

Checklist for preparing to leave an abusive situation

Things to take	Items
Identification for yourself and your children	<ul style="list-style-type: none">• Birth certificates• Social Security cards (or numbers written on paper if you can't find the cards)• Driver's license• Photo identification or passport• Welfare identification• Green card
Important personal papers	<ul style="list-style-type: none">• Marriage certificate• Divorce papers• Custody orders• Legal protection or restraining orders• Health insurance papers and medical cards• Medical records for all family members• Children's school records• Investment papers/records and account numbers• Work permits• Immigration papers• Rental agreement/lease or house deed• Car title, registration, and insurance information• Records of police reports you have filed, or other evidence of abuse
Funds	<ul style="list-style-type: none">• Cash• Credit cards• ATM card• Checkbook and bankbook (with deposit slips)
Keys	<ul style="list-style-type: none">• House• Car• Safety deposit box or post office box
A way to communicate	<ul style="list-style-type: none">• Phone calling card• Cell phone• Address book
Medicines	<ul style="list-style-type: none">• At least 1 month's supply for all medicines you and your children are taking, as well as a copy of the prescriptions

A way to get by	<ul style="list-style-type: none">• Jewelry or small objects you can sell, if you run out of money or stop having access to your accounts
Things to help you cope	<ul style="list-style-type: none">• Pictures• Keepsakes• Children's small toys or books