

Emergency Bug Out Bag Food Kit

Use this checklist to stock your Emergency Bug Out Bag with a 3-day supply of real food. Each column represents a backpack for a family member. When you add an item to a bag, check it off, so you'll know you've taken care of it. I also include medicines and pet supplies for you to consider. Prepare now, so if you ever need a Bug Out Bag, you'll have your food supplies ready!



	Item	Bag 1	Bag 2	Bag 3	Bag 4	Total
Waters	Hydration Multipliers (x3)					
	Water Bottles (x3)					
	Water Bottle with Life Straw					
Liquids+	Instant Coffee / Iced Tea / Flavorings					
	Juice Boxes					
Condiments	Condiment Packets, assorted					
	Manuka Honey					
Proteins	Beef					
	Cheese					
	Chicken					
	Fish					
Snacks	Granola and Protein Bars					
	Nut Butters					
	Nuts and Dried Fruits					
	Granola					
Squeezable	Fruit and Vegetables					
	Smoothies					
Treats	Crackers					
	Cookies					
	Real Fruit Twists					
	Peppermint Candy and Gum					
Medicines	Container with Cold Pack or Cooler					
	Cold medicines (Keep in fridge until needed)					
	Unrefrigerated Medicines					
Pet Supplies	Bags and Cleaning Supplies					
	Dehydrated Food					
	Harness					
	Water Bottle / Dish					
Other	Hard Containers / Utensils					
	Wet Napkins / Tissues					

Additional Resources

- [How to Pack Your Emergency Backpack Food Kit with Real Food](#)
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