



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.