



GET HOME BAG CHECKLIST

What to keep at work or in your car boot to get home when everything stops.

► [Read the full guide at ukprepperhub.co.uk](https://ukprepperhub.co.uk) →

■ 5 miles = ~90 mins

■ 15 miles = ~4–5 hours

■ 25 miles = ~6–8 hours

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"The Get Home Bag is not for leaving. It is for returning. It lives in your car boot or under your desk — quietly ready for the day the trains stop, the motorway closes, or the sensible option turns out to be walking. It should be packed before you need it. Obviously."

— Calm Clarissa, UK Prepper Hub

THE BAG ITSELF

- ☐ **Rucksack — 20–25L, padded shoulder straps, chest strap** [Check Price on Amazon →](#)
Weight is the enemy. Padded straps matter more than any other feature if you're walking distance. Neutral colour, unbranded.
- ☐ **Waterproof liner — heavy-duty bin bag inside main compartment**
Keeps everything dry without spending £100 on a Gore-Tex bag. Simple and effective.

FOOTWEAR — THE MOST IMPORTANT ITEM

If you commute in office shoes or heels, you cannot walk fifteen miles in them. Comfortable footwear in the bag is non-negotiable. Change before you set off — not three miles in.

- ☐ **Broken-in trainers or lightweight walking shoes**
Worn-in retired trainers are perfectly adequate. Waterproof trail shoes are ideal but not essential.
- ☐ **Walking socks — merino or synthetic blend, NOT cotton**
Cotton stays wet and cold. Merino regulates temperature and resists odour. Pack a spare pair for longer distances.
- ☐ **Blister kit — Compeed plasters and micropore tape** [Check Price on Amazon →](#)
Treat hot spots before they become blisters. At mile three of fifteen, an untreated blister becomes a serious problem.



CLOTHING & WEATHER

The UK being the UK — assume it will rain. Assume it will be colder than expected after dark. One layer you don't need is far less of a problem than one layer you desperately need and don't have.

- ☐ **Waterproof jacket or packable poncho** [Check Price on Amazon →](#)
A packable waterproof stays on in wind and has sleeves. A poncho weighs almost nothing. Either is better than nothing.
- ☐ **Warm mid-layer — lightweight fleece or packable down** [Check Price on Amazon →](#)
Body temperature drops quickly when you stop moving. The layer that feels unnecessary while walking becomes essential the moment you pause.
- ☐ **Warm hat and gloves — October to April**
Disproportionately effective at retaining body heat. Small to pack, significant to need. Non-negotiable in winter.
- ☐ **Hi-vis vest — stored in top pocket for instant access** [Check Price on Amazon →](#) [★ We've reviewed this →](#)
If walking on roads after dark, this makes you visible to traffic. Fits over a coat, available up to 5XL.
- ☐ **Reflective ankle bands** [Check Price on Amazon →](#)
Increase visibility significantly when walking on roads at night. Roll up to nothing. Worth adding alongside the hi-vis.

WATER & FOOD

- ☐ **LifeStraw Go Series water filter bottle — 1L** [Check Price on Amazon →](#) [★ We've reviewed this →](#)
Filters 99.999% of bacteria and parasites from any freshwater source. If your water supply runs out, this turns almost any source you can find into something you can safely drink.
- ☐ **High-calorie snacks — bars, nuts, dried fruit, chocolate** [★ We've reviewed this →](#)
No preparation required. Aim for 200–300 calories per hour of walking. Rotate stock every few months — check expiry dates.

POWER & NAVIGATION

- ☐ **Head torch + spare batteries** [Check Price on Amazon →](#) [★ We've reviewed this →](#)
Keeps both hands free. Essential if any chance of darkness — in a UK winter that means any evening journey at all.
- ☐ **Power bank — 10,000mAh+ and short charging cable** [Check Price on Amazon →](#) [★ We've reviewed this →](#)
2–3 full phone charges. Your phone is your navigation, communication, and emergency contact tool. Keep it charged.
- ☐ **Paper map of your local area — route from work to home** [Check Price on Amazon →](#)
Offline digital maps are excellent until your phone dies. A printed A4 map or small OS map costs nothing and needs no battery.

SAFETY & COMMUNICATIONS

- ☐ **Whistle — pea-less design, works when wet** [Check Price on Amazon →](#)
Carries further than your voice. If injured in a tunnel, underpass, or area with poor signal — a whistle is heard when shouting isn't.
- ☐ **Hand warmers — single-use chemical, pack of 4** [Check Price on Amazon →](#) [★ We've reviewed this →](#)
Compact and last 6 hours. Autumn and winter essential. The difference between manageable cold and dangerous cold on a long walk.
- ☐ **Paracord — 5–10 metres** [Check Price on Amazon →](#)
Improvised bag strap repair, securing a waterproof layer, a dozen other uses in a pinch. Takes up almost no space.
- ☐ **Mini multi-tool or non-locking penknife** [Check Price on Amazon →](#)
UK law: carrying a locking blade knife in public is illegal. Choose a non-locking blade tool or compact Leatherman-style multi-tool.



DOCUMENTS, CASH & FIRST AID

- ☐ **ID card — home address, emergency contact, blood type, allergies**
If found incapacitated, this tells emergency services what they need to know when your phone is flat or locked. Laminate it.
- ☐ **Cash — £20–40 in notes**
Card readers fail during infrastructure incidents. Cash buys water, food, or a bus ticket when contactless doesn't work.
- ☐ **Personal first aid kit — plasters, blister kit, pain relief** [Check Price on Amazon →](#)
Compact and focused. Paracetamol, ibuprofen, plasters, and any personal daily medication.
- ☐ **One-day supply of any prescription medication**
If you take regular medication, keep a one-day emergency supply in the bag. Rotate in line with your prescription.
- ☐ **Spare glasses or contact lenses + solution**
A broken or lost lens without a spare turns a manageable situation into a genuinely difficult one. Easy to forget, significant to need.

SEASONAL ADJUSTMENTS

The core kit stays constant. Swap these items at the clock changes in March and October.

- ☐ **WINTER (October–March): Add hand warmers, heavier mid-layer, fresh torch batteries**
Assume darkness is possible on any afternoon commute from November. Waterproofs are non-negotiable.
- ☐ **SUMMER (April–September): Swap to lightweight layer, add sunscreen and insect repellent**
Increase water — dehydration happens faster in heat. Insect repellent for canal towpaths or countryside routes.

SUMMER EXTRAS

- ☐ **Sun cream sachets** [★ We've reviewed this →](#)
Single-use sachets weigh almost nothing.
- ☐ **Insect repellent** [Check Price on Amazon →](#) [★ We've reviewed this →](#)
DEET-free.

BEFORE YOU SET OFF — CHECK THESE FIRST

- ☐ Phone charged — power bank topped up and in the bag
- ☐ Offline maps downloaded for your route (Google Maps, Maps.me, or OsmAnd)
- ☐ Someone knows your route and expected arrival time
- ☐ Water bottle filled before leaving
- ☐ Footwear changed before setting off — not halfway through
- ☐ Route planned with rest points identified (24hr garage, supermarket, pub)
- ☐ Weather checked — adjust layers before you leave, not while walking
- ☐ Torch accessible if darkness is possible — top pocket, not buried in the bag



- ☐ Rotate food — eat the bars, replace them with fresh stock
- ☐ Recharge power bank and test by charging your phone
- ☐ Replace or recharge torch batteries
- ☐ Check medication is in date and supply is intact
- ☐ Swap seasonal clothing layers — winter vs summer
- ☐ Update offline maps
- ☐ Verify everything is still in the bag — nothing borrowed and not returned
- ☐ Check footwear still fits and is still comfortable for distance walking



Missing Something?

Using a printed copy? Point your phone camera at the code for anything you still need and it'll open on Amazon.



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Blister kit — Compeed plasters and micropore tape



Waterproof jacket or packable poncho



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Hi-vis vest — stored in top pocket for instant access



Reflective ankle bands



LifeStraw Go Series water filter bottle — 1L



Head torch + spare batteries



Power bank — 10,000mAh+ and short charging cable



Paper map of your local area — route from work to home



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Mini multi-tool or non-locking penknife



Personal first aid kit — plasters, blister kit, pain relief



Insect repellent

