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| **Suggested contents to include in an Emergency Grab Bag –** **you may want to amend this checklist to include your own items** | **✓** **TICK** |
| any regularly prescribed medication; |  |  |
| toiletries and sanitary supplies; |  |  |  |
| first aid kit; |  |  |
| bottled water, snack bars and tinned foods; |   |  |
| glasses or contact lenses; |  |  |
| nappies and other essentials for babies; |  |  |
| mobile phone and charger; |  |  |  |
| cash and credit/debit cards; |  |  |  |
| pocket torch and spare batteries; |  |  |  |
| battery-powered or wind-up rechargeable radio; |  |  |
| important documents (eg. passports, driving licences, insurance certificates); |  |  |
| useful telephone numbers (eg. family, friends, insurance company, utilities, doctors etc); | http://www.nuhealth.net/im/patients-and-visitors/phone_291w.jpg |  |
| essential keys (house, car etc); | http://swiftlocksmiths.co.uk/wp-content/uploads/2014/12/sleutels.jpg |  |
| spare clothes and blankets. |   |  |  |