

Life Crisis Center



32 Items to Pack When Escaping Domestic Violence

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