



The Open Crypt: Bag Checklist



If you find you are anxious, forgetful, or often running late use this checklist to make sure you have everything you need for the day. This is designed for a small backpack and will cover a wide range of items.

Use this as a guide to tailor the list for your own needs.

Practical Items. *We also keep a list of current medications written down in case of emergencies.*

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|---------------------------------------|---|--|
| ☐ Purse/Wallet | ☐ Bank Cards | ☐ Access/ID cards |
| ☐ Medications | ☐ Shopping bags | ☐ A pen |
| ☐ Phone | ☐ Small notebook | ☐ Handheld Fan |
| ☐ Keys | ☐ Power Bank | ☐ Face Mask |
| ☐ RADAR Key | ☐ Sun-Screen | |

Food and Drink. *It can be handy to have a long-life snack like dried fruits and nuts or a muesli bar as well as a piece of fresh fruit.*

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|---------------------------------------|--|------------------------------------|
| ☐ Water Bottle | ☐ Travel Cup with lid | ☐ Snack |
| ☐ Fruit | ☐ Straws | ☐ Can Cover |

Hygiene. *It can be handy to use a small cosmetic bag and travel sized items to create a small hygiene pack if you suffer with bladder or bowel health issues.*

☐ Underwear

☐ Sandwich bag

☐ Baby Wipes

☐ Deodorant/Body Spray

☐ Sanitary/Incontinence Pads

Add your own. *This section has been left intentionally blank for you to add anything else that you rely on or want that we haven't included.*

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Additional Notes. *Use this section to add any additional information that will help you on the day such as prices, parking costs, opening times etc.*

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