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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](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0CAcQjRxqFQoTCIqZwo2TlMcCFSco2wodaBwAig&url=http://swiftlocksmiths.co.uk/swindon/&ei=nCnDVYrbH6fQ7AbouIDQCA&bvm=bv.99556055,d.bGg&psig=AFQjCNHeQsbSw834rku6a2EE72xpqlPkdA&ust=1438939863439030) | |  |
| spare clothes and blankets. |  |  |  |