



32 ITEMS TO PACK WHEN ESCAPING DOMESTIC VIOLENCE

1. Cash and prepaid credit cards that can't be traced.
2. Keepsakes.
3. Small toys or books for your children.
4. Personal journals, images and other evidence proving abuse.
5. Clothing.
6. Car, house, and other important keys.
7. Eyeglasses, contact lenses, hearing aids and any other medical devices.
8. Pet purchase, maintenance and medical records, plus leash.
9. Current medications and prescriptions for yourself and your children.
10. Your address book or cell phone contacts.
11. Prepaid cell phone or a cell phone with a new contract and number.
12. Phone calling card.
13. A post office box or safe address where you can forward your mail.
14. Small valuables you could sell if need be.
15. Checks.
16. Credit cards, ATM cards and PIN numbers.
17. Birth certificates.
18. Car title, registration, and insurance documentation.
19. Apartment rental agreement, or house deed.
20. Financial records and bank account numbers.
21. Immunization records.
22. Your children's school records.
23. Health insurance cards and medical records.
24. Records of any police reports you have filed.
25. Legal protection or restraining orders.
26. Marriage, divorce and custody papers.
27. Green card or immigration papers.
28. Government benefits card.
29. Work permits.
30. W2s and paystubs.
31. Driver's license and/or passports.
32. Social security cards for yourself and your children.

