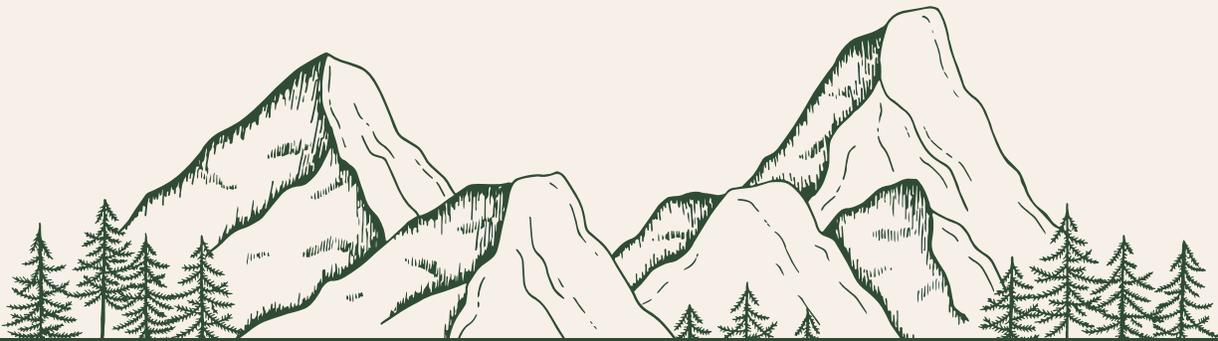


Beginner Bug-Out Bag Checklist

72-Hour Emergency Pack Designed for Beginners

Timberline Survival Co.

Preparedness begins long before an emergency occurs. This checklist provides a foundational starting point for assembling a beginner-friendly 72-hour bug-out bag.



IMPORTANT NOTE

This checklist is a general preparedness guide. All gear, quantities, and plans should be adjusted based on individual needs, family size, medical requirements, climate region, and local risks. Each member of your household should have their own bag.

BEGINNER BUG-OUT BAG CHECKLIST

This checklist is designed to help you assemble a beginner-friendly 72-hour bug-out bag for short-term evacuation scenarios. Adjust items and quantities based on household size, medical needs, climate, and regional risks.

Water & Hydration

- Drinking Water (2-3 Liters per person)
- Collapsible water bottle or canteen
- Water purification tablets or water filter
- Metal cup or Container (Boil-safe)

Fire & Light

- Lighter
- Waterproof matches
- Ferro rod (optional backup)
- Headlamp or Flashlight
- Extra batteries

Shelter

- Emergency blanket or bivy sack
- Lightweight tarp or poncho
- Paracord (25-50 ft)
- Weather-appropriate clothing
- Extra socks
- Hat and Gloves (as needed)

Food

- Ready-Eat meals (no cooking required)
- High-Calorie Energy Bars
- Jerky, Trail mix, or Shelf stable snacks
- Electrolyte Packets
- Disposable or Re-useable utensils

Navigation & Communication

- Compass and Local Paper map
- Whistle
- Notepad and Pencil
- Fully charged power bank
- Charging cables
- Long range Two-way Radios

First Aid & Hydration

- Basic First Aid Kit
- Personal Medications
- Bandages and Gauze (extra)
- Antibiotic ointment
- Hand Sanitizer
- Wet wipes
- Toothbrush and Toothpaste
- Toilet paper (compressed or travel size)

Tools & Utility

- Multi-tool
- Fixed or Folding knife
- Duct tape
- Zip ties
- Work gloves

Documents & Cash

- Copy of Government ID
- Emergency contact list
- Cash (small bills)
- Important Documents (Waterproofed)

Final Check

- Total bag weight under 25% of body weight
- Gear tested and functional
- Seasonal and Regional adjustments made
- Bag stored in accessible location
- Food and medicine rotated and updated to always be fresh

Reminder

Review this bag every 6 months

Replace expired items

Adjust for season, location, and household needs