

Basic Get Home Bag Pack List

By [Stephanie Dayle](#) from [The American Preppers Network](#)

The Bag Itself

- Plain Looking Backpack
- Under 15-20lbs for adults
- Children should not carry more than 15-20% of the child's weight.

Water Options (choose two)

- Hydration Bladder Full
- Water Bottles (2-3 liters)
- Emergency Water Packets (3 to 4 packets per day minimum)

Food Options (do not pack all of this, choose what's right for you - pack in a Ziploc Bag within your GHB)

- Snack or Meal Bars (3 per day)
- MREs (2 per day)
- Instant Oatmeal
- Tuna packets (not cans)
- Beef Jerky or Turkey Jerky
- Caffeinated Hard Candy
- Coast Guard Rations
- Top Ramen

Water Purification Options

(choose one and move on)

- Water Tablets ([Iodine](#) or [Chlorine Dioxide](#))
- [Water Bottle with filter](#)
- Mini Water Filter Pump

Basic Personal First Aid Kit

(make your own or buy one - add it to a larger Ziploc bag with all first aid supplies)

- Homemade
 - 4 Regular Band-Aids
 - 2 Knuckle Band-Aids
 - 2-4 Butterflies
 - 2-3 Large Gauze pads
 - Moleskin or Duct tape (blisters)
 - Tweezers (splinters)
 - Ibuprofen
 - Antihistamine
 - First Aid Tape
 - 2 Packets of Antibiotic Ointment
 - 5 Sterilizing Wipes
- [Adventure Medical Kits Ultra Light .3](#)
- [QuikClot Sport \(one or two\)](#)
- N-95 or better masks (3)

Shelter Options

(Choose two that fit your average walking distance - add to a Ziploc bag)

- Emergency Blanket
- Tarp
- Emergency Poncho
- Lightweight One Man Tent
- [Emergency Bivy](#)
- Ultra-Light Sleeping Bag (if distance exceeds 2-3 days)
- XL Garbage or Leaf Bags

Protection (Choose one in addition to your knife if you do not carry a gun)

- Knife
- Pepper Spray
- Taser
- Extra ammo for your CC

Light (keep these in a Ziploc bag)

- Head Lamp
- Mini-Flashlight
- Spare Batteries

Fire (Choose at least two methods in addition to tender – place in a Ziploc Bag)

- Matches in a waterproof container
- Bic Lighter
- Fire Steel (magnesium fire starting tool)
- Tender (ex: cotton balls in Vaseline)

Clothing (in a Ziploc Bag or FoodSaver bag vacuumed and sealed to save space)

- Footwear appropriate for the season (can be kept with the bag)
- Change of clothes appropriate for the season
- Stocking Cap
- Gloves
- One change of socks
- Bandana
- Sunglasses/Swim Goggles (optional eye protection)

Extras (Keep cordage and radio in a plastic bag, keep compass, pen, paper and map in plastic bag, keep TP and sanitizer in yet another plastic bag)

- Stainless steel mug
- Plastic Spoon or Spork
- Small Radio or Emergency Radio (optional)
- 50 ft of 550 Cord
- Chapstick with Sunscreen
- Map of General Area – DO NOT CIRCLE AND MARK “HOME”
- Compass
- Pen and Paper
- Toilet Paper
- Hand Sanitizer
- Cash

Get Home Bag Rules

- Do not use contents of your bag for camping trips.
- Do not stack items on top of your bag.
- Swap clothes out in your bag at least twice a year.
- Rotate the food out of your bag on occasion so it does not go bad.
- Refresh the water and clean hydration bladders or bottles once or twice a year.
- In case your bag is stolen. Do not store your gun in your bag.

For more information on Get Home Bags and Preparedness [click here](#).