

GRAB BAG CHECKLIST

Remember: Don't include so many items that your bag becomes too heavy to carry!

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| <input type="checkbox"/> Comfortable backpack | <input type="checkbox"/> Medication & Prescriptions |
| <input type="checkbox"/> Water and snacks | <input type="checkbox"/> Portable phone charger |
| <input type="checkbox"/> Walking shoes | <input type="checkbox"/> Toiletries |
| <input type="checkbox"/> First aid kit | <input type="checkbox"/> Baby supplies |
| <input type="checkbox"/> Emergency blanket | <input type="checkbox"/> Pet supplies |
| <input type="checkbox"/> Torch | <input type="checkbox"/> Notebook & pen |
| <input type="checkbox"/> Radio (battery/wind up) | <input type="checkbox"/> Copies of important documents |
| <input type="checkbox"/> Hand sanitiser | <input type="checkbox"/> Face covering/mask |
| <input type="checkbox"/> Rain jacket or poncho | <input type="checkbox"/> Spare underwear |
| <input type="checkbox"/> Warm jacket | <input type="checkbox"/> Hat/sun protection |
| <input type="checkbox"/> Cash | <input type="checkbox"/> Other items you rely on |

