

## Checklist of what to take when leaving an abusive situation

- **Identification** for yourself and children: birth certificates, SIN cards, passports, immigration papers, driver's license
- **Health insurance** cards and medical records
- **Important personal papers:** marriage certificate, custody orders, restraining orders, work permits, records of police reports or other evidence of abuse
- **Financial documents:** housing documents (mortgage statement or rental agreement), account numbers, investment papers, tax returns (past two years), car registration and insurance information
- **Funds:** cash, debit card, credit card, cheques
- **Medication:** one month's supply of medication for you and children, and a copy of all medication prescriptions
- **Phone numbers:** important numbers and addresses of family, close friends, lawyer, local shelters and helplines
- **Keys:** House and car keys, safety deposit box or post office box key
- **Valuables & keepsakes:** important jewelry, small family heirlooms\*, pictures, small toys, books and comfort items for children

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