PHOENIX SURVIVAL GUIDE

Bug-Out Bag Checklist

Check off each item as you pack it. Write how many you packed and any notes (size, expiration date, who carries it). In Phoenix heat, plan on 1 gallon of water per person per day, and 2 in summer.

Bag belongs to:

Last checked (date):

Water & hydration

Packed	Item	Qty	Notes
☐	**Water: at least 1 gallon per person per day, and plan for 2 in summer heat** Ready.gov says hot environments can double water needs. Most pre-made kits carry only 1–4 liters total.		
☐	**2–3 sturdy bottles or a 2–3 L hydration bladder** Easier to carry and ration than many small pouches.		
☐	**Water filter (squeeze or straw) plus purification tablets** Lets you refill from taps or other sources if bottled water runs out. Treat all natural water.		
☐	**Electrolyte packets or tablets** Sweat removes salt. Drinking only plain water for many hours can be dangerous, and NIOSH advises no more than 48 oz per hour.		
☐	**Collapsible water container (1–5 gal)** For refills at cooling centers, shelters, or a friend's house.		
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Heat protection

Packed	Item	Qty	Notes
☐	**Wide-brim hat** Shades face, ears, and neck. Baseball caps leave the neck exposed.		

Packed	Item	Qty	Notes
☐	**Cooling towel or bandana** Wet it and drape it on your neck. Evaporation cools you.		
☐	**UV sun sleeves or a lightweight long-sleeve shirt** Covered skin stays cooler and doesn't burn. Sunburn makes it harder for your body to cool itself.		
☐	**Sunscreen SPF 30+ and lip balm with SPF** Reapply every two hours outdoors.		
☐	**Sunglasses** Glare and UV off pavement and sand are intense.		
☐	**Reflective emergency (Mylar) blankets** Rig one as a sun shade over your head or a car window. Reflective side faces the sun.		
☐	**Small spray/mister bottle** Mist your skin plus moving air speeds cooling.		
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First aid & medications

Packed	Item	Qty	Notes
☐	**First aid kit (bandages, gauze, tape, gloves, burn gel, blister care)** Burns from hot surfaces and foot blisters are common on the move.		
☐	**7-day supply of prescription meds and a printed med list** Pharmacies may be closed or out of stock. Keep meds in an insulated pouch.		
☐	**Instant cold packs (2–4)** Fast cooling on the neck, armpits, and groin for heat illness while you wait for help.		
☐	**Pain/fever reducer, antihistamine, anti-diarrheal** Common problems that can stop you in your tracks.		
☐	**Spare glasses or contacts** You may not get back home for days.		
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Packed	Item	Qty	Notes
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Food

Packed	Item	Qty	Notes
☐	**3 days of no-cook, high-calorie food (bars, nut butter packets, jerky, dried fruit)** No cooking and no fire needed. Choose foods that won't melt into a mess.		
☐	**Salty snacks (crackers, pretzels, nuts)** Help replace salt lost in sweat and encourage you to drink.		
☐	**Manual can opener and spoon** If you pack cans or pouches.		
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Navigation & communication

Packed	Item	Qty	Notes
☐	**Paper map of the Valley and Arizona road map, with routes marked** GPS and cell data may fail. Mark at least two routes out (see Routes).		
☐	**Compass** Works with no battery or signal.		
☐	**Battery or hand-crank NOAA weather radio** Emergency alerts and news when cell service is down.		
☐	**Phone power bank (10,000+ mAh) and charging cables** Keeps your phone, flashlight, and maps alive.		
☐	**Written list of emergency contacts and an out-of-area contact** You may not remember numbers when your phone is dead.		
☐	**Whistle** Signals for help using far less energy than shouting.		
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Packed	Item	Qty	Notes
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Light

Packed	Item	Qty	Notes
☐	**Headlamp plus spare batteries** Hands-free light. Cooler night hours are the safest time to move in summer.		
☐	**Small flashlight** Backup if your headlamp fails.		
☐	**Lightsticks** Mark your location or your group at night.		
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Tools

Packed	Item	Qty	Notes
☐	**Multi-tool or folding knife** Cutting, opening, small repairs.		
☐	**Duct tape (a small flat roll)** Fixes gear, blisters, and shade rigs.		
☐	**Paracord (50 ft)** Hang a shade tarp or secure a load.		
☐	**Work gloves** Protect your hands from hot metal, debris, and cactus spines.		
☐	**N95 masks** Dust storms (haboobs) and wildfire smoke.		
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Documents & cash

Packed	Item	Qty	Notes
☐	**Copies of ID, insurance cards, prescriptions, and deeds/lease in a waterproof pouch** Speeds up shelter check-in, pharmacy refills, and insurance claims.		
☐	**Cash in small bills** Card readers and ATMs fail during power outages.		
☐	**USB drive or secure cloud copy of documents and photos of your home** Backup for claims and proof of identity.		
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Hygiene

Packed	Item	Qty	Notes
☐	**Hand sanitizer and wet wipes** Clean hands when water is too precious to wash with.		
☐	**Toilet paper and small trash bags** Shelters and rest stops run out.		
☐	**Toothbrush, toothpaste, deodorant** Small comforts matter on day three.		
☐	**Menstrual products** Hard to find in an emergency.		
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Clothing

Packed	Item	Qty	Notes
☐	**Sturdy, closed-toe shoes with thick soles (broken in)** Summer pavement can be far hotter than the air and can burn feet through thin soles.		
☐	**2–3 pairs of moisture-wicking socks** Wet socks cause blisters. Change them often.		
☐	**Lightweight, light-colored, loose clothing** Reflects sun and lets sweat evaporate.		
☐	**A warm layer (fleece or jacket)** Desert nights and higher-elevation destinations (Payson, Flagstaff) get cold.		
☐	**Rain poncho** Monsoon storms arrive fast.		
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Add-ons: kids, pets, older adults & medical needs

Packed	Item	Qty	Notes
☐	**Kids: formula/baby food, diapers, wipes, comfort toy, extra water** Children overheat faster than adults and depend on you to drink.		
☐	**Pets: water (about 1 oz per lb per day at rest, much more in heat), food, bowl, leash, records, dog booties** Hot pavement burns paws. Many shelters require vaccination records.		
☐	**Older adults: extra meds, mobility aids, hearing-aid batteries, simple written care plan** Older adults are at the highest risk of heat illness.		
☐	**Medical: backup power for devices (CPAP, oxygen concentrator), insulin cooling case, extra supplies** Plan device power before an outage. See medical needs.		

Packed	Item	Qty	Notes
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My extra items

Packed	Item	Qty	Notes
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Sources: Ready.gov Build a Kit and Ready.gov Water. Check expiration dates on food, water, medicines and batteries every 6 months.