

Bug-out bag for 72 hours

Tick items off as you pack, then fill in page 2 with your household and put a copy in every bag. This is my suggestion, not a closed list, so add whatever you and your loved ones need.

Packed on: _____

Medicines, food and batteries checked: _____

What to pack

WATER AND FOOD

- ☐ Water, as much as you can carry
- ☐ Water filter and purification tablets
- ☐ Ready-to-eat food: energy bars, tins, dried fruit, nuts, honey
- ☐ Tin opener, spoon, fork, mug

FIRST AID KIT

- ☐ Bandages, sterile gauze, plasters
- ☐ Painkillers and anti-diarrhoea medicine, electrolyte sachets
- ☐ Regular medicines, plus a note of illnesses and allergies
- ☐ Gloves, antiseptic for cleaning wounds, scissors
- ☐ Tourniquet
- ☐ Foil emergency blanket (NRC)

TOILETRIES

- ☐ Toothbrush, toothpaste, soap, toilet paper
- ☐ Pads or tampons
- ☐ A few strong bin bags

TOOLS AND FIRE

- ☐ Penknife or multitool
- ☐ Duct tape, wire, fishing line
- ☐ Matches and lighter, in waterproof packaging

LIGHT AND COMMUNICATION

- ☐ Torch and spare batteries
- ☐ Battery-powered or wind-up radio
- ☐ Phone, power bank, charger, cables, all charged
- ☐ Walkie-talkies
- ☐ Whistle

MAP AND DOCUMENTS

- ☐ Paper map of the area and compass
- ☐ Documents in a plastic bag, copies on a USB stick
- ☐ Cash in various denominations
- ☐ Card with the plan and phone numbers, page 2

CLOTHES AND SLEEPING

- ☐ Spare underwear and socks
- ☐ Hat and gloves, suited to the season
- ☐ Rain jacket or poncho
- ☐ Sleeping bag, sleeping mat, blanket

EVERYTHING ELSE

- ☐ Important personal item: a photo of your loved ones, a keepsake
- ☐ Things for a child, an older person, a pet
- ☐ _____
- ☐ _____

Water

3 l per person per day, so 9 l for 72 hours

There are _____ of us $\times 9 \text{ l} =$ _____ litres

9 litres is about 9 kg, so you won't be able to carry your whole supply anyway. Take as much as you can, plus a filter (it does not remove viruses or chemicals, so water from an uncertain source is best boiled as well after filtering).

Where we meet if we get separated

Fill this in together, before you need it. How many numbers can you dial from memory when your phone dies?

Plan

Meeting place near home: _____

Meeting place outside town: _____

Contact person outside the area (name, phone): _____

School or nursery, who collects the children (phone): _____

How we let each other know where we are going: _____

Phone numbers of loved ones

Name: _____ tel. _____ Name: _____ tel. _____

Name: _____ tel. _____ Name: _____ tel. _____

Name: _____ tel. _____ Name: _____ tel. _____

Name: _____ tel. _____ Name: _____ tel. _____

Numbers and apps in Poland

112 emergency number, in the mountains also when the signal is weak

985 or 601 100 300 GOPR and TOPR mountain rescue, in the mountains only

No signal whistle or torch 6 times a minute, then a minute's pause

Ratunek app, calls rescuers in the mountains and on the water and sends them your location

RSO Regional Warning System app with warnings about dangers in your area, install it in advance

RCBAlert text message about a danger, it arrives by itself, nothing to install

Card for a child's or older person's bag cut out and put it in their bag

Full name: _____ Illnesses: _____

Guardian's phone: _____ Allergies: _____

Second phone: _____ Medicines: _____

Meeting place: _____ Notes: _____