

"PREPARE FOR THE WORST. HOPE FOR THE BEST"

BUILD YOUR OWN

**BUGOUT
BAG 3.0**

A COMPREHENSIVE LIST FOR WHEN "SHTF"

WWW.BUGOUTBAGACADEMY.COM

BUILD YOUR OWN BUG OUT BAG

Introduction

Hi there!

Thanks for signing up to the BugOutBagAcademy.com email list and for your interest in all things emergency preparedness.

Two really quick things before we get started...

1) [Be sure to join our private Facebook group](#) to get the authentic help, support and direction you need from other like-minded individuals and experts.

2) If you got here by other means, might I suggest you [click here to subscribe now](#) so you don't miss out on important updates and other helpful information. :)

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

So now for the good stuff -- You want to build your own bug out bag? Read THIS first!

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

And for your convenience, **we've directly linked you to some of the best quality, most reliable and field-tested products our experts recommend.**

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, otherwise known as a "go 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 doing it!

You should take great enjoyment and comfort in knowing that you're 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 or bug out plans are alike.**

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

And chances are, if you're a regular reader of www.BugOutBagAcademy.com, (of course you are!) this list will make more sense to you than if you came upon this PDF somewhere else.

In case you are new to Bug Out Bag Academy, I encourage you now to **check us out here.**

Like I 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 items featured might not align with your budgetary or personal needs.

Because of this, I 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 emergency preps such as bug out bags are a worthwhile investment and will be **worth their weight in gold** when the time comes.

Survival is no joke, but despite the weight of the topic 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 my hope that all the time and effort we put into this list will make it extremely easy and painless for you to plan and organize your own bug out bag, and check items off as you go, all in the hopes that you won't put it off until it's too late!

That said, we're glad you're taking the steps necessary to "Prepare for the Worst and Hope for the Best."

Fortune Favors the Prepared,

[Andrew Pontius](#)
Bug Out Bag Academy

Visit us online at BugOutBagAcademy.com where we'll show you how to select and use this gear, and much, much more...

BUILD YOUR OWN BUG OUT BAG

CHECKLIST PART 1

[TIP: Download this PDF and save to your desktop or device for the best, most user-friendly experience]

Bug Out Bag Options (1 per indiv)

- [Your Pack of Choice \(Review Article\)](#)
- [Budget Friendly Pre-Built Bug Out Bag](#)

Water & Hydration

- [Drinking Water](#) (3 Liters)
- [Collapsible Water Bottle](#)
- [Hard Water Bottle](#)
- [Metal Water Bottle / Metal Nesting Cup](#)
- [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 10)

Clothing

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

Clothing continued...

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

Shelter & Bedding Options

- [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 / Prescription Meds](#)
- [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

[Use this as a guide for your own checklist. You probably won't need everything listed!]

Tools

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

Lighting

- [LED Headlamp](#)
- [Mini LED Keychain Light](#)
- [LED Flashlight](#)
- [Tea Candles](#)
- [Solar Lantern / Charger](#)

Communications

- Cell Phone
- [Emergency Radio w/ Hand Crank](#)
- [Solar Panel Charge System](#)
- [Weatherproof 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 100 rnds minimum)

Signalling & Navigation

- [Signal Mirror](#)
- Local Area Map
- [Compass](#)
- [Emergency Whistle](#)
- [Cotton Bandana \(Orange\)](#)

Miscellaneous

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

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

THE BEST PRE-MADE SURVIVAL KITS ON THE MARKET

Overwhelmed, confused and not sure where to begin?

You're DEFINITELY not alone...

What if I told you you could **take a majority of guesswork and overwhelm out of building your bug out bag** TODAY with just a few clicks?

[Stanford Outdoor Supply](#) has the perfect line of “5 Star” rated, reliable gear to help you jumpstart your bug out preparedness efforts.

These well-thought-out, expert crafted and curated survival kits cover the core basics (about 65%) of what should go into a basic bug out bag including:

Fire Starting, Water Filtration & Purification, Shelter, Hunting & Fishing, Navigation, Signalling and First Aid.

And the best part is, they're extremely affordable and “turn key,” meaning just put them in your bag and at a moment's notice you're ready to go!

We carry these excellent survival kits in our own bug out bags, and for good reason. [Check them out here!](#)



Bulk discounts available! Email andrew@bugoutbagacademy.com for details.

BUILD YOUR OWN BUG OUT BAG

GET A PLAN, & PUT IT INTO ACTION

Are you ready to take your preparedness skills to a “whole nother level?”

Not all “preppers” wear camo and hang out in bunkers eating MREs!

In fact, most of them are just like you and me -- people keenly aware of current events who want their families to be safe when the next calamity strikes.

And this is why I subscribe to [Nature Reliance School's Online Course Membership](#), taught by Craig Caudill.

This in-person school, based out of the hill country of Kentucky, also offers terrific online courses to help both beginners and seasoned veterans get ready for just about anything.

This premium collection of online training includes hours of educational content from one of the most respected instructors in the industry.

Craig has trained the best of the best in their fields of expertise, and now normal people like you and I can learn from him as well.

Click the banner below to check it out!



BUILD YOUR OWN BUG OUT BAG

DONE-FOR-YOU CUSTOM-BUILT BUG OUT BAGS

How do you eat an elephant? One bite at a time!

Much like every worthwhile goal in life, preparedness can seem overwhelming if you try to do everything at once. The best way to “get there” is to take it one step at a time. And don’t worry, if you get stuck or have questions, [we’re here to help!](#)

You can do this!

BUILD YOUR OWN BUG OUT BAG

TERMS OF USE & DISCLAIMERS

Copyright

"Build Your Own Bug Out Bag: A Comprehensive List for When SHTF" Copyright © 2022 by BugOutBagAcademy.com. All Rights Reserved. No part of this document may be reproduced in any form or by any electronic or mechanical means including information storage and retrieval systems without permission in writing from the publisher, unless briefly quoted and fully credited and attributed to BugOutBagAcademy.com.

Disclaimer

The "BugOutBagAcademy.com Companion List" was diligently researched and compiled with the intent to provide information for persons wishing to learn more about "emergency preparedness" and "survival" resources. Throughout the making of this document, every effort has been made to ensure the highest amount of accuracy and effectiveness for the techniques suggested by the author. While all attempts have been made to verify information provided in this document, the Author and Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein.

No information provided in this document constitutes a warranty of any kind; nor shall readers rely solely on any such information or advice. All content, products, and services are not to be considered as legal, financial, or professional advice and are to be used for personal use and information purposes only. This document makes no warranties or guarantees, express or implied, as to the results provided by the strategies, techniques, and advice presented. The publishers of this document expressly disclaim any liability arising from any strategies, techniques, and advice presented.

The purpose of this document is to educate and guide. Neither the publisher nor the author warrant that the information contained within is free of omissions or errors and is fully complete. Furthermore, neither the publisher nor the author shall have responsibility or liability to any entity or person as a result of any damage or loss alleged to be caused or caused indirectly or directly by this document.

This electronic document is not intended as a source of legal, business, accounting, or financial advice nor are there any guarantees of income made. All readers are advised to seek services of competent professionals in the legal, business, accounting, and finance fields.

Affiliate Relationships

We regularly review or endorse products or services sold by other companies. We value the trust our readers put in the advice we provide, and only endorse products that have been thoroughly reviewed, rigorously tested, and exceed the quality standards we would use for ourselves. However, we strongly believe that you should always perform your own due diligence to evaluate whether such products or services are right for you before making a purchase.

To help cover the costs and resources incurred while producing quality content for BugOutBagAcademy.com, in some cases, we have established an affiliate relationship with the companies that offer these products and are given a commission or reimbursement on sales we generate. This arrangement does not change the price or quality of goods and services provided from vendors, nor does our affiliate relationship status affect our decision to endorse or not endorse a specific product.

Thank you for your support as we strive to provide you with the best, most reliable information to help your preparedness efforts.