

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);	
essential keys (house, car etc);	
spare clothes and blankets.	