

ITEMS TO PACK

Consider packing an overnight bag that is easy to access and has the essential items you and your children may need.

Items

- Medical or assistive devices (glasses, hearing aids, canes etc)
- Medication
- Keys
- Money
- Address book
- Change of clothes
- Comfortable Shoes
- Toiletries
- Pictures
- Jewelry
- Items of sentimental or monetary value
- Documents & favourite toys of children or grandchildren (if you are their guardian)
- Children's devices (iPads, phones, video games)

Documents

- Birth Certificate
- Social Insurance Card
- Health Card
- Health records
- Drivers License
- Passport
- Banking information (chequebook, statements)
- Children or grandchildren's birth certificates and passports if you are their guardian
- Lease agreements or mortgage payment book
- Home, car or other insurance documents
- Divorce documents
- Other important documents like immigration papers

Hide the following in a safe place

- Copies of all of your important documents
- An extra set of car and house/apartment keys
- Some extra money
- A pre-paid cell phone
- An overnight bag packed with medication and a change of clothes
- A spare assistive device

This information must be updated regularly. While it is helpful to have a completed list and all your belongings packed or hidden, it is always more important to escape a violent situation than to stop and gather lists or possessions.