



Grab & Go Bag – Comprehensive Packing List

Be ready to leave home in 10 minutes and manage safely for up to 72 hours.

1. Vital Documents & Identification

■	Passport or photo ID
■	Birth certificates (copy)
■	Insurance documents (home, car, health)
■	Bank account details & emergency cash (£20–50 in small notes & coins)
■	Emergency contacts list (printed, including GP & vet numbers)
■	List of medications & allergies
■	Spare house & car keys
■	USB with digital copies of critical files

2. Water & Hydration

■	2 litres bottled water per person (minimum 24 hours supply)
■	Collapsible water pouch or small refillable bottle
■	Water purification tablets or mini filter (optional but recommended)

3. Food & Snacks

■	Protein bars, flapjacks, or cereal bars
■	Trail mix, nuts, or dried fruit
■	Tinned meals with ring pulls (beans, soup, tuna)
■	Baby food or formula (if applicable)
■	Pet food (enough for 2–3 days, if applicable)

4. Clothing & Warmth

■	Spare socks (at least 2 pairs)
■	Underwear (at least 2 changes)
■	Warm layer – fleece, jumper, or hoodie
■	Lightweight waterproof jacket

■	Gloves, hat, scarf (cold weather)
■	Sturdy shoes or trainers (keep near the bag)
■	Foil emergency blanket

5. Lighting & Power

■	Small torch or headlamp (hands-free is best)
■	Spare batteries
■	Fully charged power bank
■	USB charging cable(s)
■	Solar charger (optional for longer outages)

6. First Aid & Health

■	Mini first aid kit (plasters, antiseptic wipes, bandages, safety pins)
■	Pain relief tablets (e.g., paracetamol, ibuprofen)
■	Prescription medications (7-day supply)
■	Thermometer (small digital type)
■	Hand sanitiser or wipes
■	Lip balm and moisturiser
■	Face masks (2–3, disposable or fabric)

7. Hygiene & Sanitation

■	Toothbrush & toothpaste
■	Biodegradable wipes
■	Travel-size soap or hand gel
■	Tissues
■	Sanitary products
■	Travel-size deodorant
■	Nappy supplies if needed (nappies, cream, wipes, nappy bags)
■	Small pack of bin bags (for waste disposal)

8. Communication & Information

■	Printed list of important phone numbers (in case phone dies)
■	Small AM/FM radio or hand-crank radio
■	Pen & small notepad
■	Local area map (paper copy)

9. Comfort & Mental Wellbeing

■	Small book, deck of cards, or notebook
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■	Comfort toy for children
■	Earplugs & eye mask (helpful in shelters or hospitals)
■	Small lightweight blanket

10. Extras for Families & Pets - Kids

■	Favourite small toy or soft blanket
■	Formula & bottles (if needed)
■	Children's medicines
■	Snacks suitable for children

10. Extras for Families & Pets - Pets

■	Spare lead or carrier
■	Small bag of pet food & treats
■	Collapsible bowl
■	Waste bags

11. Last-Minute Grab List

■	Mobile phone & charger
■	Wallet or purse
■	House/car keys
■	Glasses or contact lenses
■	Laptop or work device (if time allows)
■	Perishable medications like insulin
■	Current baby formula bottle or pet feed bowl