

Every-Day-Carry/Bug-Out_Bag Checklist

V1.1 Jul 1,2023

	QTY	GRAM	\$	FROM		QTY	GRAM	\$	FROM
Water & Food					Mosquito net 1 14 2 WM				
Canteen	1	12		Various	Health and Hygiene				
H2GO	1	150	99	Direct	Latex gloves	2	12	1	WM
Sawyer	1	60	29	WM	Q-tips	10	4	.1	WM or DT
Purification	4	1	2	WM	Band-aids	1	48	1.25	WM or DT
Energy bars	1	63	2	WM	Meds-asprin-vitamin				
Freeze dry	2	150	2.5	WM		1	10	2	WM
Jerkey	1	27	1.25	DT	Washcloth	1	18	.5	WM
Mints	5	30	0.3	WM	Shampoo	1	42	.1	WM
Tuna	1	86	2	WM	Dish deter.	1	42	.1	WM
Pull pork	1	86	2	WM	Hand soap	1	40	.1	WM
Chick salad	1	80	2	WM	Hand sanitiz	1	42	.1	WM
Sardines	1	144	2	WM	Handi wipes	1	2	.1	WM
Inst. oatmeal	1	44	0.5	WM	Eye drops	1	6	4	WM
Ramen	1	95	0.8	WM	Alcohol preps	4	2	.1	WM
Frez dry fruit	1	25	1.25	DT	Cough drops	7	20	.15	WM
Trail mix	1	27	1.2	DT	Ace bandages	1			
Chocolate	1	42	1.25	DT	Super glue	2	2	1.25	DT
Tea bags	4	12	0.2	WM	Coffee filters	4	2	.1	WM
Water bottle	1	500	0.6	WM	Scissors	1			
Vna sausage	1	166	1.5	WM	Razor	1			
Baking soda	1	28	0.2	WM	Lip balm	1	12	.3	WM or DT
Cook kit	1	550		AM	Cottonballs	3	8	.1	WM or DT
Utensils	1	40		WM	Vaseline	1	10	.1	WM or DT
Campstove	1				3 antibiotic	1	12	1.25	WM or DT
P38	1	3		AM	TP	4	8	.2	Various
Cup	1	63	3	WM	Tissues	Pk/10	10	1.25	DT
Seasoning	1	12		WM	Floss	4	8	.1	DT
Salt	1	12		WM	Toothbrush	1	16	1	AM
Pepper	1	8		WM	Chlorasceptic	1	22	.1	WM
Olive Oil	1	26		WM	Tea tree oil	1	10	.1	WM
Honey	1	52		WM	H2O2	1	10	.1	WM
Hot Sauce	1	42		WM	Iodine	1	10	.1	WM
Sugar	1	10		WM	Chlorine	1	40	.1	WM
BBQ sauce	1	42		WM	Alcohol	1	20	.1	WM
Hoisin Sause	1	50		WM	Listerine	1	40	.1	WM
Soy sauce	1	44		WM	Repel	1	20	.2	WM
Body cover					Dish soap	1	22	.1	WM
Boots	1			WM	Shampoo	1	28	.1	WM
Gloves	1			WM	Sunscreen	1	14	0.8	Various
Socks	1			WM	N95 mask	3	2	0.1	Various
Shirt	1			WM	Safety pins	8	1	0.05	WM or DT
Pants	1			WM	Misc				
Underwear	1			WM	Documents	1	3		
Safari Hat	1			WM	Sunglasses	1	24	5	WM or DT
Jacket	1			WM	Whistle	1	4	2	AM
Scarf, bandanna	1			WM					
Space blank	1	62		WM					

WM - WalMart DT - Dollar Tree AM - Amazon HF - Harbor Freight EB - eBay

	QTY	GRAM	\$	FROM
Compass	1	8	2	AM
Maps	1	6	2	Various
Poncho	1	350	52	AM
Solar panel + cables	1	928	35	AM or EB
LED flashlight	1	64	5	
LED headlight	1	62	2.5	HF
Two way radio	1	295	60	AM
AMFM SW radio	1	160	20	AM
Batteries AA	4	110	8	AM
Charger	1	94	16	AM
Bic lighter	1	14	0.5	WM or DT
Matches	12	3	.2	WM
Ferro rod	1	23	2	AM
Fresnel lens	1	6	1	AM
Machete	1	650	15	Various
Small tools	1	40	4	Various
Binoculars	1	175	17	AM
Money	60	10	60	
Wire	4ft	14	0.1	Various
Tiewraps	8	10	0.1	DT or HF
Tin foil	1	12	0.2	WM or DT
Duct tape	2ft	13	0.2	WM or DT
550 Paracord	25ft	52	1	DT
Garbage bags	1	100	.4	WM
String	50ft	10	0.2	WM
Pencil	1	4	0.1	Various
Notepad	1	20	0.2	DT
Tent	1	2525	84	AM
Sleeping bag	1	1400	25	AM
Folding knife	1	200	20	Various
Leatherman	1	42	35	AM
Knife sharpener	1	24	3	WM
Pencil sharpener	1	6	.25	AM
Hatchet	1	282	13	AM
Rope saw	1	20	3	AM
Sewing kit	1	30	2	WM
Fishing kit	1	24	2	WM

Total Weight (Grams) 11275
Total Ounces 398
Total Pounds 24.85
Total new cost \$560.60

Other

Zip lock bags 4ea
Small jar 8 0.18
Large jar 18 0.36
Ditty bag
Tent fly
Ground pad
Pemmican
Gas
Playing cards
Gun and ammo
Smartphone
Pocket Bible
Pepper spray

Keep your pack less than 30 lbs if possible. You can remove or add items to suit your particular needs or weather.
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