

GRAB BAG CHECKLIST

Ideally one bag per person, kept by the front door. Tick as you pack, and write in use-by dates.

Start small. You don't need to buy it all at once. Begin with the first four in bold: a rucksack, water, a torch and copies of your documents. Then add one or two items whenever you can. Every tick makes you more ready than you were yesterday.

B Budget bag **M** Mid adds **P** Pro adds

Same levels as the bags on shelfreliance.co.uk

BUDGET - THE CORE

- ☐ **Rucksack** **B**
- ☐ **Bottled water – at least 2 litres** use by ____ **B**
- ☐ **Torch with batteries** **B**
- ☐ **Waterproof wallet with document copies (P7)** **B**
- ☐ Water filter (straw or bottle) **B**
- ☐ Water purification tablets use by ____ **B**
- ☐ Emergency food (250g pack) use by ____ **B**
- ☐ Foil blanket **B**
- ☐ First aid kit use by ____ **B**
- ☐ Lighter **B**
- ☐ Fire starters **B**
- ☐ Can opener **B**
- ☐ Wet wipes and tissues **B**
- ☐ Whistle **B**

MID - ADD THESE

- ☐ Extra food bar use by ____ **M**
- ☐ Fold-flat water containers **M**
- ☐ Power bank and charging cable **M**
- ☐ Wind-up radio **M**
- ☐ Rain poncho **M**
- ☐ Hand gel **M**
- ☐ Toilet bags and bin bags **M**

PRO - ADD THESE

- ☐ Second food pack use by ____ **P**
- ☐ Head torch **P**
- ☐ Mess tins **P**
- ☐ Ferro rod **P**
- ☐ Compass **P**
- ☐ Fireproof document bag **P**
- ☐ Dry bag **P**
- ☐ FFP3 masks **P**
- ☐ Repair tape **P**

PERSONAL - NOT IN ANY KIT

- ☐ Medicines (P5) use by ____
- ☐ Copies of P2 and your own P5
- ☐ Cash in small notes
- ☐ Spare house and car keys
- ☐ Phone and charger
- ☐ Spare glasses
- ☐ Change of clothes, hat and gloves
- ☐ Sturdy shoes and warm socks
- ☐ Sanitary and baby items
- ☐ Pet items (P6)
- ☐ Something to pass the time

Got a family? One shared family bag with the kit, plus a small personal bag each, works well too.

Bag packed on

Next check (see P9)

Bag kept

