

Frugalista's Bug Out Bag Checklist

The Bag

- Make sure it's sturdy and easy to carry
- Attach reflective tape on the outside
- Line it with a garbage bag to make it waterproof

Water

- Experts say you should pack one to three litres per person per day
- Include a water bottle with a filtration system

Clothing

- One change of clothing
- Sturdy shoes and a few pairs of socks

Shelter

- Space blanket to keep warm and/or cool
- Garbage bags as makeshift rain poncho
- DVD/CD to be used as a signaling mirror

Food

- Non-perishable items like granola bars, energy bars, apple sauce, etc.

Tools

- Swiss army knife
- Multi-bit screwdriver
- Waterproof matches
- Hand-crank flashlight
- Hand-crank FM radio

First Aid

- Make your own first aid kit
- Sunscreen
- Bandanas
- Baby wipes

Sanity

- Photocopies of important documents (i.e. passport, birth certificate, insurance papers)
- Deck of cards
- Maps of city streets
- List of important phone numbers
- Whistle