

EMERGENCY GRAB BAG LIST

Use this list as a guide, review your requirements and add / delete items to meet your needs.

EMERGENCY ITEMS

- Essential / prescribed medication, plus asthma and respiratory aids
- Hearing aids
- Spectacles / contact lenses
- Useful phone numbers
- Mobile phone and charger
- House and car keys
- Money & credit cards
- First aid kit
- Basic toiletries e.g. toothbrush and toothpaste, sanitary towels

OTHER ESSENTIAL ITEMS

These can vary according to your needs and the weather, but may include:

SUPPLIES FOR BABIES & CHILDREN

- Food, formula and drink
- Change of clothing
- Nappies
- Toys, books and activities

FOOD & WATER

- Bottled drinking water
- Special food needs
- Canned or dried food
- Can opener

CLOTHING & EQUIPMENT

- Wind and rainproof clothing
- Strong shoes for outdoors
- Waterproof torch and spare batteries, remember to check them regularly
- Radio and spare batteries, remember to check them regularly
- You could consider getting wind-up torches and radios

OTHER ITEMS TO CONSIDER

- Copies of insurance documents
- Anti-bacterial hand wipes / gel
- Blankets and sleeping bags
- Sun hats and sunscreen
- Toilet paper
- Rubbish bags
- Thermos flasks
- Pet supplies

OTHER ITEMS I / WE NEED

-
-
-
-
-
-
-
-
-
-