

Checklist: If You Need to Leave

This checklist can help you make plans to prepare for a time when you are afraid or being hurt. You may want to consider answering these questions and/or packing an overnight bag now in case an emergency occurs. This document is not meant to replace safety planning with an advocate but it might give you some tips to consider if you need to temporarily or permanently leave your home. You may also want to identify trusted family, friends, or others who can help. Many survivors have found it helpful to work with someone else when planning for safety. Often an advocate from a domestic abuse program or someone from an elder services agency or adult protective services may be able to help. To find your local domestic abuse agency you can call the [National Domestic Violence Hotline](https://www.thehotline.org/) at 1-800-799-SAFE (7233) or (TTY) 1-800-787-3224.

Keep this information in a safe and private place where your abuser cannot find it.

| Important Phone Numbers | |
|-------------------------|-------|
| Police: 911 or | _____ |
| My doctor | _____ |
| My attorney | _____ |
| My safe friend | _____ |
| Other | _____ |

I can tell these friends and neighbors about the abuse. I can call them in an emergency. I can ask them to call the police if they hear suspicious sounds coming from my house or if they cannot contact me and think I am in danger. (Think about if they can be trusted before talking to them.)

Name

phone number

Name

phone number

I can go to these places if I have to leave my home in an emergency.

The following are hidden in a safe place (these are only suggestions, hide the items that are important to you.)

I have told _____ where they are.

- () **An extra set of car and house keys**
- () **Some extra money**
- () **A pre-paid cell phone**
- () **An overnight bag packed with medication and a change of clothes**
- () **A spare assistive device**

I can leave my pet(s) with or have livestock/other animals feed by:

Name

phone number

Items to copy and hide or give to a safe friend:

- **My birth certificate**
- **My Social Security card**
- **My health insurance card and records**

- **My driver’s license**
- **My passport**
- **Banking information (check book, statements, etc.)**
- **Children or grandchildren’s birth certificates and passports if you are their guardian**
- **Lease agreements or mortgage payment book**
- **Home, car or other insurance documents**
- **Divorce documents**
- **Other important documents such as immigration papers**

A friend who can help me copy and hide these documents:

| Name | phone number |
|------|--------------|
|------|--------------|

Items to take when it is safe to pack or if you have a pre-packed overnight bag:

- **Medical or assistive devices such as glasses, hearing aids, canes, etc.**
- **Medication**
- **Originals of all the above documents**
- **Keys**
- **Money**
- **Address book**
- **Change of clothes**
- **Comfortable shoes**
- **Toiletries**
- **Pictures, jewelry, items of sentimental or monetary value**
- **Documents and favorite toys of children or grandchildren if you are their guardian**

A friend who can help me pack and hide an overnight bag:

| Name | phone number |
|------|--------------|
|------|--------------|

This information must be updated regularly. While it is helpful to have a completed list and all your belongings packed or hidden, it is always more important to escape a violent situation than to stop and gather lists or possessions.