

**"PREPARE FOR THE WORST. HOPE FOR THE BEST"**

**BUILD YOUR OWN**

**BUGOUT  
BAG  
2.0**

**A COMPREHENSIVE LIST FOR WHEN "SHTF"**

**[WWW.BUGOUTBAGACADEMY.COM](http://WWW.BUGOUTBAGACADEMY.COM)**

# BUILD YOUR OWN BUG OUT BAG

## Introduction

Hi there!

**Thanks for signing up for the [BugOutBagAcademy.com](https://BugOutBagAcademy.com) email list and for your interest in all things emergency preparedness.**

(If you got here by other means, might we suggest you click to **subscribe now** so you don't miss out on future updates.)

**We're committed to providing you with the information and resources you need to ensure you're adequately prepared for any disaster that might affect you and your loved ones.**

***So you want to build your own bug out bag? Read THIS first!***

In the following pages you'll find an **expert curated and researched bug out bag list** of items you should consider including in your own bug out bag.

And for your convenience, we've taken the liberty of directly linking you to some of the best quality, most reliable and field-tested products available.

As you may already know, bug out bags are most effective when prepared in advance of any event that would require its use and are readily accessible in case a disaster strikes.

*But...the catch is, we never know where we'll be when a disaster occurs...*

Therefore, **it is crucial to have a bug out bag** that's easily and quickly accessible in times of emergency.

Determining what is needed and then assembling a bug out bag, however, can be quite the task. But don't worry, we've got you covered, so keep reading!

**This companion list will help you think through and organize a completely customized bug out bag to suit your every need...**

**But most importantly, try and have fun building your personalized bug out bag!**

You should take great enjoyment in knowing that you are preparing now -- not after -- it's too late....

# BUILD YOUR OWN BUG OUT BAG

## How to Use This Checklist

We can't place enough emphasis on this point: **Like people and emergencies, no two bug out bags are alike.**

Because of this, we reiterate that **you should view this checklist as a set of "recommended guidelines"** for you to build your own bug out bag from.

Chances are if you're a regular reader of [www.BugOutBagAcademy.com](http://www.BugOutBagAcademy.com), this list will make more sense to you than if you came upon this PDF somewhere else.

If you are new to Bug Out Bag Academy, we encourage you now to **check us out.**

Like we said earlier, the following list of items has been **carefully reviewed and rigorously tested by survival and preparedness experts** in order to ensure it is of the highest quality and of the best value for when the time comes to put all your preparation and training into action.

That said, some products featured might not align with your budgetary or personal needs.

Because of this, we encourage you to shop around using your best judgement, and also look to see if you already have some of the items your bug out bag will require.

We believe strongly that bug out bags are a worthwhile investment and will be **worth their weight in gold** if/when the time comes.

Survival is no joke, but we hope to make building your bug out bag an enjoyable experience.

With that in mind, throughout the checklist there will be links that will take you directly to **Amazon** and other sites where you'll find our specific recommendations.

It's our hope that all the time and effort we put into this list will make it extremely easy and painless for you to check the items off as you go, and in the hopes that you won't put it off until it's too late.

**We're glad you're taking the steps necessary** to "Prepare for the Worst and Hope for the Best."

On behalf of Team BOBA,

Andrew & Nate  
Co-Founders  
Bug Out Bag Academy

*Visit us online at [BugOutBagAcademy.com](http://BugOutBagAcademy.com) where we'll show you how to select and use these items, and much, much more...*

# BUILD YOUR OWN BUG OUT BAG

## CHECKLIST PART 1

[Start building your bug out bag(s) using the links below!]

### Bug Out Bag (1 per adult, min.)

- [Your BOB of Choice](#)

### Water & Hydration

- [Drinking Water](#) (3 Liters)
- [Collapsible Water Bottle](#)
- [Hard Water Bottle](#)
- [Metal Water Bottle / Canteen](#)
- [Water Filter / Purification System](#)
- [Water Purification Tablets \(Qty 3\)](#)

### Food & Food Preparation

- Protein / Energy Bars (Qty 6)
- MREs / Dehydrated Meals (Qty 3)
- [Spork](#)
- [P-51 Can Opener](#)
- [Metal Cooking Pot](#)
- [Metal Cup](#)
- [Pot Scrubber](#)
- [Portable Stove](#)
- [Stove Fuel](#) (Qty 8 Tablets)

### Clothing

- Lightweight Long Sleeve Shirt
- Pants
- Underwear
- Wool Hiking Socks (Qty 3 pair)
- Medium Weight Fleece

### Clothing continued...

- Hat w/ Flex Brim
- [Work Gloves](#)
- Rain Poncho
- [Shemagh / Head Neck Scarf](#)

### Shelter & Bedding

- [Tarp](#)
- [Hammock](#)
- [Sleeping Bag / Bivvy](#)
- [Ground Pad](#)
- [Wool Blanket](#)

### Fire & Fire Starters

- [Ignition Source](#) (Qty 3 types)
- [Tinder](#) (Qty 3)
- [Waterproof Storage](#)

### First Aid

- [First Aid Kit](#)
- [Insect Repellent](#)
- [Mylar Survival Blanket](#)

### Hygiene

- [Wet Napkins](#)
- Hand Sanitizer
- All-Purpose Camp Soap
- [Small Pack Towel](#)
- Personal Hygiene Needs
- [Travel Toilet Paper](#) (Qty 2)

# BUILD YOUR OWN BUG OUT BAG

## CHECKLIST PART 2

[Start building your bug out bag(s) using the links below!]

### Tools

- [Survival Knife \(Fixed Blade\)](#)
- [Survival Knife \(Folding Blade\)](#)
- [Multi-Tool](#)

### Lighting

- [LED Headlamp](#)
- [Mini LED Keychain Light](#)
- [LED Flashlight](#)
- [Candle](#)

### Communications

- Cell Phone
- [Emergency Radio w/ Hand Crank](#)
- [Solar Panel Charge System](#)
- [Watherproof Notepad & Pen](#)

### Survival Document Portfolio

- \$500-\$1000 in Small Bills
- Quarters (Qty 8)
- Copies of Personal Documents

### Protection & Self Defense

- [Pepper Spray](#)
- Handgun
- Ammunition (Qty 20-25 rnds)
- Snap Bangs

### Signalling & Navigation

- [Signal Mirror](#)
- Local Area Map
- [Compass](#)
- [Emergency Whistle](#)

### Miscellaneous

- [550 Parachute Cord](#) (50')
- [Cotton Bandana](#)
- [Duct Tape](#) (25')
- 55 Gal. Contractor Garbage Bag (Qty 2)
- Resealable Bags (Qty 5, Various Sizes)
- Sunglasses
- [N95 Face Mask](#)
- [Sewing Kit](#)
- Latex Tubing (3')
- [Fishing Kit](#)
- Non-Lubricated Condoms
- Binoculars (Optional)
- Face Paint
- Military Surplus Survival Wire
- Deck of Playing Cards
- [Survival Handbook](#)

*Want Your New Gear FAST?*

**[Sign up here for a FREE 30 DAY TRIAL of Amazon Prime to get free and fast, 2 day shipping](#)**

# BUILD YOUR OWN BUG OUT BAG

GET A PLAN, & PUT IT INTO ACTION

*Are you ready to take your preparedness to the next level?*

Not all “preppers” wear camo and hang out in bunkers. In fact, most of them are just like you and me -- people who are aware of current events and want their families to be safe when the next calamity strikes.

Introducing, [“Preppers University.”](#)

This online school offers a terrific course to help beginners make great strides toward being ready for just about anything. The course includes 24 online webinars with some of the best known experts in the business, weekly to-dos to keep you on track, helpful printable resources, an exclusive Facebook group for support, and a lot more.

*Click the banner below to check it out!*



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**Preppers University brings together the best survival** experts, live classes, networking & the knowledge to create a survival plan that fits **YOU**

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# BUILD YOUR OWN BUG OUT BAG

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