



Packing List....to use when leaving your batterer

Leaving a batterer can be very overwhelming and dangerous. If you are planning on leaving your batterer it is always advised that you speak to an advocate first to help you through the process. Please call one of our DV hotlines for assistance in preparing to leave. This packing list is not intended to replace any advice or guidance you may receive from a trained DV advocate.

The following list includes items that you should consider collecting/hiding prior to leaving your house. Some documents you should copy and replace the originals if your batterer might look for them or notice they are gone. In general, you want to pack prior to leaving so you can escape easily and quickly when the time is right. Do not pack items that the batterer will notice missing, store these items in a safe place such as a friend's house, storage unit, safe deposit box for small items and documents, or in your house in a place the batterer will not look.

Consider:

- **Not leaving a note, not setting out food for animals left behind**
- **Do hide weapons**
- **Food for you and children if you may need to travel to your destination (do not bring too much if you are going to a shelter, just enough for the trip)**
- **Don't leave behind: notes, calling cards, phone numbers, shelter information, bus tickets or airline information that may indicate where you are going. If you used the computer to record any information, search DV shelters, etc. erase the history by:**

- * Select "Tools" Menu at the top of the Explorer window.
- * Select "Internet Options" from the dropdown list.
- * Click the "General" tab.
- * You can see a "Delete" button in the "Browsing history" area.
- * Click the delete button.
- * You can see a "Delete browsing history" window, just click "Delete forms" button and then click "Yes" after the process.
- * Once completed click "OK"



Bring:

- **All identification on self and children – especially birth certificates, immigration papers (passports, green cards, alien registration), driver’s licenses, social security card**
- **Credit Cards (only if in your name only)**
- **Welfare papers – GR, Medi-Cal, SSI, Social security, food stamps, CalWORKs Notice of Action**
- **Health Insurance Cards**
- **Auto documents (registration, insurance etc)-please consider safety in taking a vehicle if it is in the batterer’s name as well**
- **Appointment books, address books, important phone numbers**
- **Legal papers – Adoption, marriage licenses, divorce decrees, TROs, police complaints, income tax returns, professional licenses, diplomas, etc.**
- **Medical records-immunizations for children, other pertinent medical files you may have**
- **Money (as much as you can without being noticed, you don’t need money for most shelters though)**
- **Check book if in your name only, copies of bank statements or account numbers**
- **Keys – copies of safe deposit, house, car**
- **Prescription medicines**
- **Photographs/albums-at least one wedding photo if married for legal purposes in the future and a few special photos**
- **Favorite Clothes (no more than a suitcase per person)**
- **One or two favorite toys for kids**
- **Favorite possessions for self (small items that won’t be noticed or missed)**
- **Pets – see information on our website for other options for pets as most shelters won’t accept pets**