

Domestic Violence shelter checklist

- Buy a disposable pre-paid phone only you know about
- Save videos, screenshots of text messages, photos, videos and recordings that can serve as evidence to prove abuse to an online e-mail or share drive only you know about.
- A phone card
- Write down dates, incidents and details that can prove abuse
- Records of past police reports and hospital visits that can serve as evidence to prove abuse
- Legal protection or restraining order if any.
- Marriage license, divorce papers, custody papers if any.
- An address book with the names and numbers of your contacts
- Delete all browser history on your phone
- When browsing for information about domestic violence law, your rights, the nearest shelter and other information; avoid using computers or devices that the abuser has access to.
- Turn off "Find my phone," GPS and Wifi before you leave
- Don't use anything that can be traced such as phones under his account, bank cards or credit cards. Use only cash after you leave.
- Save money in a hidden spot. Bring as much cash as you can
- Valuables and keepsakes
- Passwords, bank account numbers, important account numbers, bank statements, credit cards, ATM cards, checks—anything of yours that is under a joint account.
- Your identification card, social security card, work permit, passport, birth certificate, medical records, health insurance cards, medical records, land deeds, rent lease contract, and any and all paperwork. If you own the home or land or you have lease contracts or a car under your name, land deeds or anything else under your name, bring those too.
- Your tax papers if any and paystubs. Copies of bank statements for up to a year.
- If you have children, bring their favorite toys and books, but leave traceable digital items.
- Clothing for you and your kids (if you have)
- If you have a pet, bring a pet carrier, leash, food and water bowl, food and some supplies
- Important keys
- Medicine for you and for your kid(s) and/or pet if relevant
- A PO Box or address to forward your mail to.