

72 HOUR BUG-OUT BAG CHECKLIST

Purpose: One bag per person, ready to grab in under 2 minutes. Designed for Florida hurricane evacuation or grid-down scenarios. Keep it in your vehicle or near your exit door.

1. Water & Hydration

- 3–4 liters of water (minimum) or collapsible water bottles
- Water purification tablets or LifeStraw / Sawyer Mini filter
- Electrolyte packets (Vitalyte or LMNT)
- Collapsible water bladder (2L)

2. Food & Nutrition (3-Day Minimum)

- High-calorie non-perishable food (protein bars, jerky, nuts, peanut butter packets)
- Freeze-dried meals (Mountain House) or MREs
- Manual can opener (if packing cans)
- Energy gels or hard candy
- Utensils + paper plates (small pack)

3. Shelter & Clothing

- Lightweight rain poncho or emergency tarp
- Change of clothes (quick-dry shirt, pants, socks, underwear)
- Sturdy walking shoes or boots (if not wearing them)
- Emergency blanket (space blanket) + lightweight sleeping bag or bivy
- Hat, sunglasses, and bug spray

4. First Aid & Health

- Personal first aid kit (bandages, gauze, antiseptic, tourniquet, pain meds)
- Prescription medications (minimum 7–14 days)
- Any daily meds (blood pressure, inhaler, etc.)
- N95 masks + hand sanitizer
- Sunscreen, lip balm, and insect repellent
- Feminine hygiene products (if applicable)

5. Communications & Navigation (PACE Items)

- Fully charged phone + 2 portable power banks (solar preferred)
- GMRS / FRS handheld radio + spare batteries

- Printed PACE Plan card + family emergency contacts
- Laminated local + regional maps (Gainesville, Ocala, Atlanta routes)
- Garmin inReach or satellite messenger (if owned)
- Small notepad + pen (Rite in the Rain)

6. Documents & Money

- Waterproof pouch with:
 - Passport / Driver's License
 - Insurance cards, medical records
 - Cash (\$300–\$800 in small bills)
 - USB drive with digital copies of important documents

7. Tools & Lighting

- Multi-tool or knife (Leatherman or similar)
- Headlamp + extra batteries
- Duct tape (small roll)
- Zip ties, paracord (50 ft)
- Fire starter (lighter + waterproof matches)
- Small flashlight

8. Special Considerations (Florida-Specific)

- Extra socks & moisture-wicking clothes (high humidity)
- Portable fan or cooling towel
- Pet items (if applicable): food, leash, carrier, waste bags
- Baby items (if applicable): formula, diapers, wipes

TIPS:

- Pack in a durable backpack (40–60L) that's comfortable to carry.
- Weigh your bag — keep it under 35–40 lbs if possible.
- Rotate food, water, batteries, and medications every 6 months.
- Do a **family drill**: Everyone grabs their Go Bag and loads the vehicle in under 10 minutes.
- Check how to store Go Bags in your vehicle during hurricane season (train to pack your car efficiently)