


Your escape bag checklist

This checklist can form part of creating a Safety Plan and is a suggestion of things you may want to include in an Escape Bag. You can print out this checklist and choose your items by ticking the boxes. There is space to write in details of Important Contacts including Support Services and Personal Contacts. The Daisy app can help you connect to Support Services in your local area. For your own safety, do not leave this printed checklist anywhere that it may be accessed by another person.




Essentials


Clothes



Personal Identification


Drivers Licence



Important Contacts

Domestic and Family Violence Services

Sexual Assault Services

Legal Services

Refuge and Crisis Accommodation Services

Translation and Interpretation

Local Police

Taxi



Personal Contacts

Name

Phone

Email

Address

Name

Phone

Email

Address

Name

Phone

Email

Address
