

Safety pack checklist:

A safety pack is an emergency kit of important items to have when fleeing an abuser. This pack can be very helpful whether you are leaving temporarily or planning to leave permanently.

WHAT TO INCLUDE IN YOUR SAFETY PACK

- Identification for yourself and your children (drivers license, status card, passport, birth certificates, social insurance numbers.
- Immigration papers, Protection Orders or other Court Orders, Marriage Certificate/Divorce Decree/Custody Agreements, Wills, any other legal documents
- School & Medical records including Immunization records
- Numbers for debit cards, credit cards, bank accounts, investments and/or savings accounts
- Life and/or property insurance policies
- Lease agreements for rented properties or mortgage documents for properties you own (even if your name is not on the lease or the title of the property
- Medications and prescriptions; medical equipment such as hearing aids, glasses, etc.
- Contact list and/or address book
- Recent pictures of you, your children, and your partner
- Change of clothing for everyone
- Basic toiletries, diapers, baby food/formula
- Any favourite toys, blankets, or special items for your children
- Any small valuable objects that could be sold (e.g., jewelry)
- Keys for house, work, car, safe deposit box
- New sim card for a cell phone or an extra pre-paid or pay as you go cell phone
- Cash

Remember, a safety pack can be a useful tool to have, but it could also alert your abuser that you are planning to leave, and that could put you in danger. Be very careful preparing and storing/hiding this pack. If you can leave it somewhere outside of your home, with a trusted friend, that is usually the best option. If you can't safely remove or make copies of any of the documents on this list, take a picture of them and email the pictures to a trusted friend.