72h

Grab bag checklist

Pack the bag, then keep the list inside it.

A grab bag is for leaving home in minutes because of a flood, fire, gas leak or evacuation. Use a rucksack so your hands are free, and keep it by the front door or in a hall cupboard.

ESSENTIALS

- [ ] Medication for a few days, plus a written list of doses
- [ ] Copies of ID, insurance and bank details (waterproof wallet)
- [ ] Cash in small notes and coins
- [ ] Phone charger and charged power bank
- [ ] Spare house and car keys
- [ ] Written list of phone numbers

COMFORT AND SAFETY

- [ ] Torch and spare batteries
- [ ] Bottled water and snacks
- [ ] Warm layer, waterproof and foil blanket
- [ ] Basic first aid kit
- [ ] Hand sanitiser, wet wipes, tissues
- [ ] Glasses, contact lenses, hearing aid batteries

CHILDREN AND BABIES

- [ ] Ready-to-feed formula, nappies and wipes
- [ ] A small toy or book
- [ ] Spare clothes

PETS

- [ ] Pet food and water
- [ ] Lead or carrier
- [ ] Vet's phone number

Also in our grab bag

_____ _____

_____ _____

_____ _____

✂ Cut along the dotted line and keep this part inside your grab bag

Last minute: grab these too

- [ ] Mobile phone
- [ ] Wallet or purse
- [ ] Daily medicines
- [ ] Keys
- [ ] Pets
- [ ] Check on neighbours

Meeting point if we get separated: _____

Check it every six months, when the clocks change: replace water and snacks, check medicine dates and recharge the power bank.