PRINTABLE CHECKLIST

Grab bags: what to pack if you have to leave

A grab bag is a small rucksack you can pick up and leave with in a couple of minutes if you have to get out of your home, for example in a flood, fire or gas leak. Pack documents, medication, cash, a phone charger, a torch, water, snacks and warm layers. In a power cut alone, you will almost always stay put.

- [ ] Rucksack you can carry comfortably for twenty minutes
- [ ] Medication and a written list of doses
- [ ] Copies of ID, insurance and key contacts
- [ ] Cash in small notes and coins
- [ ] Charged power bank and cable
- [ ] Head torch and spare batteries
- [ ] Water bottle and snack bars
- [ ] Hat, gloves, socks, waterproof and foil blanket
- [ ] Small first aid kit, wipes and sanitiser
- [ ] Last-minute list taped inside the flap