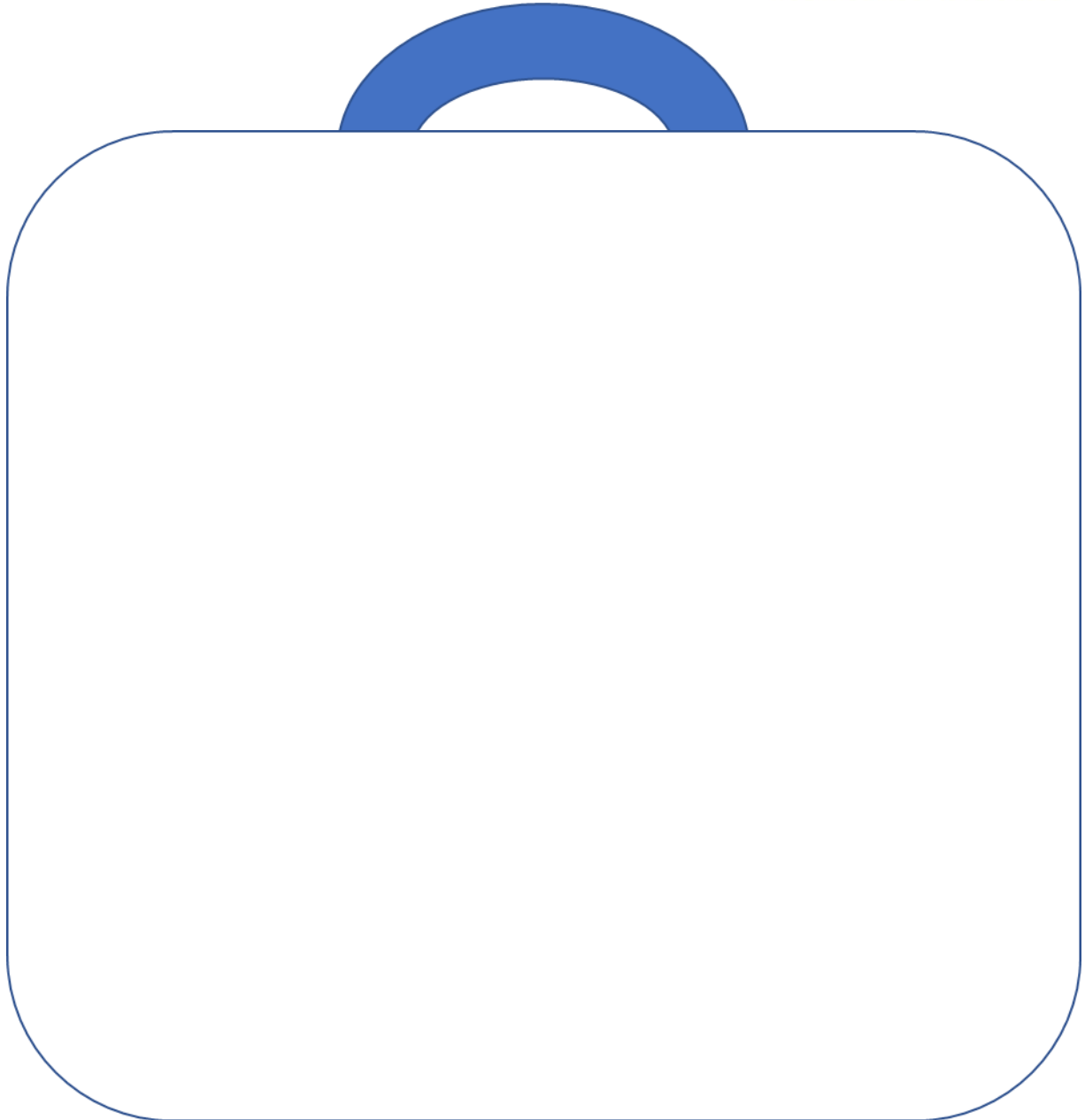


Grab bag template

What should we include in a grab bag?



Items to include in a grab bag

Emergency home kit

- A list of emergency contact numbers. Have a paper copy in case your mobile phone loses power.
- A battery-operated torch and spare batteries (or a wind-up torch).
- A battery-operated radio and spare batteries (or a wind-up radio).
- Any essential medication.
- A first aid kit.
- A three-day supply of bottled water and ready-to-eat food that won't go off.
- Copies of important documents (such as insurance policies and birth certificates) in a waterproof bag.
- A pencil, paper, penknife, and whistle.
- Spare keys to your home and car.
- Spare glasses or contact lenses.
- Baby and pet supplies (if you need them).

Emergency kit on the move

- Suitable clothes (check the weather forecast before you pack).
- Ready-to-eat food, a warm drink in a flask, and bottled water.
- A mobile phone and charger.
- Any essential medication.
- Spare glasses or contact lenses.
- Cash and credit cards.
- A list of emergency contact numbers. Have a paper copy in case your mobile phone loses power.
- Baby and pet supplies (if you need them).

Emergency car kit

- A map (in case you need to find your way around diversions).
- Blankets and warm clothes.
- A first aid kit
- A battery-operated torch and spare batteries (or a wind-up torch).
- A battery-operated radio and spare batteries (or a wind-up radio).
- Jump leads.
- An ice scraper and some de-icer.
- Snow shovel.

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