

Free UK Bug-Out / Grab Bag Checklist

This checklist is designed for realistic UK emergency planning. It focuses on legal, practical, and everyday items suitable for short-term disruption, evacuation, or transport failure.

Documents & Admin

- Photo ID (passport or driving licence)
- Printed emergency contacts
- Insurance details
- Local maps and written addresses
- Small notebook and pen

Power & Communications

- Fully charged power bank
- Charging cables
- Torch or headlamp
- AM/FM or emergency radio
- Spare batteries (if required)

Water & Food (24–72 Hours)

- Bottled water or water pouches
- Water purification tablets
- High-calorie snack bars
- Ready-to-eat food
- Plastic cutlery

Health & Hygiene

- Basic first aid kit
- Prescription medications
- Pain relief tablets
- Hand sanitiser
- Wet wipes and tissues
- Toothbrush and toothpaste

Clothing & Visibility

- Weather-appropriate spare clothing
- Warm hat and gloves
- High-visibility vest
- Sturdy footwear

Tools & Essentials

- Multi-tool (UK-legal)
- Duct tape
- Zip ties
- Lightweight gloves
- Whistle

Comfort & Practical Extras

- Cash (small notes)
- Earplugs
- Face mask
- Lightweight blanket
- Comfort item (book, cards, etc.)

Note: UK emergency planning usually prioritises staying at home when possible. This checklist supports mobility only when necessary and should be reviewed every 6 months.