



# Grab Bag Checklist

Emergency Preparedness Gibraltar · HM Government of Gibraltar

Pack enough supplies for 72 hours (3 days). Keep near the front door in an accessible place.  
Check and refresh contents every year.

## DOCUMENTS & MONEY

- Passport (or certified copy)
- Gibraltar ID card
- Cash (small notes and coins)
- NHS / GHA medical card
- Insurance documents
- List of ICE contacts & numbers
- House / car keys (spare set)

## WATER & FOOD

- Water — 2 litres per person per day
- Non-perishable food (tins, bars, dried)
- Manual tin opener
- Eating utensils / cup
- Baby food / formula (if needed)
- Pet food (if needed)

## FIRST AID

- Basic first aid kit
- Prescription medications (3-day supply)
- List of medications, dosages and GP
- Glasses / contact lenses
- Hearing aids and spare batteries
- Hand sanitiser and face masks

## COMMUNICATION & LIGHT

- Battery or wind-up radio
- Torch and spare batteries
- Portable phone charger (power bank)
- Mobile phone charging cable
- Whistle (to signal for help)
- Notepad and pen

## CLOTHING & WARMTH

- Change of clothes per person
- Sturdy, comfortable footwear
- Warm layer or fleece
- Waterproof jacket or poncho
- Emergency foil blanket
- Blanket or sleeping bag (if space allows)

## HYGIENE & SANITATION

- Toothbrush and toothpaste
- Soap and small towel
- Toilet paper
- Sanitary products (if needed)
- Nappies and wipes (if needed)
- Bin bags (multiple uses)

**Gibraltar tip: a battery or wind-up radio receives GBC Radio (91.3 FM / 1458 AM)**

This works when mobile networks and power are down — it is the primary source of emergency updates.