

Items to Take Checklist

- Identification
- Birth certificates for you and your children
- Society Security cards for you and your children
- School and vaccination records
- Medical records (for all family members)
- Money, checkbook, bankbooks, credit cards, debit cards, ATM cards
- Keys – house/car/office
- Driver’s license and registration
- Medication that you or your children take/prescriptions
- Changes of clothing for you and your children
- Welfare identification
- Passport(s), Green Card(s), work permits
- Divorce papers, marriage certificate, will
- Copy of protection order
- Lease/rental agreement/house deed
- Mortgage payment book, current unpaid bills
- Insurance papers
- Address book
- Pictures, jewelry, items of sentimental value
- Children’s favorite toys and/or blankets
- Small saleable items
- Journal of injuries/abusive and stalking incidents and photographs of injuries
- Abuser’s social security number, date and place of birth and recent pay stub

Phone Numbers I Should Know

- ✓ Police/sheriff’s department near home, school and work _____
- ✓ Local domestic violence program _____
- ✓ National Domestic Violence Hotline 1.800.799.SAFE (7233) and 1.800.787.3224 (TTY)
- ✓ Lawyer referral service/legal services agency _____
- ✓ Victim/witness services _____
- ✓ Court clerk/county registry of protection orders _____
- ✓ Prosecutor’s office _____
- ✓ Work number _____
- ✓ Supervisor’s number _____
- ✓ Minister/Priest/Rabbi/Faith Leader _____

If it is an emergency and need to get out right away, don’t worry about gathering these things. While they’re helpful to have, getting out safely should be your first priority.

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