

CHECKLIST OF WHAT TO TAKE WHEN LEAVING AN ABUSIVE SITUATION



1. Identification for yourself and children: birth certificates, SIN cards, passports, immigration papers, driver's license



2. Valuables & keepsakes: important jewelry, small family heirlooms*, pictures, small toys, books and comfort items for children



3. Important personal papers: marriage certificate, custody orders, restraining orders, work permits, records of police reports or other evidence of abuse



4. Medication: one month's supply of medication for you and children, and a copy of all medication prescriptions



5. Keys: House and car keys, safety deposit box or post office box key



6. Funds: cash, debit card, credit card, cheques



7. Financial documents: housing documents (mortgage statement or rental agreement), account numbers, investment papers, tax returns (past two years), car registration and insurance information



8. Phone numbers: important numbers and addresses of family, close friends, lawyer, local shelters and helplines



9. Health insurance cards and medical records

Note: many of these records are available online if you do not have paper copies

***Note:** if you have the ability and access, try to store any family heirlooms in a safety deposit box or another safe place before you leave



Neighbours, Friends & Families