**What to put in your Grab Bag**

* A small first aid kit and medication
* Copies of important documents in a waterproof bag
* Copies of prescriptions for regular medication
* A battery torch with spare batteries or a wind up torch
* A battery radio with spare batteries or wind up radio
* Bottled water and some non-perishable emergency foods
* Childcare supplies or other special care items
* Notebook with pen and pencil
* Toiletries and sanitary supplies
* Infant supplies
* Spare clothes
* Spare sets of keys
* Mobile phone and charger
* Spare money
* Spare contact lenses or glasses
* Hi-vis jackets or tabards
* Some warm clothes or blankets
* Any other items that might provide some comfort if you have to leave your home in a hurry