

# GRAB BAG CHECKLIST

Remember: Don't include so many items that your bag becomes too heavy to carry!

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| <input type="checkbox"/> Comfortable backpack    | <input type="checkbox"/> Medication & Prescriptions    |
| <input type="checkbox"/> Water and snacks        | <input type="checkbox"/> Portable phone charger        |
| <input type="checkbox"/> Walking shoes           | <input type="checkbox"/> Toiletries                    |
| <input type="checkbox"/> First aid kit           | <input type="checkbox"/> Baby supplies                 |
| <input type="checkbox"/> Emergency blanket       | <input type="checkbox"/> Pet supplies                  |
| <input type="checkbox"/> Torch                   | <input type="checkbox"/> Notebook & pen                |
| <input type="checkbox"/> Radio (battery/wind up) | <input type="checkbox"/> Copies of important documents |
| <input type="checkbox"/> Hand sanitiser          | <input type="checkbox"/> Face covering/mask            |
| <input type="checkbox"/> Rain jacket or poncho   | <input type="checkbox"/> Spare underwear               |
| <input type="checkbox"/> Warm jacket             | <input type="checkbox"/> Hat/sun protection            |
| <input type="checkbox"/> Cash                    | <input type="checkbox"/> Other items you rely on       |



Find out more at [wremo.nz/grab-bags](https://wremo.nz/grab-bags)