

Bug Out Bag Item List

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Well, being the glutton for punishment that I am, and at the request of someone who doesn't know what they were getting into, the following is a generally accurate list of my BoB.

I know it sounds like a lot, and it is. This is what I have sitting inside one of my closets ready to go at a moment's notice. But there are a lot of small items which don't weigh very much. I don't have a total weight for all the gear, because I only have a 250-lb scale at home (and I weigh 225. But my guess is that everything together (with weapon, ammo and all cold weather equipment) is in the range of 55-65 lbs. My wife has a similar bag which is pared down for maximum weight reduction. Some other additions sitting in close proximity to the BoB are : 1-gallon of distilled water which is rotated every couple of months (it will be poured directly into the canteens immediately) and a small duffel bag with 1 full set of clothing appropriate to the climate at the time (i.e, one set of BDU's, one pair socks, t-shirt and underwear, coat (if cold enough), one pair boots). Therefore, where I indicate that I have 2 BDU pants, I have one in the rucksack and one in the small duffel bag, ditto with the rest of the set of clothing.

This stuff isn't always in one Backpack. I have what I term the "Cold Weather Module". This stuff always stays in the CFP-90. When the weather gets cold enough to necessitate the use of the sleeping bag, I transfer all the stuff into there. During warmer weather, I use the Harness and a buttpack along with the top pack of the CFP. T-shirts, socks and underwear are cut in half, and only the items with the asterisk (*) are included.

I, of course, welcome comments, suggestions, flames and questions as to why I chose what I did.

Personal Evacuation Kit

- 1 CFP-90 Rucksack
- 3 Liners, Waterproof
- 2* Canteens, plastic, 1 qt
- 2* Covers, Canteen, OD
- 1* Cup, Canteen, Stainless steel
- 1* Canteen, 2qt w/ covers
- 1* Compass, Lensatic, Tritium-illuminated w/ pouch
- 1* Waterproof Map Case with necessary Maps waterproofed with Map Seal
- 1* Set of Alcohol Markers (in map case)
- 1* Waterfilter (PUR Scout)
- 1* set Waterproof Mini-Binoculars
- 1* Flashlight, Mini-Maglite-type
- 16* Batteries, Alkaline
- 100'* 550 Cord
- 1* Leatherman Supertool
- 1* Knife, Lockblade, Pocket, Benchmade AFO
- 1* Knife, Fixed Blade, Busse Steelheart II w/ Eagle sheath
- 1* Sharpening stone (in pocket on sheath)
- 1* Watch, windup, w/tritium markings
- 1* Shovel, Cold Steel Spetsnaz
- 1* Shelter (doubles as Poncho), IMPS
- 1* Groundpad, self-inflating, Therm-A-Rest
- 1* Poncho Liner
- 1 Sleeping Bag, Modular (for use in -20 degrees Fahrenheit to +40

degrees) w/ stuff sack

1* Space Blanket, Heavy Duty
 2 Pants, BDU-type
 2 Shirts, long-sleeve, Tuck-in
 4 T-shirts, various colors, (Hanes Beefy-T's or similar type)
 4 Underwear
 6pr Socks, (Over the calf)
 2pr Boots, GI, Black.
 1 Hat, Boonie type
 1 Hat, Baseball type
 1pr* Gloves, Leather, BlackA-type
 1pr* Liners, Gloves, Wool or Polypropylene
 1pr* Pants, wet weather
 1* Jacket, Wet Weather
 6* MRE's
 1* Utensil set (fork, spoon)
 1 Cookware Set
 2 Candles, 8-hour
 100* Matches, waterproof
 1* Hammock
 1* Wallet, with extra identification and \$100 in small bills (minimum)
 1* \$10 roll silver quarters
 1* Pad of Paper (waterproof NoteSafe)
 1* Fisher Space Pen (clicker type with rubber coating)
 1* Mechanical Pencil 0.9mm
 5 Trashbags, Large, Heavy-Duty *(3 in warm weather)

1 Personal Hygeine Kit w/ :

1 Box Baby Wipes
 1 Soap Bar (anti-bacterial)
 1 Deodorant (Pit-stop, preferable)
 1 Toothbrush
 1 Toothpaste
 1 Mirror, Stainless Steel
 1 Roll Toilet Paper
 1 Collapsible basin
 1 Towel, Cotton
 1 Razor, Disposable
 5 Blades, Razor
 1 Shaving cream
 1 Sunblock
 1 Foot Powder
 1 Plastic Comb
 1 Mouthwash

1* First Aid Kit w/ following:

2 Triangular Bandage
 1 Box assorted Band-aids
 8 Gauze Pads
 1 Tweezers
 1 Magnifying glass
 10 Safety pins
 1 Moleskin Roll
 1 Bottle 50 Tylenol
 1 Bottle One-A-Day Vitamins
 1 Thermometer
 2 Ace Bandages
 2 Rolls Surgical Tape
 4 Sutures, General Purpose
 1 Tube, Antibiotic cream
 1 Box, Pepto-bismol Tablets
 1 SAM Splint
 1 Lip Balm

3pr Latex Gloves

1 EMT Shears
 1 Fingersplint
 10 Butterfly closures
 5 Ammonia Inhalants
 10 Sudafed (or equivalent)
 10 Cough Suppressant

10 Maalox (or equivalent)
 10 Ex-Lax (or equivalent)
 1* Repair Kit:
 4 Bulbs, Mini-Maglite type
 1 Package, Assorted Needles
 1 Package, Threads
 10 Buttons
 1 Awl
 1 Roll, Nylon thread
 1 Roll, Waxed Cotton Thread
 1 Tube, GOOP
 1 Tin, Boot Polish, Black (Kiwi)
 1 Tin, Mink Oil
 1 Applicator
 1 Brush, polish
 1 Roll, Duct-tape

WINTER MODULE

2pr Polypropylene Thermal underwear
 3pr Wool Socks
 1 Sweater, Wool
 2pr Gloves, Insulated
 1 Jacket, Gore-tex ECWCS
 1 Pants, Gore-tex ECWCS
 1 Overalls, Fleece (Teddy Bear Suit)
 1 Top, Fleece, (Teddy Bear Suit)
 1 Cap, Wool, Watchcap type
 1 Scarf, Polypropylene
 1 Stove, Multi-fuel (Coleman Dual Fuel)
 1 Container, Sigg, fuel

Items for Defense (also voted most likely to draw flames)

***Please don't flame me on either weapon choice or how much ammo.
 Most of the stuff in this section is considered group standard and not
 open to change***

1 Rifle, Colt AR-15A2, Lightweight Sporter w/ collapsible stock.
 7 Magazines, 30 round, (minimum, 14 preferred)
 1 Assault Harness (capable of carrying a minimum 6-30 rd magazines)
 2 Ammo Pouches (Optional, to hold 3-30 round magazines each)
 3 Bandoliers, with 140 rds 5.56x45mm (62 grain Mil Spec. preferred, 55 grain acceptable)
 1 Pistol, H&K USP45
 3 Magazines, Pistol, 10-rd
 50rds Ammunition, .45 ACP 230 grain Ball
 16rds Ammunition, .45 ACP Shotgun
 1 Web Belt
 1 Holster, Pistol, Nylon
 1 Pouch, Ammo (capable of holding a minimum of 2 magazines)
 1 Weapons Cleaning Kit
 1 Rod, Cleaning, 5-piece
 2 Patch Holders
 2 Bore Brushes for AR-15
 2 Bore Brushes for .45
 1 Swab for .45
 1 Chamber Brush for AR-15
 1 Roll Cotton Patches
 1 Bottle, Break-Free CLP (4 oz)
 1 Bottle, Break-Free CLP (.25 oz)
 1 Bottle, Hoppe's #9 (.25 oz)
 1 Toothbrush, Nylon
 1 Toothbrush, Brass
 3 Dental Cleaning picks
 2 Rags, cleaning, cotton (shoprags)
 25 Qtips
 25 Pipe Cleaners

gain, please be sure to email me with any comments, etc. I may not get them otherwise.

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