security Card	Keep in waterproof container
<input type="checkbox"/>	USB Cable for Phone	Grab the correct cable
<input type="checkbox"/>	Any Prescriptions	Keep in waterproof container
<input type="checkbox"/>	Feminine Hygiene Products	Just enough for one week!

<input type="checkbox"/>	Rifle & Magazines	Grab correct ammo
<input type="checkbox"/>	Handgun & Magazines	Grab correct ammo
<input type="checkbox"/>	Satellite Phone	No need for case
<input type="checkbox"/>	Insulation	Wear – no need for extra clothes!
<input type="checkbox"/>	Outer Layer	Wear
<input type="checkbox"/>	Base Layer	Wear

Stay Safe.

Stay Vigilant.

Stay Ready.

Use coupon code **“BUGOUTBAG”** at checkout when you go to ReadyMan.com, for **20% off** your entire order!

Our selection includes fully equipped First Aid Kits, credit card sized Survival Cards, and sturdy, resilient Backpacks. Check us out!

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