

## **Safety Plan Checklist**

### **Important Paperwork**

- Birth certificates and social security cards for yourself and your children
- Driver's license and/or passports
- W2s and paystubs
- Work permits
- Government benefits card
- Green card or immigration papers
- Marriage, divorce and custody papers
- Legal protection or restraining orders and records of any police reports you have filed
- Health insurance cards and medical records
- Your children's school records
- Immunization records
- Financial records and bank account numbers
- Apartment rental agreement or lease, or house deed
- Car title, registration, and insurance documentation

### **Money**

- Cash and prepaid credit cards that can't be traced
- Credit cards and the PIN numbers you need to withdraw cash

### **Communication**

- A post office box or safe address where you can forward your mail
- Phone calling card
- Prepaid cell phone or a cell phone with a new contract and number
- Your address book or cell phone contacts

**Tip:** If possible, secure new doctors, dentists, orthodontists, veterinarians, schools and other locations for yourself, your children and your pets so your abuser can't find you in those places and make a list of the contact information for each to take with you.

### **Medical**

- Current medications and prescriptions for yourself and your children
- Eyeglasses, contact lenses, hearing aids and any other medical devices you or your children need

### **Other items**

- Pets, their records, and any needed items like food, a leash, bedding and medication
- Keys
- Clothing
- Small toys or books for your children
- Any keepsakes you would like to have

**Tip:** Leave a spare set of car keys with someone you trust in case the abuser takes yours to try to prevent you leaving.

source: <https://www.domesticshelters.org/>