

Make an Emergency Grab Bag - Contents

An emergency grab bag holds vital information and items that may be useful in an emergency. The bag should be small enough to carry and be stored in a safe and secure place where family members can find it. The bag should be checked regularly.

	Tick
Details of regular prescription items for your family	
Useful telephone numbers (e.g. family, friends, insurance company, utilities, doctors, etc.)	
Mobile phone and charger	
Important documents (e.g. passport, insurance certificates, etc)	
Important computer information on a disk or USB	
Toiletries	
First Aid Kit	
Bottles of water	
Snack bars	
Wind up or battery powered radio including spare batteries	
Torch and spare batteries	
Notebook and Pen / Pencil	
Essential keys (e.g. house / car / work)	
Special items e.g. glasses / contact lenses, items for babies, children, the elderly and disabled	
Cash / debit / credit cards	
Other items you may need – make a list (e.g. playing cards, colouring or puzzle book, children’s toys)	