



SUGGESTIONS OF WHAT TO PACK IN AN EMERGENCY BAG

Necessities

- Medication for yourself and your children
- Important keys (house, vehicle, office, garage, safety deposit box, etc.)
- Cash – your abuser may be able to trace your activity through your credit and debit cards. If they have access to your accounts they may be able to close/empty the accounts before you can access your money. Have enough money to cover transportation, lodging, and food for a couple of days.
- Use tokens or tickets for transportation – avoid using Presto Card, if your abuser has access to your account they can track where you are utilizing transit.
- Clothing for yourself and your children
- Necessities for children (formula, diapers, etc.)
- Food
- Prepaid phone cards

Important Documents and Paperwork (Originals or photocopies)

- Personalized safety plan
- Current unpaid bills/copies of bills
- Identification for self and children: driver's license, health cards, birth certificates, SIN card, passports, work permits, visas, etc.
- Children's school and medical/vaccination records
- Copies of all court orders: restraining orders, peace bonds, bail papers, custody and access agreements, divorce papers, etc.
- Lease/rental agreements, deeds, mortgage agreement, insurance policies and other papers concerning assets
- Income Tax returns, pay stubs
- Professional licenses, certificates, diplomas, and membership cards (unions, professional organizations, etc.)
- Address books, calendars, etc.



Other Suggestions

- Toys/stuffed animals for your children
- Sentimental items (jewelry, photos, etc.)
- Small valuable items that could be sold (phones, cameras, laptops, tablets, etc.)