

Bug Out Bag (Stage 2)

Stage 2: Go Bag is part of a larger survival system. This checklist assumes you already have the three modular pouches from **Stage 1: Survival Essentials**:

1. Essentials Pouch: Gear

See Stage 1: Survival Essentials

2. Essentials Pouch: First Aid (IFAK)

See Stage 1: Survival Essentials

3. Essentials Pouch: Toiletries

See Stage 1: Survival Essentials

The pouches are to be included in your 72 hour kit at the time of evacuation.

























Go to www.emergencyprepgear.com to learn about the items on this checklist as well as other stages in our recommended survival system.

*Optional items – be sure you are trained how to use any items you put in your emergency essentials kits.

Go Bag: Gear





























Item	Priority
<input type="checkbox"/> Cell Phone	 
<input type="checkbox"/> 2-way Radio	
<input type="checkbox"/> AM/FM Radio/Charger (USB)	 
<input type="checkbox"/> Headlamp	 
<input type="checkbox"/> Multi Tool	
<input type="checkbox"/> Field Knife	
<input type="checkbox"/> Lighter (2)	
<input type="checkbox"/> Tinder	
<input type="checkbox"/> Paracord (50 ft) (Extra)	 
<input type="checkbox"/> Camping Tarp	
<input type="checkbox"/> Bivvy or Sleeping Bag	 
<input type="checkbox"/> Sleeping Pad	 
<input type="checkbox"/> Tent (2-man)	
<input type="checkbox"/> Water Bottle (Hard/Filled)	
<input type="checkbox"/> Water Container (Bladder)	
<input type="checkbox"/> Hand Saw	
<input type="checkbox"/> Duct Tape (Flattened Roll)	 
<input type="checkbox"/> Maps	
<input type="checkbox"/> Blade Sharpener	
<input type="checkbox"/> Fasteners (Safety Pins, Carabiners, Zip Ties, etc)	
<input type="checkbox"/> Backpack (Tactical or Hiking)	
<input type="checkbox"/> Pack Straps	

Go Bag: Gear (cont.)

Item	Priority
<input type="checkbox"/> Power Bank (USB)	
<input type="checkbox"/> Solar Charger (USB)	
<input type="checkbox"/> Battery Charger (USB)	
<input type="checkbox"/> Extra Rechargeable Batteries AA/AAA	
<input type="checkbox"/> Headphones	
<input type="checkbox"/> Sleeping Mask and Earplugs	
<input type="checkbox"/> Waterproof Deck of Cards	
<input type="checkbox"/> Field Guide Book	
<input type="checkbox"/> Waterproof Paper and Pen	
<input type="checkbox"/> Respirator	 
<input type="checkbox"/> Goggles	
<input type="checkbox"/> Bear Spray	
<input type="checkbox"/> Pistol and Holster*	
<input type="checkbox"/> Extra Magazines*	
<input type="checkbox"/> Survivor Cord (15 ft)*	 
<input type="checkbox"/> Sunglasses*	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

Bug Out Bag (Stage 2)

Go Bag: First Aid (IFAK)

Item	Priority
<input type="checkbox"/> Adhesive Roll (2"x5 yds)	
<input type="checkbox"/> Trauma Shears	 
<input type="checkbox"/> Tabs: Ibuprofen	
<input type="checkbox"/> Tabs: Imodium	
<input type="checkbox"/> Chest Seals (1 Pair)	
<input type="checkbox"/> Tweezers	 
<input type="checkbox"/> Irrigation Syringe	 
<input type="checkbox"/> Vaseline (sm)	
<input type="checkbox"/> Moleskin	
<input type="checkbox"/> Rolled Gauze (4.5" x 4yds)	
<input type="checkbox"/> Gauze Pads (4"x4") (6x)	
<input type="checkbox"/> Triangle Bandage	
<input type="checkbox"/> Butterfly Bandages	
<input type="checkbox"/> Safety Pins	 
<input type="checkbox"/> Ace Bandage	
<input type="checkbox"/> Aluminum Splint (36")	
<input type="checkbox"/> First Aid Reference Guide	
<input type="checkbox"/> Saline Eye Drops	
<input type="checkbox"/> Abdominal Pad	
<input type="checkbox"/> Miconazole (yeast infection)	
<input type="checkbox"/> Bactrim Antibiotics	
<input type="checkbox"/> Bleed Stop (1 pkg)*	
<input type="checkbox"/> Pressure Bandage (1)*	
<input type="checkbox"/> Tourniquet (1)*	












Go Bag: Toiletries

Item	Priority
<input type="checkbox"/> Toilet Paper (Roll)	 
<input type="checkbox"/> Toothpaste (Full)	
<input type="checkbox"/> Camp Soap (Full Bottle)	
<input type="checkbox"/> Sunscreen (Full Size)	
<input type="checkbox"/> Cotton Swabs (Many)	
<input type="checkbox"/> Body Wipes (Many)	
<input type="checkbox"/> Trash Bags	
<input type="checkbox"/> Ziploc Bags	
<input type="checkbox"/> Hand Sanitizer (Travel Bottle)	 
<input type="checkbox"/> Feminine Hygiene Products	 



Go Bag: Clothes

Item	Priority
<input type="checkbox"/> Dry Bag	
<input type="checkbox"/> Underwear (extra)	 
<input type="checkbox"/> Socks (extra)	 
<input type="checkbox"/> Hat	 
<input type="checkbox"/> Gloves	 
<input type="checkbox"/> Base Layer (top) (extra)	 
<input type="checkbox"/> Pants (extra)	
<input type="checkbox"/> Belt	
<input type="checkbox"/> Insulated/Waterproof Jacket	 
<input type="checkbox"/> Footwear	

Go Bag: Food

Item	Priority
<input type="checkbox"/> Water	
<input type="checkbox"/> Portable Stove (Gas or Wood)	 
<input type="checkbox"/> Portable Stove Fuel	 
<input type="checkbox"/> Modern Mess Kit	
<input type="checkbox"/> Food Ready To Eat (bars, nuts, dried fruit, etc)	
<input type="checkbox"/> Dehydrated Food Pouches	
<input type="checkbox"/> Spork	
<input type="checkbox"/> Water Purification Tablets (30)	
<input type="checkbox"/> Hot Tea or Cocoa	

Go Bag: Documents

Item	Priority
<input type="checkbox"/> Documents (USB and Paper)	
<input type="checkbox"/> Identification	
<input type="checkbox"/> Cash	