

Your escape bag checklist

Create your own escape bag checklist by ticking off items that you have gathered. Write in additional items you think you might need. You might also want to add details of support services or your own personal contacts. Only download the checklist if you know that your computer is secure and no one else will be able to see it. If you are using a public computer, remember to delete the downloaded checklist before you log out.

Essentials

These are the things you might need to use every day.



Clothes



Money



Keys



Personal Items



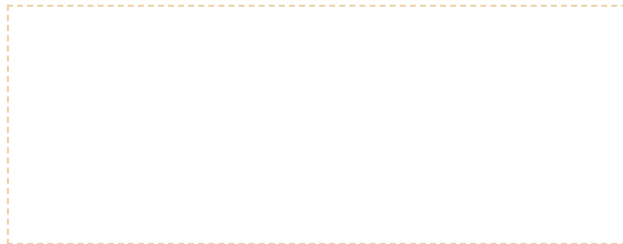
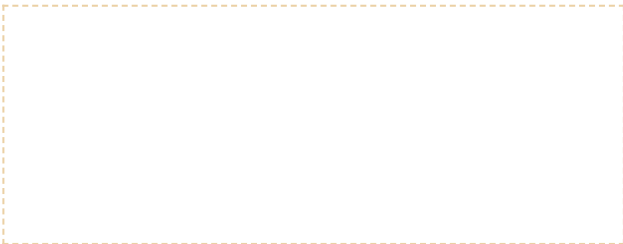
Photocopies of Important Documents



Mobile Phone



Phone Charger





Personal Identification

These could be important cards that have your name and address on them, like a drivers licence or Health Care Card. It's a good idea to leave a photocopy of these cards with your support person too.



Drivers Licence



Birth Certificate



Passport



Visa Information



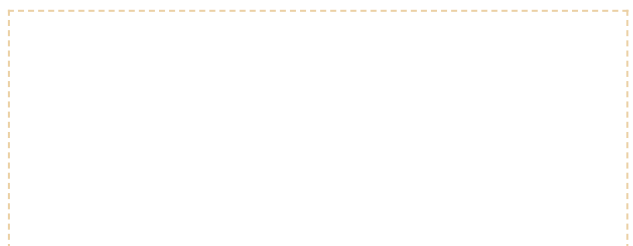
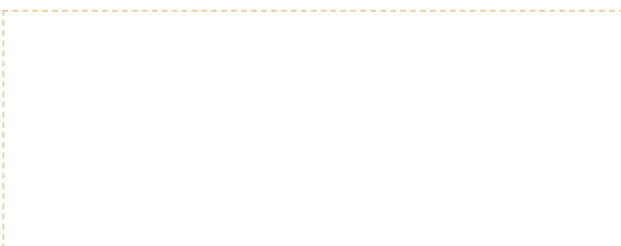
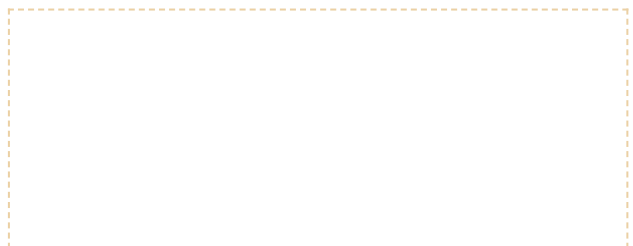
Health Care Cards



Pension Cards



Other Identification Cards



Children

If you have children, it's a good idea to pack a toy or something that is comforting for them. Birth certificates and other important documents are useful too, or consider taking a photocopy.



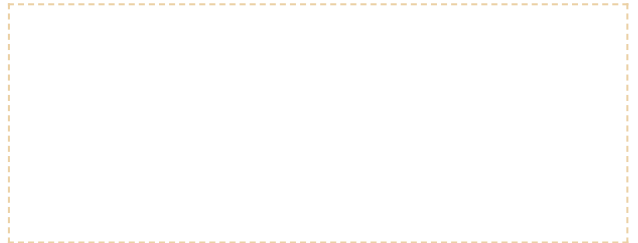
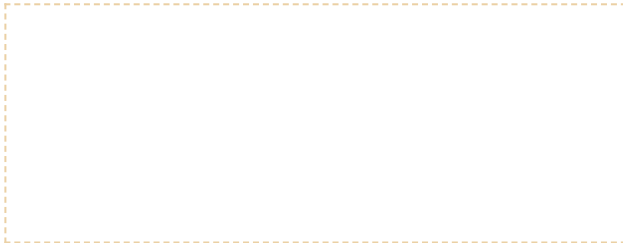
Toys for Children



Health Records



Prescription Medication





Health and medical

This could include medicine, prescriptions or information from your doctor. Medicare cards and medical records may be useful if you need to visit a health service. Keep a note of contact details for any health service you may already be seeing.



Medicare Card



Health Records



Prescription Medication



Prescriptions

A large, empty rectangular box with a dashed orange border, intended for notes or additional information.

A large, empty rectangular box with a dashed orange border, intended for notes or additional information.

A large, empty rectangular box with a dashed orange border, intended for notes or additional information.



Financials

This is anything relating to money, like bank cards, child support information or rental agreements. You might need information about things you own and things that are shared with another person.



Bank Cards



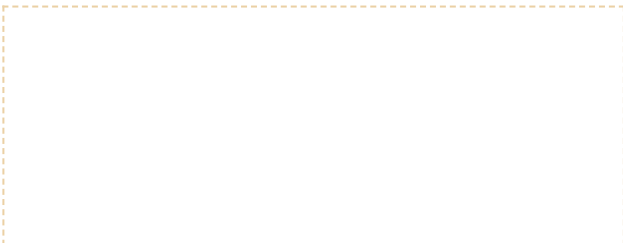
Child Support Information



Rental Agreement



Utility Card





Legal Documents

These are things to do with the law and might include marriage or divorce papers or any court orders that are in place. If you have records of police or other legal matters take these, or a copy, too.



Court Orders



Protection Orders



Marriage Papers



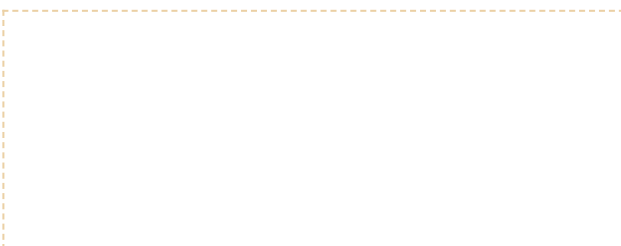
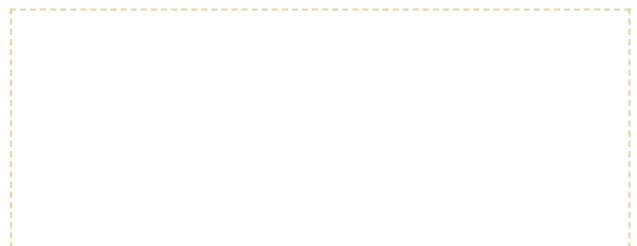
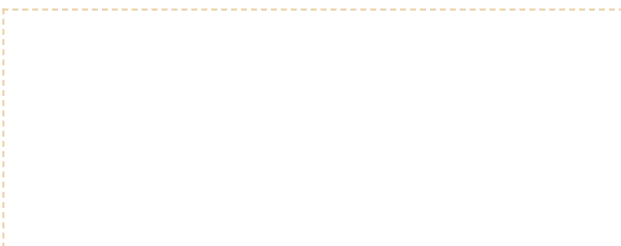
Family Violence Provision - supporting documents



Divorce Papers



Police Records



Assets

These are the valuable things you own, like a house, a car or jewellery. If you own things with another person you may want to keep a record of these with you. Photos of valuable things can be useful too.



Car Registration



Car Insurance



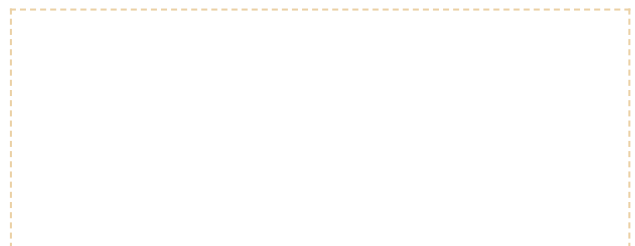
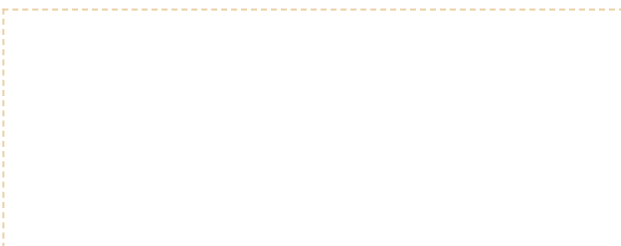
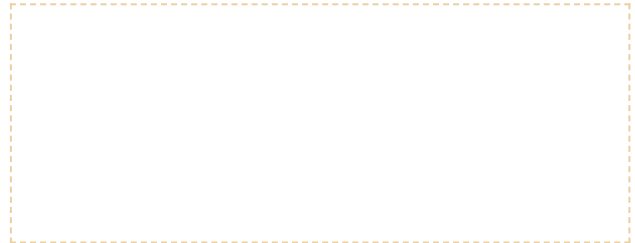
Mortgage Documents



Rates Notice



Photos of Jewellery or Dowry





Evidence collection

Evidence is a record of things that have happened. You can also take copies of text messages, emails and other types of abuse.



Diary of Incidents



Record of Text Messages



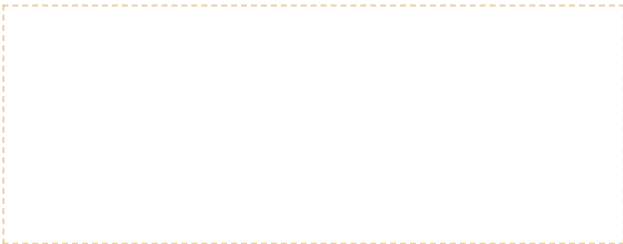
Record of Emails



Evidence of Cyber Abuse



Evidence of Emotional Abuse





Important Contacts

There are many services that can support you if you decide to leave a violent relationship. Visit the services & support map for more information. You can also download the Daisy app to your phone.



Domestic and Family Violence Services



Sexual Assault Services



Legal Services



Refuge and Crisis Accommodation Services



Translation and Interpretation



Local Police



Taxi



Other



Personal Contacts

These are your friends and other support people

Name

Phone

Email

Address

Name

Phone

Email

Address



Personal Contacts

Name	<input type="text"/>
Phone	<input type="text"/>
Email	<input type="text"/>
Address	<input type="text"/>

Only download the checklist if you know that your computer is secure and no one else will be able to see it. If you are using a public computer, remember to delete the downloaded checklist before you log out.