



Week 6 – Grab & Go Bag

One Week, One Prep Series

Beginner Challenge – The Basics Bag

Goal: Build a simple grab-and-go bag with core essentials for one person. Perfect for those new to prepping or on a budget.

■	Copy of ID + emergency contact list
■	Bottle of water
■	High-energy snacks (flapjacks, trail mix, bars)
■	Spare socks, underwear, and warm layer
■	Small torch + spare batteries OR fully charged power bank
■	Basic first aid kit (plasters, pain relief, etc.)
■	Toothbrush + travel wipes
■	Some cash (small notes & coins)
■	Clip a 'last-minute add-ons' list to the bag (phone, wallet, meds, glasses)

Advanced Challenge – Grab & Go Drill

Goal: Perfect and stress-test your evacuation readiness.

■	Audit existing bags – check expiry dates, rotate clothing for the season, recharge power banks
■	Customise for kids/pets – comfort items, pet food, nappies, etc.
■	Run a timed evacuation drill – set a 10-minute timer and see what you forget
■	Create a second bag for car or workplace
■	Secure digital copies of important documents offline

Ana's Food & Lifestyle – Week 6 Checklist Stay prepared, stay safe.