# Bug Out Bag Checklist

**NOTE:** Items accompanied by * are considered must-have essentials, and come recommended by a team of experienced survival experts. All of these items are included within the SEVENTY2 survival kit.

## Air
- Air filtration mask*

## Shelter
- Tent*
- Space blanket*
- Sleeping bag

## Water
- Filtration system*
- Water carrying solution*

## Food
- Rations*
- Fishing kit

## Clothing
- Cold weather gloves*
- Head gear*
- Waterproof jacket
- Change of clothes

## Defense
- Knife*
- Pepper spray

## Warmth
- Hand warmers*
- Matches/firestarter*

## Lighting
- Chem lights*
- Flashlight*
- Headlamp

## First Aid
- Anti-bacterial wipes*
- Painkillers*
- Gauze pads*
- Sunscreen*
- Medical gloves*
- Medical instrument kit*
- Bandages/Band-Aids*
- Sling*
- Burn gel*
- Antibiotic ointment *
- Antiseptic wipes*
- First aid instructions*
- Tourniquet

## Navigation Tools
- Map of area
- Compass
- GPS tracking system

## Multi-Purpose Tools
- Mini shovel*
- Axe*
- Multi-tool*
- Paracord*
- Duct tape*
- Crowbar
- Folding saw

## Miscellaneous
- Charger*
- Goggles*
- Whistle*
- Sewing kit
- Copies of important documents
- Emergency cash
- Prescription drugs
- Small mirror