








Preparing a grab bag

In an emergency situation you may need to leave your home in a hurry, 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.

Essential items— essential items can vary according to your needs, but could include:

- Copy of household emergency plan & important contact details
- Details of prescribed medication
- Glasses/contact lenses 
- Mobile phone and charger or battery pack
- Spare house and car keys 
- Spare change or card
- First aid kit 
- Basic toiletries
- Torch and radio (wind up or spare batteries)
- Supplies for babies and children 
- Supplies for pets
- Snacks and bottled water
- Seasonal clothing 

If you have the space:

- Bottled drinking water
- Canned or dried food
- Anti-bacterial hand wipes/gel 
- Washing kit
- Spare change of clothes 
- Games and books

This is a guide - review your family needs.

Add any additional personalised items here:

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

You can find more information about the



Norfolk Resilience Forum at www.norfolkprepared.gov.uk

Know the risks, be informed and get prepared!

