

## FACTSHEET: PACKING A GO BAG

In this brief factsheet we discuss what how to prepare a 'Go Bag' for someone in abusive relationship.

Preparing to leave, even if you don't yet intend to is a wise thing to do and might help you stay calm should things escalate fast and you feel you need to leave quickly.

Once you have considered that you might, at some point, have to leave it's a good idea to pack a 'Go Bag' with the essential items you will need in order to build a life outside of your current situation, you might want to think carefully about where to store your bag you might want to store in your home or at a friend's house, your workplace or somewhere else it will safe and discreet.

If stored in your home it ideally should be on your exit route. It is a good idea to have an emergency route set out to leave the home and practice this in advance; when it is safe to do so. With your 'Go Bag' it might be easier and more discreet to slide it out of window if it is safe to do this.

### Things to think about packing

- Birth certificates and social security cards for yourself (and your children if you have any)
- Driver's license and/or passports
- Marriage, divorce or custody papers
- Immigration papers and proof of right to work if appropriate
- Legal protection or restraining orders
- Journals, pictures and other evidence of abuse
- Health insurance cards and medical records
- Immunization records
- Car title, registration, and insurance documentation
- Cash and prepaid credit cards that can't be traced and your main bank cards, banking details cheque books, card readers etc (are you online details secure **you might want to change passwords before you leave**).
- Prepaid phone or a mobile phone with a new contract and number. Try to keep it fully charged and put your key contacts in there in advance.
- Payslips
- Current medications and prescriptions for yourself (and your children if any)
- Glasses / contact lenses, hearing aid, walking aid or any other medical aids you require

- Clothing for you (and children if any)
- Keepsakes (photo's, comfort blankets etc)
- Spare set of keys
- Are you taking your pet if you have one? If so think about some emergency food, leads and insurance documents
- Small valuables such a jewellery you could sell or pawn if needed
- Accommodation rental agreement or information regarding ownership of the property you are leaving.

Preparing a 'go bag' is a practical thing you can do to prepare to leave. However, you should consider the risks of the bag being discovered; it is important it is in a safe space. Once you leave your home you may never return so it is essential to gather all things you will need to move forward. It may be worth talking you plans through with a local service or one of the national helplines.

### **National Lesbian, Gay, Bisexual and Trans+ Domestic Abuse Helpline**

Monday to Friday 10:00am - 5:00pm

Wednesday to Thursday 10:00am - 8:00pm

Call: 0800 999 5428

### **Switchboard**

Switchboard is a confidential listening service for the LGBT+ communities.

Open 10:00-22:00 every day

Call: 0300 330 0630