

Your emergency grab-bag checklist



If you need to leave home in a hurry, you don't have time to waste. Keeping an emergency grab bag on hand to pick up on your way out the door will save time and help you and your loved ones get to safety sooner. What goes into your grab-bag is ultimately up to you, but as a baseline it's good to include the below items. You can adjust based on your personal needs. It's always better to have more than you need than to find yourself wanting, but keep in mind you'll be carrying the bag with you so you should try to find the right balance of essentials so it doesn't become too cumbersome.



Clothes

A few changes of clothes for everyone in your household is absolutely essential. This should include raincoats, hats, a few warm layers and good sturdy shoes for walking. In the worst case scenario you might not be able to return home for a number of days, so the change of clothes may be much needed. Plus, it's good to make sure you're packed for cold or wet weather.



Toiletries & Medications

Depending on the nature of the emergency, you may be away from home for a few days, bringing some essential toiletries is a must. Think about toothbrushes and toothpaste, some soap and clothes, and anything else you use daily. We also recommend taking some sunscreen in case the emergency occurs in the height of summer. You should also make sure any specific prescription medication is packed and it never hurts to include some generic medications like paracetamol or ibuprofen too.



Food & drink

Water is a tricky one because it's heavy, but a water bottle for each person is a very good idea. Staying hydrated will be essential for navigating a potentially stressful situation, so try to find the right balance between what you drink daily and what you can comfortably carry. For food, pantry fare is best, things that can be snacked on and sealed and don't require cooking or special tools to eat and won't go off. If you have people in your household with dietary restrictions, make sure you stock up on things they can eat.



Electronics

Keeping in contact with your friends and family is super important during an emergency. We highly recommend having a power bank or two and the relevant cables to keep your mobile devices charged. You'll also want a torch and some spare batteries for it in case there's an issue with the power grid. A small handheld radio, again with replacement batteries, is also recommended as a way to get official event updates. If you have issues with cell reception, a radio will be a lifeline.



First aid kit

Once again, it's better to be safe than sorry. A first aid kit is something that you hopefully won't need to use, but will be invaluable if you do. There are plenty of kits available to throw into your grab bag that will keep you equipped to administer first aid if needed. Make sure it's well stocked and if it includes any perishables, make sure you rotate them out regularly. While most kits keep you generally well prepared, we also suggest adding an emergency thermal blanket to the mix as well.



PPE

A bit of PPE can go a long way towards keeping you safe in certain scenarios. A few pairs of gloves and some hand sanitiser are a great idea, plus some N95 masks for those in your household. You never know what might get thrown at you in an emergency, and someone in your party getting sick is the last thing you want.



ID & Cash

When assembling your grab bag, you should make some copies of your important documents. This includes identification, passports, birth certificates, anything that can identify you if you are unable to return home. Having some information about your bank account and insurance policies is also wise (though nothing that can be used to access your finances if it gets lost or misplaced). It might also be a good idea to keep some cash in the bag if you're able to, so you can still purchase any essentials if electronic payment methods are offline.



Specifics

If you have an infant then you'll want to make sure you have your changing essentials (whether you pack these into your grab bag or simply take a change bag with you is up to you). Make sure you have some formula or baby food in addition to your regular snacks. Likewise, if you have a pet you're taking with you, make sure they have enough food, a water bowl and anything else you need to look after them, like a leash for a dog, or a harness or carrier for a cat.

With all that in your mind, now's the time to put together your grab bag. Hopefully you'll have much of what you need at home already, but you can pop into your local Mitre 10 to pick up the extra bits and pieces you might need. Below you'll find a few recommendations.

NAME:

ITEMS PER PERSON:

A change of clothes

A raincoat

A hat

Sturdy shoes

Toothbrush

Water bottle

Copies of IDs

Snacks

PER BAG:

Toothpaste

Toilet paper

Soap

Sunscreen

Paracetamol / Ibuprofen

Power bank

Torch

Spare batteries (torch)

Radio

Spare batteries (radio)

First aid kit

Face masks

Gloves

Hand sanitiser

Cash

PER HOUSEHOLD: