Family Emergency Plan

A calm one-page checklist. Print it, tick it off, and keep it where everyone can find it.

1. Important contacts

- ☐ Family, close friends and one trusted neighbor
- ☐ Doctor, pharmacy, school or workplace
- ☐ Landlord or building administrator, and your insurance company
- ☐ Local emergency numbers
- ☐ One paper copy where everyone knows to look

2. Communication plan

- ☐ Check-in person in another city: _____
- ☐ Meeting place near home: _____
- ☐ Meeting place outside your area: _____

3. Key documents

- ☐ IDs, birth and marriage certificates
- ☐ Insurance policies, property or rental papers
- ☐ Medical information and each person's medicine list
- ☐ Bank and card contact numbers
- ☐ Digital copies protected with a strong password

4. Water, food and medicine

- ☐ Drinking water for each person and pets (many agencies suggest at least 3 days)
- ☐ Food that needs no cooking or refrigeration
- ☐ Regular medicines: a small extra supply, if your doctor agrees

5. Light, power and first aid

- ☐ Flashlight with spare batteries
- ☐ Charged power bank for your phone
- ☐ Battery or crank radio
- ☐ Simple first aid kit

6. A little cash

- ☐ Small bills in a safe place, in case cards or machines stop working

7. Know your home

- ☐ Where and how to shut off water, gas and electricity
- ☐ Your exits and the safest way out of the building
- ☐ Smoke alarms work

8. Small go-bag

- ☐ Copies of key documents
- ☐ Change of clothes, a light, a phone charger
- ☐ Medicines and basic hygiene items
- ☐ Items for babies, older relatives or pets

9. Review twice a year

- ☐ Date 1: _____ Date 2: _____
- ☐ Check contacts, medicines, food and batteries

If it feels like too much, start with three things this week

1. Write down your important contacts.
2. Agree on a meeting place with your family.
3. Put your key documents in one folder.

That alone makes your family more ready than most.

General information, not professional advice. Risks differ by place, so also follow your local authorities. Last updated: November 2026.