








# 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](http://www.norfolkprepared.gov.uk)

Know the risks, be informed and get prepared!

