



# 72-Hour BOB Packing Checklist

Complete bug out bag packing list with item costs, Malaysian suppliers, weight calculations, tropical-specific gear, and testing protocol.

A 72-hour Bug Out Bag (BOB) helps Malaysian families evacuate quickly during floods, fires, blackouts, or emergency relocation situations. Tropical heat, humidity, dehydration, insects, and heavy rain create additional risks that require specialized preparation.

## 1. Core 72-Hour BOB Packing List

Item	Cost (RM)	Weight	Where to Buy
40–60L Backpack	120–400	1–2.5kg	Decathlon, Shopee
Water Bottles	20–80	1–3kg filled	MR DIY, Decathlon
Water Filter	80–350	200–500g	Outdoor stores
Emergency Food	50–200	1–3kg	Supermarkets
Rain Poncho	10–40	100–300g	MR DIY
Torchlight	20–120	100–300g	Shopee, MR DIY
Power Bank	80–250	200–500g	Senheng
First Aid Kit	30–120	300–800g	Watsons
Extra Clothing	50–150	500g–1kg	General retail
Emergency Blanket	10–30	50–150g	Camping stores

Recommended bag weight: approximately 10–15% of body weight to maintain mobility in tropical conditions.

## 2. Tropical-Specific Items

Item	Purpose
Mosquito Repellent	Reduce dengue and insect exposure
Foot Powder	Prevent fungal infection and blisters
ORS / Electrolytes	Prevent dehydration
Dry Bags	Protect electronics and documents
Quick-Dry Clothing	Humidity management
Microfiber Towel	Fast drying



### 3. Bag Weight Calculation Worksheet

Category	Estimated	Actual
Water		
Food		
Medical		
Electronics		
Clothing		
Shelter		
Tools		
Documents		

### 4. Monthly BOB Testing Protocol

Task	Frequency	Done
Walk 2–5km with bag	Monthly	<input type="checkbox"/>
Recharge power bank	Monthly	<input type="checkbox"/>
Rotate food and water	Every 3–6 months	<input type="checkbox"/>
Inspect for mold/moisture	Monthly	<input type="checkbox"/>
Review evacuation routes	Quarterly	<input type="checkbox"/>

### 5. 72-Hour Evacuation Protocol

Step	Action
1	Grab BOB and important documents
2	Fill available water containers
3	Confirm family communication plan
4	Monitor weather and evacuation alerts
5	Avoid floodwater and unstable areas
6	Maintain hydration and rest

### 6. Final Readiness Checklist

Done	Checklist Item
<input type="checkbox"/>	Bag packed and accessible

Done	Checklist Item
■	Documents waterproofed
■	Food and water rotated
■	Power bank charged
■	Bag tested while walking
■	Children/elderly needs included

Based on the Preppers MY article: 72-Hour Bug Out Bag for Malaysian Families — Tropical Ready Go-Bag for Evacuation. ■cite■turn0search0■turn0search1■turn0search10■