

Grab-and-Go Folder

Checklist & Readiness Test

Prepare on an ordinary day. Keep completed records private.

SAFETY FIRST: Never delay escape to collect papers. Leave an unreachable folder behind. Follow local emergency instructions.

1. Select useful copies

- ☐ Primary and backup emergency contacts are printed.
- ☐ Medication list, allergies, doctor and pharmacy are checked.
- ☐ Mobility, communication and equipment needs are clear.
- ☐ Selected ID and insurance copies are readable on both sides.
- ☐ Relevant housing, care or legal records are selected.

2. Protect information

- ☐ Sensitive copies are inside a closed, protected folder.
- ☐ Passwords, PINs and recovery codes are stored separately.
- ☐ A protected backup is kept away from the main folder.
- ☐ Original-document access has been planned where needed.

Use this with the article, not instead of an evacuation plan.

Will Your Folder Work?

Practice safely at home. This is not a timed evacuation drill.

3. Try these tasks without your phone

- ☐ Retrieve the folder without climbing or unsafe reaching.
- ☐ Find your pharmacy number and current medication list.
- ☐ Find your insurer contact and relevant policy information.
- ☐ Open the folder and read the pages with your usual glasses.
- ☐ Check that you can carry it safely with your usual equipment.
- ☐ If appropriate, show a trusted helper how to find one section.

What was difficult? What will you change?

4. Finish your backup and review plan

- ☐ Essential contacts are available if the folder is missing.
- ☐ Update after medication, contact, insurance or needs change.
- ☐ Schedule a review about every six months.

Last checked: _____

Next review: _____

Keep this checklist private if you add personal notes. Do not send completed documents to Wise Years Living. Copies may not replace required originals. Ask the relevant institution about requirements.

General preparedness information; not personal medical or legal advice.