



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: This checklist contains links to product reviews and Amazon listings. UK Prepper Hub may earn a small commission if you purchase via our links, at no extra cost to you. We only link to products we have researched or tested. 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** [Check Price on Amazon →](#)
Plain colour, padded straps. Light enough to carry at pace.

LIGHT AND POWER

- ☐ **Head torch** [Check Price on Amazon →](#) ★ We've reviewed this →
Packed at the very top. Both hands free in a dark, unfamiliar building.
- ☐ **Spare AAA batteries** [Check Price on Amazon →](#)
- ☐ **20,000mAh power bank, kept charged** [Check Price on Amazon →](#) ★ We've reviewed this →
Two to three days of phone life without fighting for a socket.
- ☐ **Charging cable for every phone in the household** [Check Price on Amazon →](#) ★ We've reviewed this →
- ☐ **UK three-pin USB plug** [Check Price on Amazon →](#)
Shelter sockets are three-pin, not USB.
- ☐ **Glow sticks** [Check Price on Amazon →](#) ★ We've reviewed this →
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** [Check Price on Amazon →](#)
Secure screw cap, so it can't leak in the bag.
- ☐ **Or: a filter bottle** [Check Price on Amazon →](#) ★ We've reviewed this →
Refill from any tap or stream and drink straight away.
- ☐ **Energy bars, about 24 hours' worth** ★ We've reviewed this →
- ☐ **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** [Check Price on Amazon →](#)
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** [Check Price on Amazon →](#)
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** [Check Price on Amazon →](#)
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** [Check Price on Amazon →](#) ★ We've reviewed this →
Keeps insulin cool with just water, no fridge or power.
- ☐ **Spare glasses, or contact lenses and solution**
- ☐ **Small first aid kit** [Check Price on Amazon →](#) ★ We've reviewed this →
- ☐ **FFP2 face masks** [Check Price on Amazon →](#) ★ We've reviewed this →
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** [Check Price on Amazon →](#) ★ We've reviewed this →
- ☐ **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** [Check Price on Amazon →](#)

The difference between sleeping and not.

- ☐ **One change of clothes**

Socks and underwear first.

- ☐ **Packable puffer jacket** [Check Price on Amazon →](#)

Squashes to almost nothing, warmer than a blanket.

- ☐ **Reusable rain poncho** [Check Price on Amazon →](#)

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** [Check Price on Amazon →](#) [★ We've reviewed this →](#)

Nothing to charge. Check the use-by date.

- ☐ **Foil blanket** [Check Price on Amazon →](#)

HYGIENE

- ☐ **Hand sanitiser** [Check Price on Amazon →](#)

75% alcohol, fragrance free. Twelve pocket bottles: split them between bags, the car and your first aid kit.

- ☐ **Wet wipes** [Check Price on Amazon →](#)

- ☐ **Microfibre towel** [Check Price on Amazon →](#)

Packs small, dries fast.

- ☐ **Basic toiletries**

Toothbrush, toothpaste, deodorant, plus anything personal you can't do without.

CHILDREN

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

- ☐ **Comfort item or small favourite toy**

- ☐ **Colouring book and crayons** [Check Price on Amazon →](#)

- ☐ **Playing cards** [Check Price on Amazon →](#)

- ☐ **Small travel games** [Check Price on Amazon →](#)

- ☐ **Puzzle book** [Check Price on Amazon →](#)



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** [Check Price on Amazon →](#)
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** [Check Price on Amazon →](#)
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** [Check Price on Amazon →](#) [★ We've reviewed this →](#)
- ☐ **Photo of you with your pet**
Helps prove ownership.
- ☐ **Your pet's medication**
- ☐ **Pet first aid kit** [Check Price on Amazon →](#) [★ We've reviewed this →](#)

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



Missing Something?

Using a printed copy? Point your phone camera at the code for anything you still need and it'll open on Amazon.



20 to 30 litre rucksack



Head torch



Spare AAA batteries



20,000mAh power bank, kept charged



Charging cable for every phone in the household



UK three-pin USB plug



Glow sticks



Refillable 750ml to 1 litre bottle



A filter bottle



Waterproof zip A4 document folder



Waterproof notebook and pen



Waterproof medication case



Insulin cooling wallet, if you need one



Small first aid kit



FFP2 face masks



Wind-up FM radio with a headphone socket



Eye mask and earplugs



Packable puffer jacket



Reusable rain poncho



Hand warmers





Foil blanket



Hand sanitiser



Wet wipes



Microfibre towel



Colouring book and crayons



Playing cards



Small travel games



Puzzle book



Hard-sided pet carrier



Dog muzzle



Collapsible bowl



Pet first aid kit

