

Survival Sullivan's **Urban Bug Out Bag Checklist**

water bottle	portable water filter	iodine tablets
MREs	dehydrated food	protein bar
trail mix	freeze-dried food	jerky
tarp	emergency blankets	poncho
trail shoes or light boots	extra set of underwear	extra pair of socks
sunglasses	gloves	N95 respirator
gas mask	handgun	survival knife
pepper spray	flashlight x2	headlamp
chemlights	multi-tool	permanent marker
a notepad	duct tape	super glue
first aid kit	emergency radio	smartphone
solar phone charger	power bank	extra phone battery
aluminum foil	fire starter	walkie-talkie
GPS	bandanna	t-shirt
floss	toothbrush	toothpaste
pry bar	bug repellent	maps
compass	toilet paper	earbuds
comb	trash bags	zipper bags

hand sanitizer	wet wipes	dry baby wipes
folding knife		
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