PREPPING EXPERT · PRINTABLE

Kits & bags inventory checklist

Every bag the household owns, on one sheet. Weigh each one, check the dates, and fix anything that has grown heavier or gone out of date.

HOME KIT (ONE TOTE, HALL CLOSET)

- [ ] Headlamps and lantern, with spare batteries
  one headlamp per person
- [ ] Battery or crank weather radio
- [ ] Power bank, charged
  date: _____
- [ ] First aid kit and 7 days of every daily medication
- [ ] Three days of ready-to-eat food; water stored beside the tote
- [ ] Copies of documents, some small bills, a list of phone numbers
- [ ] Work gloves, duct tape, multi-tool, trash bags

BUG OUT BAG (ONE PER ADULT, 15 LB TARGET)

- [ ] Weight checked
  _____ lb
- [ ] Documents, cash in small bills, phone numbers on paper
- [ ] 1 L water bottle and a filter or tablets
- [ ] Two days of no-cook food
- [ ] Change of clothes, warm layer, rain shell, spare socks
- [ ] Headlamp, charger cable, small power bank
- [ ] Personal first aid kit and medications
- [ ] Toiletries, glasses or contacts, hand sanitizer

GET-HOME BAG (CAR OR DESK)

- [ ] Walking shoes and socks that fit today
- [ ] Water, snacks, small first aid kit
- [ ] Rain layer, hat, gloves for the season
- [ ] Paper map of the route home; meeting point written down
- [ ] Headlamp and a small power bank

EVERYDAY CARRY

- [ ] Phone charged, small light, a little cash
- [ ] Any medication you cannot miss for a day

FIRST AID

- [ ] Boo-boo kit stocked
  bandages, pain relief, antiseptic, tweezers
- [ ] Bleeding-control kit
  tourniquet, pressure bandage, gloves
- [ ] Someone in the house has taken a Stop the Bleed or first aid class
- [ ] Expiration dates checked
  date: _____

TWICE A YEAR

- [ ] Kids' clothes and shoe sizes updated
- [ ] Batteries and medications rotated
- [ ] Each bag lifted and carried for ten minutes

Checked by: _____ **Date:** _____ **Next check (6 months):** _____