



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 with the **Plan2BugOut™ Survival Engine**. Get access for free at rdymn.co/freeplan2bugout

Packs and Bags:

	Item	Suggested Brand	Weight (oz)	
<input type="checkbox"/>	Backpack	Osprey Exos 48L	33.9	Buy Here
<input type="checkbox"/>	Organizing Bags	Ziploc	3	Buy Here
<input type="checkbox"/>	Trash Compactor Bags	Generic	2.1	Buy Here
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	Buy Here
<input type="checkbox"/>	6 Tent Stakes	Six Moons Gatewood Cape	3	Buy Here
<input type="checkbox"/>	Sleep Pad	Generic	2.1	Buy Here
<input type="checkbox"/>	Sleeping Bag	Western Mountaineering UL 20 Degree	31	Buy Here
<input type="checkbox"/>	Extra Socks	Darn Tough	3.3	Buy Here
<input type="checkbox"/>	Beanie	OR Gradient	3	Buy Here
Notes: You can cram the Sleeping Bag into the Backpack				

Gear Bag:

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

Cooking:

	Item	Suggested Brand	Weight (oz)	
<input type="checkbox"/>	Stove	Evernew w/ Stand	1.2	Buy Here
<input type="checkbox"/>	Fuel	16 fl. Oz Alcohol	14	Buy Here
<input type="checkbox"/>	Stove Wind Screen	Vargo Titanium	1.3	Buy Here
<input type="checkbox"/>	Pot	Vargo Bot	4.75	Buy Here
<input type="checkbox"/>	Pot Grabber	MSR	1.55	Buy Here
<input type="checkbox"/>	Spoon	Titanium Spork	0.7	Buy Here

<input type="checkbox"/>	Coffee & Creamer	Black Rifle Coffee Instant	6.7	Buy Here
<input type="checkbox"/>	Backup Wood Stove	ReadyMan Survival Stove	2.25	Buy Here

Water:

	Item	Suggested Brand	Weight (oz)	
<input type="checkbox"/>	Water Bottle(s)	Platypus (2)	2.5	Buy Here
<input type="checkbox"/>	Water Treatment	Iodine Tablets	0.1	Buy Here
<input type="checkbox"/>	Water Filter	Lifestraw	1.76	Buy Here
<input type="checkbox"/>	Water Flavor	Nuun	1.4	Buy Here
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	Buy Here
<input type="checkbox"/>	Solar Charger	Solarade	6	Buy Here
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 Glue, ibuprofen	0.9	Buy Here
<input type="checkbox"/>	N95 Masks (2)	3M 8511	1	Buy Here
<input type="checkbox"/>	Tourniquet	RATS	2.55	Buy Here
<input type="checkbox"/>	Dosimeter Chip	Rad Triage	0.3	Buy Here
<input type="checkbox"/>	Potassium Iodine Tablets	IoSAT	0.3	Buy Here
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	Buy Here
<input type="checkbox"/>	Toothpaste	Crest Travel	1	Buy Here
<input type="checkbox"/>	Soap	1 oz. Dr. Bonner's	1.6	Buy Here
<input type="checkbox"/>	Repellent	Repel 100 1oz.	0.96	Buy Here
<input type="checkbox"/>	Fecal Paper/Stuff	Wet Wipes & Tissue	3.8	Buy Here

Notes: Put soap in small travel bottle.

Food:

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

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.

Liked this checklist? Then you'll love **Plan2BugOut!** P2BO is a free survival engine that helps you build a Bug Out Bag based on:

- YOUR location
- YOUR climate
- YOUR community size
- YOUR budget

Get 100% free access at: rdymn.co/freeplan2bugout

