GRAB BAG CHECKLIST

Everything to pack in a bag you can pick up and leave with in five minutes: flood, fire, gas leak or evacuation.

▶ Read the full guide at ukprepperhub.co.uk →

■ One bag per person **■ Check in April and October**

AFFILIATE DISCLOSURE: Product links in this checklist go to our reviews and kit lists on ukprepperhub.co.uk. Some of those pages contain affiliate links, and we may earn from purchases at no extra cost to you. We only recommend products we have researched or tested, and this never influences our recommendations. Full disclosure: ukprepperhub.co.uk/affiliate-disclosure/



"If you're ever told to leave, you'll be going to an emergency shelter: a leisure centre or school hall. They'll have tea, blankets and camp beds. They won't have your tablets, your documents or your phone charger. That's what this bag is for. Janet's is packed by the back door. Mine is labelled."

— Calm Clarissa, UK Prepper Hub

THE BAG

Plain, neutral and 20 to 30 litres, roughly a school bag. Every capable adult carries their own; children from about seven can carry a small one.

- [ ] **20 to 30 litre rucksack**
  Plain colour, padded straps. Light enough to carry at pace.

LIGHT AND POWER

- [ ] **Head torch** Read our review →
  Packed at the very top. Both hands free in a dark, unfamiliar building.
- [ ] **Spare AAA batteries** See our pick →
- [ ] **20,000mAh power bank, kept charged** Read our review →
  Two to three days of phone life without fighting for a socket.
- [ ] **Charging cable for every phone in the household** Read our review →
- [ ] **UK three-pin USB plug**
  Shelter sockets are three-pin, not USB.
- [ ] **Glow sticks** Read our review →
  Safe light with no batteries, and children like them.

WATER AND FOOD

The shelter provides drinking water and food. You only need enough for the journey and the first couple of hours.

- [ ] **Refillable 750ml to 1 litre bottle**
  Secure screw cap, so it can't leak in the bag.
- [ ] **Or: a filter bottle** Read our review →
  Refill from any tap or stream and drink straight away.
- [ ] **Energy bars, about 24 hours' worth** Read our review →
- [ ] **Trail mix or dried fruit**

DOCUMENTS, CASH AND KEYS

The section most people forget, and the one that matters most afterwards: proving who you are, claiming on insurance and getting support.

- [ ] **Waterproof zip A4 document folder**
  Zip closure. Snap buttons pop open when it's full.
- [ ] **Copies of passports, driving licences and birth certificates**
- [ ] **Home and car insurance policy numbers and claim phone numbers**
- [ ] **Contact list on paper**
  Family, GP, vet and carers. Don't rely on your phone.
- [ ] **Spare house and car keys**
- [ ] **Cash, £50 to £100 in fives and tens**
  Card machines go down in a power cut.
- [ ] **Waterproof notebook and pen**
  One for each bag. A pencil writes best on waterproof paper.

HEALTH AND MEDICATION

The shelter has first aid, but it can't give you your prescription medication.

- [ ] **Seven-day supply of all prescription medication**
  Including inhalers, insulin and anything you take daily.
- [ ] **Printed copies of your prescriptions**
- [ ] **Waterproof medication case**
  Seven days of morning and evening pouches. Folded prescription copies fit inside too.
- [ ] **Basic pain relief**
  Paracetamol or ibuprofen, kept in the medication case.
- [ ] **Insulin cooling wallet, if you need one** Read our review →
  Keeps insulin cool with just water, no fridge or power.
- [ ] **Spare glasses, or contact lenses and solution**
- [ ] **Small first aid kit** Read our review →
- [ ] **FFP2 face masks** Read our review →
  Viruses spread quickly in a crowded hall.
- [ ] **Battery-powered medical equipment charged, with spare batteries**

RADIO

Mobile networks jam in a major incident. BBC local radio keeps broadcasting.

- [ ] **Wind-up FM radio with a headphone socket** Read our review →
- [ ] **Earphones or headphones that plug into your radio**
  Listen without keeping the whole hall awake.

COMFORT AND CLOTHING

Shelters are noisy, brightly lit and often cold.

- [ ] **Eye mask and earplugs**
  The difference between sleeping and not.
- [ ] **One change of clothes**
  Socks and underwear first.
- [ ] **Packable puffer jacket**
  Squashes to almost nothing, warmer than a blanket.
- [ ] **Reusable rain poncho**
  Fits over your rucksack and doubles as a groundsheet. Several colours; the 2-pack is cheaper each, so put one in the car too.
- [ ] **Hand warmers** Read our review →
  Nothing to charge. Check the use-by date.
- [ ] **Foil blanket** See our pick →

HYGIENE

- [ ] **Hand sanitiser**
  75% alcohol, fragrance free. Twelve pocket bottles: split them between bags, the car and your first aid kit.
- [ ] **Wet wipes** Read our review →
- [ ] **Microfibre towel**
  Packs small, dries fast.
- [ ] **Basic toiletries**
  Toothbrush, toothpaste, deodorant, plus anything personal you can't do without.

Want the full list for home? **Get my Hygiene Checklist →**

CHILDREN

Evacuations are mostly waiting. Don't rely on tablets; batteries run out.

- [ ] **Comfort item or small favourite toy**
- [ ] **Colouring book and crayons**
- [ ] **Playing cards**
- [ ] **Small travel games**
- [ ] **Puzzle book**

PETS

Many shelters don't allow pets in the main hall. Check your council's policy now, and have a friend or kennels lined up as a backup.

- [ ] **Hard-sided pet carrier**
  A hard shell protects your pet in a crowd. Top door makes it easier to get a reluctant cat in. For cats and small dogs; bigger dogs walk out on a lead.
- [ ] **Lead and harness**
- [ ] **Dog muzzle**
  Choose one your dog can open its mouth in to pant and drink. There are styles for flat-faced breeds too. Practise at home first.
- [ ] **Microchip number and vaccination records**
- [ ] **At least 48 hours of pet food**
- [ ] **Collapsible bowl** Read our review →
- [ ] **Photo of you with your pet**
  Helps prove ownership.
- [ ] **Your pet's medication**
- [ ] **Pet first aid kit** Read our review →

BEFORE YOU LEAVE

- [ ] Follow the emergency services' instructions
- [ ] Turn off gas, electricity and water if you're told to
- [ ] Lock up
- [ ] Tell family where you're going
- [ ] Take the pets, and know your council's pet policy

CHECK TWICE A YEAR (APRIL AND OCTOBER)

Do it when the clocks change, alongside the smoke alarms.

- [ ] Medication in date and topped up
- [ ] Power bank charged
- [ ] Food and water swapped for fresh
- [ ] Documents and contact list up to date
- [ ] Children's clothes still fit
- [ ] Hand warmers and sanitiser in date
- [ ] Torch and radio working



Prepared, Not Panicked

A checklist tells you what. The book tells you why, how, and in what order, which is where most people come unstuck. 261 full-colour pages for £4.99, as a PDF. I approve, and I don't approve of much.

See the book →

Missing Something?

Using a printed copy? Point your phone camera at the code for anything you still need and it'll open our review or pick on ukprepperhub.co.uk.

Head torch

Our battery pick

20,000mAh power bank, kept charged

Charging cable for every phone in the household

Glow sticks

A filter bottle

Energy bars, about 24 hours' worth

Insulin cooling wallet, if you need one

Small first aid kit

FFP2 face masks

Wind-up FM radio with a headphone socket

Hand warmers

Our winter car kit list

Wet wipes

Collapsible bowl

Pet first aid kit

Printed copy? Missing pages? Scan for the full guide and checklist.