



BOONDOCKER Camping Emergency GO BAG

Pack these emergency items to be readily accessible if you have to stay with your disabled vehicle. Keep lightweight backpacks in case you must hike out. Your packed backpacks and other essentials can be stored in a plastic bin ready to roll in your vehicle.

Perishable items can added just before you leave on your trip. We have fruit, nuts and trail mix to snack on while traveling in a large insulated lunch box kept in the truck cab with us. You can quickly grab items to place in your backpacks if you're faced with walking out.

We found out the hard way to keep our emergency bags in the truck cab (backseat) with us. Our 1st Aid Kit, food and many things we needed were not accessible when our truck camper rolled as they were kept in truck tool boxes (the truck was laying on top of) or inside our camper (top down and door jammed shut).

Guideline List of Items to Pack

- WATER (hydration bladder or bottles)
- Lightweight backpack (a hydration bladder pocket is handy)
- Toilet paper with folding trowel
- Feminine hygiene items
- Wet wipes for face, hands and bum
- Lip balm
- Granola bars, coconut strips, trail mix
- Oranges and dates
- Nuts, cheese sticks, and protein snacks like salami or jerky
- Gum (helps keep teeth clean and mouth moist)
- Blankets or sleeping bags
- Small tarp with light rope/parachute cord or plastic sheet to use for ground cloth or tent
- Cell phone WITH charging cord
- Battery charger for cell phones
- Handheld 2-way radios

- Bandana
- Socks and underwear
- 1st Aid Kit
- Prescriptions/ medical items (diabetic, contact lens solution) to last several days
- Ibuprofen (or pain management that works for you)
- Packets of Emergen-C or electrolytes (can add to water bottle)
- Insect repellent
- Flashlights and headlamps (with fresh batteries)
- Multi-tool/ knife such as Leatherman or Swiss Army
- Whistle
- Compass
- Small mirror
- Pack of playing cards
- Pocket Bible
- Notepad and pencil/pen
- Garbage bags (can be emergency rain poncho)

Additional items to wear or take with you

- Driver's license, medical and vehicle insurance cards, cash and a credit card
- Jacket with hood and gloves – (temperatures can drastically drop in the backcountry)
- Long sleeve shirt and long pants with pockets (I added this as I got caught in capri pants on a cold night)
- Walking/ hiking poles
- Hat
- Hiking boots or supportive walking shoes and socks
- Sunglasses
- Area map

Again, have these items in the vehicle with you where you can easily access them. This list is to serve as a guideline as you will know what works best for your situation. Perhaps you'll want matches, a lighter or pepper spray for self-defense.

If you know you can hike out in less than a day you will carry less in your pack than if you have to make 20 miles to get help.

One GO BAG bag per person will help to distribute the weight and insure each person has provisions if you become separated.

Even kids can carry their own small pack with water and food. You may want to pack a bag for the baby (diapers, jacket, food they can eat) or your pet (leash, water, food and can-opener) to have ready as well.

Don't be sorry – take the time and be prepared. All of the items on this list are practical things you can always use and money well spent.

Use this space to jot down your own items and notes:



BOONDOCK ADVENTURES OUT WEST