

EEP Checklist



Keep this checklist somewhere safe, or save it under a different name.

If you are in immediate danger, dial 999 and ask for the police.

Essential items:

- | | |
|--|---|
| <input type="checkbox"/> Passport | <input type="checkbox"/> Medical card |
| <input type="checkbox"/> Driving Licence | <input type="checkbox"/> Children's medical card(s) |
| <input type="checkbox"/> Bank account details | <input type="checkbox"/> Medications |
| <input type="checkbox"/> Birth certificate | <input type="checkbox"/> Children's medication(s) |
| <input type="checkbox"/> Children's birth certificate(s) | |
| <input type="checkbox"/> I've put these somewhere safe | |

Only make a note of their location if it is safe to do so

Go-bag

If you don't have spares that you can pack, make a note of these item's location if it is safe to do so

- | | | |
|---|--|-------|
| <input type="checkbox"/> Clothes | <input type="checkbox"/> Door keys | _____ |
| <input type="checkbox"/> Underwear | <input type="checkbox"/> Car keys | _____ |
| <input type="checkbox"/> Children's clothes | <input type="checkbox"/> Phone | _____ |
| <input type="checkbox"/> Children's underwear | <input type="checkbox"/> Phone charger | _____ |
| <input type="checkbox"/> Money | <input type="checkbox"/> Bank cards | _____ |

Logistics

We do not recommend writing down where you are going, in case this EEP is discovered and your safety is compromised.

- | | |
|--|--|
| <input type="checkbox"/> I know where I'm going | <input type="checkbox"/> I've discussed the situation with my children |
| <input type="checkbox"/> I know how I'm getting there | <input type="checkbox"/> I've packed my go-bag |
| <input type="checkbox"/> I've disclosed my situation to a third party | |
| <input type="checkbox"/> I've arranged a code word with trusted friends and family | |

Remember that Gilgal is here to help. If you need support with your preparations, call us on 0800 008 6622 and we can help you to fill in your EEP.