

Preparing a grab bag

In an emergency situation you may need to leave your home in a hurry, so it's important to have a few necessities to hand. Ideally, prepare a small easy-to-carry bag with essentials and store it in an accessible place ready to go. At the very least, have an up-to-date check list for things to put into your emergency grab bag.

The bag contents will vary depending on your needs but may include:

Emergency items

- Essential/prescribed medication
- Glasses/contact lenses
- Useful phone numbers
- Mobile phone and charger
- House and car keys
- Money and credit cards
- First aid kit
- Basic toiletries
- Torch and radio

Other essential items can vary according to your needs and the weather, but may include:

Supplies for babies and children

- Food, formula and drink
- Change of clothing
- Nappies
- Toys, books and activities

Food and water

- Bottled drinking water
- Special food needs
- Canned or dried food

Other items to consider

- Copies of insurance documents
- Anti-bacterial hand wipes/gel
- Blankets and sleeping bags
- Sun hats and sunscreen
- Toilet paper
- Rubbish bags
- Thermos flasks
- Pet supplies

This is a guide - review your family needs.

Add any additional personalised items here:

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Other Steps you could take

In many emergencies some members of the community may be more vulnerable than others, so it is good to know your neighbours and consider how check their safety and help them in an emergency.

- Install and regularly check smoke detectors
- Consider installing a carbon monoxide detector
- Decide which items would need to be moved upstairs in the event of a flood
- Have a safe escape route out of your home & neighbourhood, practice it with everyone at home
- Note down your emergency phone numbers into a contacts list and also add them into your mobile phone. Don't forget an ICE contact
- Teach children how and when to call the Emergency Services (999)
- Have a well-stocked medicine cabinet and first aid kit, make sure everyone in the house knows where it is
- Check the insurance cover for your house and contents is up to date?
- Make sure your child's school has correct contact details
- If you have locking windows ensure that keys are to hand, as with keys for locked doors
- Consider an emergency kit for your car
- Make sure you back up important information onto a USB or virtually
- Consider the needs of pets or other animals

Know the risks, be informed and get prepared!

This has been developed by **Norfolk Resilience Forum** (NRF) which is a multi-agency group made up of the Emergency services, Local Authority and Community groups and organisation across Norfolk.

