

Bug-Out Bag Foods

Nuts	Seeds
Lentils	Raisins
Peanut Butter	Crackers
Beans	Instant Noodles
Instant Mashed Potatoes	Spam Pouches
Tuna and Salmon Pouches	Dried Soup
Bouillon Cubes	Instant Oatmeal
Sardine Tins	Tortillas
Jerky	Dehydrated Hummus
Dehydrated Vegetables	Chocolate and Chocolate Bars
Cereal and Breakfast Bars	Cereal
Pop Tarts	Peanut Butter Crackers
Protein Bars	Dried Fruit
Freeze-Dried Foods	Salami or Pepperoni
Coffee Singles	Granola Mixes and Bars
Ready-to-Eat Rice	Protein Powder
Electrolyte Powders	Dried Pasta
Hard Candy	Pemmican
Meal Replacement Powders	Military MREs
Trail Mix	Honey Packets
Emergency Food Bars	Sugar Packets
Mac and Cheese	Vitamins