Printable Bug Out Bag Checklist

A paper planning list for your household, destination and carrying capacity.

Want an editable checklist? Get the free Excel version

32 starting items + missing-quantity and packed-weight calculations

Household / group: _____ Reviewed: _____

Destination / conditions: _____

- [ ] Drinking water you can carry; a plan for additional safe water.
- [ ] Familiar ready-to-eat food suited to allergies and dietary needs.
- [ ] Necessary medicines, medication list and essential medical supplies.
- [ ] ID copies, emergency contacts and protected important records.
- [ ] Phone, compatible cable, charged power bank and written contacts.
- [ ] Flashlight or headlamp and compatible spare batteries where needed.
- [ ] Weather-appropriate clothing, spare socks and suitable warmth layer.
- [ ] Basic first-aid supplies you know how to use.
- [ ] Hygiene and household-specific sanitation supplies.
- [ ] Cash, keys, glasses and other daily essentials.
- [ ] Supplies for children, pets and anyone needing assistance.
- [ ] Packing list showing where critical items are located.

READY CHECK

- [ ] Check condition and compatibility; replace missing or damaged items.
- [ ] Confirm who can retrieve each critical item and where it is stored.
- [ ] Adapt quantities to the people, conditions and official instructions.
- [ ] Write down a backup or relocation arrangement.

Items / actions to add: _____

Person responsible: _____ Next review: _____

Read the full guide, file options and sources

readyresourceful.com/preparedness/bug-out-bag-checklist/

This planning sheet is not emergency instructions or a guarantee of safety.
Follow current official guidance. Adapt the list to your household and local conditions.