

Your household emergency plan

Fill on your device or print. Start with the contacts and destination.

This is a planning worksheet, not live emergency guidance. Follow local instructions.

Household name and date reviewed

Household members and primary phone numbers

Out-of-area contact and backup contact

Meeting place near home and meeting place outside the neighborhood

First destination and backup destination with addresses and phone numbers

Transport plan and who helps each person leave

Check-in method and what we do if calls do not connect

Local alert source and emergency-management contact

Care needs and people who can help

Optional sensitive details stay in your own copy. Do not email this completed plan.

Use your current prescribed instructions. Discuss medicine and equipment plans with your care team.

Pharmacy and prescriber contact details

Medicines and prescribed doses or location of a separate current medicine list

Medicine storage and refill plan agreed with your pharmacist

Allergies and accessibility or other individual care needs

Powered care equipment and backup arrangements agreed with the care team

Pets and veterinarian contact with transport and destination arrangements

Backup caregiver and collection responsibilities

Supplies and departure details

Review with your household and update when circumstances change.

Where we keep the go-bag, water, lights, keys and phone power

Documents and insurance contact details or secure record location

Insurance policy numbers if useful in this secure copy

Utility provider emergency contacts and approved instructions location

Do not operate unfamiliar utility controls. Follow provider or emergency responder instructions.

Departure checklist and who collects each item

Practice date and changes to make after the practice

Next review date and person responsible

Save the filled file and reopen it to check your entries. PDF viewer support varies.

Keep an accessible paper copy securely. Do not upload personal plan details to our site.

Planning references: [Ready.gov/plan](https://www.ready.gov/plan) and [RedCross.org/get-help/how-to-prepare-for-emergencies](https://www.redcross.org/get-help/how-to-prepare-for-emergencies)