Pack for the journey

Bag essentials

Water & food

- [ ] Drinking water in sound, sealed containers
- [ ] Ready-to-eat food suited to your diet
- [ ] Food you can open without cooking
- [ ] Plan more safe water and food for the journey and destination

Choose quantities for your route, climate and needs. A portable bag is not your full home reserve.

Light & contact

- [ ] Working flashlight or headlamp
- [ ] Radio for local emergency broadcasts
- [ ] Compatible spare batteries
- [ ] Charged phone power bank and cable
- [ ] Paper contacts and a local map

Test the equipment. Mobile networks, charging points and broadcasts may be disrupted.

Hygiene & care

- [ ] Compact first-aid kit you know how to use
- [ ] Hand and personal hygiene supplies
- [ ] Toilet tissue and waste bags
- [ ] Menstrual or continence supplies, if used
- [ ] Personal medicines and medical supplies

Plan medicine quantities and storage with your pharmacist or clinician. Do not change prescribed doses.

Weather & clothing

- [ ] Weather-appropriate layers and rainwear
- [ ] Spare socks and essential clothing
- [ ] Compact blanket or suitable warmth layer
- [ ] Sturdy footwear ready to put on
- [ ] Locally advised protective items

Match items to your actual hazards. A compact blanket does not replace safe shelter.

⚠ Leave promptly when required. Packing must not delay safety.

Bag essentials

Make it your bag

Records & access

- ☐ Copies of essential ID and key records
- ☐ Current medicine list and health details
- ☐ Household and support contact details
- ☐ Cash in useful small denominations
- ☐ Spare keys in a secure place

Keep sensitive copies secure in a water-resistant pouch. Add glasses, aids and chargers you rely on.

Choose quantities

People using this bag

Water carried / extra supply plan

Food / dietary needs

Journey / destination

Assistance needed

No bag weight or fixed duration suits everyone. Try the packed load with your usual mobility aid.

Bag record

Bag owner / identifier

Bag storage location

Checked on

Next check due

Daily-use items to collect

Tick only when present and usable. Cross out items that do not apply; add your own essentials.

Still to pack

Item / amount

Item / amount

Item / amount

Item / amount

Person responsible

Keep this list with the bag. Recheck after use, a change in needs, or the next scheduled review.

⚠ Carry what you can manage. Keep home reserves separately.