



# Family Emergency Plan

Fill in this plan together with your family and keep it within easy reach (fridge, emergency bag). Review it every 6 months.

## 1. Emergency contacts

CONTACT	NAME / REFERENCE	PHONE
General emergency number	Public services (nationwide)	999
Local resilience forum		
Doctor / GP surgery		
Trusted neighbour		
Relative outside the region		

The relative outside the region is crucial: when local networks are overloaded or down, it is often easier to reach someone who lives further away.

## 2. Family members

NAME	NAME
DATE OF BIRTH	DATE OF BIRTH
BLOOD GROUP	BLOOD GROUP
ALLERGIES / MEDICATION	ALLERGIES / MEDICATION
SPECIAL NEEDS	SPECIAL NEEDS
NAME	NAME
DATE OF BIRTH	DATE OF BIRTH
BLOOD GROUP	BLOOD GROUP
ALLERGIES / MEDICATION	ALLERGIES / MEDICATION
SPECIAL NEEDS	SPECIAL NEEDS

## 3. Meeting point

MEETING POINT NEAR HOME (E.G. STREET CORNER, SQUARE, NEIGHBOUR'S FRONT DOOR)

ALTERNATIVE MEETING POINT OUTSIDE THE NEIGHBOURHOOD (IF THE FIRST ONE CANNOT BE REACHED)

It makes sense to have two: one nearby, to gather quickly, and one outside the neighbourhood, in case the area is cut off or unsafe.

## 4. Communication plan

In an emergency, local networks (mobile and data) are usually overloaded or down in the first few minutes. Choose **one contact outside the region** as the central point of reference: instead of calling each other, every family member calls or messages this person, who then gathers all the information.

CENTRAL CONTACT OUTSIDE THE REGION — NAME AND PHONE

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## 5. Escape routes and shelters

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ESCAPE ROUTE FROM THE HOME NO. 1

ESCAPE ROUTE FROM THE HOME NO. 2 (ALTERNATIVE)

SHELTER / SAFE COMMUNITY ASSEMBLY POINT (E.G. SPORTS HALL, SCHOOL)

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## 6. Utility shut-offs

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Note where the stopcocks and switches are. In a leak, flood or electrical hazard, shutting off in time prevents greater damage.

MAIN GAS VALVE — LOCATION

MAIN WATER STOPCOCK — LOCATION

FUSE BOX (MAIN SWITCH) — LOCATION

NOTES (TOOLS NEEDED, TURN DIRECTION...)

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## 7. Emergency bag (grab bag) — where is it?

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LOCATION OF THE BAG (E.G. HALLWAY CUPBOARD, CAR BOOT)

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### Quick contents check

- Water and a method to treat it
  - Torch with spare batteries
  - Radio (battery-powered or wind-up)
  - First aid kit
  - Copy of important documents
  - Cash (small notes)
  - Charger / power bank for the mobile
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### Don't have a personal plan yet?

Create a tailored plan in 5 minutes, based on your household, region and number of people.

[emergencykitlab.co.uk/planner](https://emergencykitlab.co.uk/planner)