



Empowering survivors of

Gender-Based Violence

EMERGENCY BAG CHECKLIST

Safety Planning for Survivors of Abuse

An emergency bag can help you leave quickly and safely in an emergency. Keep it in a secure location where it can be accessed easily if needed.

PERSONAL IDENTIFICATION & DOCUMENTS

- ☐ Identity document (ID card/book)
- ☐ Passport
- ☐ Driver's licence
- ☐ Birth certificates (for yourself and children)
- ☐ Marriage certificate (if applicable)
- ☐ Protection order / restraining order documents
- ☐ Medical aid / health insurance card
- ☐ Bank cards
- ☐ Copies of important legal documents
- ☐ Emergency contact list
- ☐ Copies of all important documents stored securely

MONEY & FINANCIAL ITEMS

- ☐ Cash for emergencies
- ☐ Debit/credit cards
- ☐ Banking information
- ☐ Copies of financial records
- ☐ Emergency savings (if possible)

MEDICATION & HEALTH

- ☐ Prescription medication
- ☐ Copies of prescriptions
- ☐ Essential medical supplies
- ☐ Glasses or contact lenses
- ☐ Medical records (if necessary)
- ☐ Health information for children

KEYS

- ☐ House keys
- ☐ Car keys
- ☐ Work keys
- ☐ Spare keys for important locations

CLOTHING & PERSONAL ITEMS

- ☐ Change of clothes
- ☐ Underwear
- ☐ Comfortable shoes
- ☐ Jacket or warm clothing
- ☐ Toiletries
- ☐ Sanitary products
- ☐ Cell phone charger
- ☐ Small comfort item for children

CHILDREN'S ESSENTIALS (IF APPLICABLE)

- ☐ Birth certificates
- ☐ Medication
- ☐ School records
- ☐ Favourite comfort item
- ☐ Clothing
- ☐ Snacks and water
- ☐ Emergency contact details

PET CARE (IF APPLICABLE)

- ☐ Pet identification records
- ☐ Vaccination records
- ☐ Food and water supplies
- ☐ Lead, carrier, or cage
- ☐ Medication

IMPORTANT RECORDS & EVIDENCE

- ☐ Photographs of injuries or property damage
- ☐ Copies of police reports
- ☐ Medical reports
- ☐ Incident log or journal
- ☐ Screenshots of messages, emails, or threats
- ☐ Copies of protection orders
- ☐ Contact information for support services

EMERGENCY CONTACTS

- ☐ Trusted friend or family member
- ☐ Safe accommodation contact
- ☐ Counsellor or support worker
- ☐ Lawyer or legal aid contact
- ☐ Police station
- ☐ Emergency medical services

BEFORE YOU LEAVE

- ☐ Take your emergency bag
- ☐ Take your phone and charger
- ☐ Inform a trusted person if it is safe to do so
- ☐ Go directly to a safe location

REMEMBER

- Your safety comes first.
- You do not need permission to leave an unsafe situation.
- Planning ahead is a sign of strength, not weakness.
- Help and support are available.