BEST PREP.

GUIDE 13 · PRINT IT AND KEEP IT WITH YOUR KIT

GO BAG

Ready to leave in five minutes. One per person.



28	30-45 L	5 MIN
items	capacity	to get out the door

01

PAPERS AND MONEY

- Document copies in a waterproof bag
- Cash in small bills
- Phone numbers on paper
- Paper map of your area

02

WATER AND FOOD

- 1-2 L of water per person
- Tablets or a portable filter
- Three days of no-cook food

03

LIGHT AND SIGNALS

- Headlamp and batteries
- Whistle
- Lighter or matches in a bag
- Small radio and power bank

04

WARMTH

- Change of clothes and a warm layer
- Space blanket
- Rain jacket or poncho
- Closed, comfortable shoes

05

HEALTH

- Basic first aid kit
- Medication and prescription copies
- Spare glasses or contacts
- N95 masks

06

THE BAG ITSELF

- 30-45 L hiking pack with hip belt
- Neutral colors, nothing tactical
- Everything inside, nothing dangling
- Test it: 1 mile fully loaded

! Don't borrow from the bag. Check it every six months and use your gear once first: untested gear fails.