



THE 72-HOUR TACTICAL BUG OUT BAG IDEAS

Version: Warm Weather

Note: carrying all of the contents listed will be too heavy. Prioritise your bug out bag contents according to your requirements and physical ability.

Legend: "w/p" means that these items must be water-proofed. "/" means that only one of the items is required, not all of the items listed in the relevant row. *B means requires batteries

	ASSAULT PACK	RIFLE PACK
PACK (example)	Warrior Assault Pegasus Pack	Eberlestock Gunslinger II
IMAGE		
MAIN COMPARTMENT Including Inner Mesh Pockets	2-3L Hydration Bladder (with clean drinking water)	
	Mapping (Topographical / Aerial Photography) (w/p)	
	Tent / Bivouac / Poncho Liner	
	Tent Pegs	
	Summer Sleeping Bag (w/p)	
	Spare Socks, Underwear & Clothing	
	Folded Canvas Ground Sheet	
	Mini Gas Cooker (with Gas) (w/p)	
	30 Metres Paracord / 550 Cord	
	Night Viewing Device (NVG / FLIR) (w/p) *B	
	Solar Charging Power Bank (w/p) *B	
	Spare Batteries & Charging Cables (w/p) *B	
	Personal Documents - Waterproofed (passport, ID, firearms license, driving license, medical aid card, credit card, currency)	
	Survival Tin (w/p)	
	Signal Mirror	
Ammunition		
Disposable Ear Pro		


FRONT COMPARTMENT	Notepad & DOPE Chart + Pen / Pencil (w/p)
	Head Torch *B
	Sunglasses / Eye Protection
	Windproof Lighter (w/p)
	Knife Sharpener
	Heavy Duty Bin Bag
	Water Filtration Straw (Lifesaver)
	First Aid Kit (w/p)
	Compass
	Multitool (Leatherman)
	Assorted Zip Ties
ACCESSORY / ADMIN POUCH	Mini Lubricant (Q20 / tool-in-a-can / RAM Trisol)
	Weapons Cleaning Kit (field kit)
SIDE POUCH No.1	72-Hours Emergency Rations
	Metal Flask / Canteen (w/p, filled with drinking water)
	Spork
SIDE POUCH No.2	Baby Wipes
	Toiletries (tooth brush & paste, floss, soap, face cloth)
	Bug Spray / Insect Repellant
	Vaseline Tub
PACK EXTERNAL / MOLLE	Bungees (two or more)
	Climbing Carabiner
	5 Metres Climbing Rope
	Ballistic / Bump Helmet
	Machete
	Tactical Gloves
	Rain Cover
	Smoke Grenade
	Rifle Scabbard
	Flexi / Plasti Cuffs (restraints)
	Hat and Shemagh
SHOULDER STRAPS	Combat / Survival Knife
	PTT Radio Speaker / Mic
	Survival Whistle


FURTHER BREAKDOWN OF GRAB BAG GEAR

<p>SPARE BATTERIES & CHARGING CABLES <i>Batteries and / or Charging Cables for the Following Listed Items as Packed</i></p>	Torch / Tactical Flashlight
	Head Torch
	Phone
	GPS (if equipped)
	NVG / FLIR
	Smart Watch
	Weapons Light
	Weapons Laser Pointer (if equipped)
	Scope Reticle / Red Dot
	UHF / VHF Radio
<p>SURVIVAL TIN (w/p) <i>Wrapped with Insulation Tape</i></p>	Aluminium / Tin Foil Sheet (folded)
	Tampon
	Mini Candle
	Windproof Matches (or regular matches dipped in wax)
	Button Compass
	Sewing Kit
	Water Purification Tablets / Iodine Tablets
	Mini Survival Fishing Kit
	Brass Roll of Snare Wire
	Condom (water storage)
	Fire Starter Flint with Striker
	Plasters (as least three)
	Pencil wrapped in Duck Tape, & Paper
	Small Wire Saw
	Alcohol Swab Pads
	Aspirin
	Assorted Nails
	Razor Blade

FIRST AID KIT (w/p)	Medical Tweezers
	Ear Buds
	Quality Nail Clippers
	Ibuprofen
	Aspirin
	Anti-histamines
	Imodium
	Savlon / Dettol
	Medical Tape
	Plasters
	Gauze Pads
	Gauze Roll / Bandage
	Aluminium Splint
	Alcohol Swab Pads
Mini Cling Film Roll	
Iodine	
WEAPONS CLEANING KIT (Field Kit, Calibre Specific)	Bore Snake
	Break-Down Barrel Rod
	Pack of Dry Patches
	Weapons Oil
	All Relevant Weapon, Optic & Accessory Adjustment Tools
	Clean / Dry Weapons Cleaning Rag or Cloth
72-HOURS EMERGENCY RATIONS <i>Examples Only. Select 72-Hours Worth</i>	Mixed Nuts
	Energy / Protein / Breakfast Bars
	Canned Spam / Beef / Tuna / Sardines
	Coffee / Tea / Milo, Sugar, Powdered Milk
	Iodised Salt
	Electrolyte Sachets / Drink Mixes
	Fruit Cake
	Instant Oats
	Meal Replacement Shakes
	MRE's

PERSONAL CLOTHING	
ROLE	A pre-packet grab bag (plastic packet) that contains hard wearing outdoor clothing and footwear. This should sit on top of your grab bag at all times, or underneath the top flap.
ITEMS	Tactical / Outdoor Trousers and Long Sleeve Shirt
	Belt
	Boots and Thick Socks
IFAK Individual First Aid (Combat Trauma) Kit	Tourniquet
	Israeli Pressure Bandage / First Field Dressing
	Gauze Bandage
	QuickClot Gauze (Homeostatic Clotting Agent)
	Chest Seal
	14 Gauge Cannula / Decompression Needle (+/- 8cm)
	Nasopharyngeal Airway Tube
	Lip Balm / Lip Ice
	Surgical Gloves
	Sharpie / Marker Pen Wrapped in Duck Tape
	Burns Gel
	Super Glue
Combat Casualty Card (Print Online) (C ABC DE)	

PLATE CARRIER / BULLET PROOF VEST	
ROLE	Personal Defence and Ammunition Storage
IMAGE <i>(example)</i>	
DEFENCE	Ballistic Plates and / or Kevlar
	Rifle Magazines
	Weapons Sling
ADDITIONAL	Blood Group Patch

BATTLE BELT / GUN BELT	
ROLE	Personal Defence, Medical, and Communications. <i>Note: the following items may be attached to your grab bag waist band / hip pads if preferred.</i>
IMAGE <i>(example)</i>	
DEFENCE	Pistol / Side Arm with Retention Holster and Magazine
	Additional Magazines
	Tactical Flashlight *B
MEDICAL	IFAK
	Tourniquet
COMMS	VHF / UHF Radio (Baofeng UV-5R)
ADDITIONAL	Carabiner

Bug Out Bag List Produced By:

