

Family Emergency Plan

Fill this in together. Give every adult and older child a copy.

Household members

Name	Date of birth	Blood type	Allergies / conditions	Medications + doses

Special needs (disability, pregnancy, infants, elderly)

Doctor / clinic and phone

Contacts

Out-of-area contact (everyone calls or texts this one person): name, phone

Local contact: name, phone

School / childcare: phone

Work (adult 1): phone

Work (adult 2): phone

Neighbour who can help: name, phone

Meeting points and routes

1. Just outside the home (fire, gas leak)

2. In the neighbourhood (if we cannot go home)

3. Outside the town or city (if the area is unsafe)

Evacuation destination (family, friends, shelter)

Route A

Route B (different direction)

When phones and internet fail

- Send a text instead of calling. Texts get through when calls fail and use less battery.
- Agree check-in times (for example 9:00 and 18:00) and where to check in.
- Leave a written note at home saying where you went and when. Agree where (door, inside a cupboard).
- If you use HAVEN mesh chat or other offline apps, set them up and test them before a crisis.

Who does what

Who collects the children

Who helps elderly or disabled family members

Who takes documents and the go-bag

Who takes care of pets

Who turns off gas / water / electricity (only if safe and you know how)

Documents: keep copies in a waterproof bag

- ☐ ID cards and passports
- ☐ Birth and marriage certificates
- ☐ Property / rental papers
- ☐ Medical records, prescriptions, vaccination cards
- ☐ Bank cards and account details
- ☐ Photos of each family member (for searching if separated)
- ☐ Digital copies on a phone or USB stick, kept private

If we are separated

Go to the agreed meeting point and wait. Register with local authorities and humanitarian organisations. The Red Cross / Red Crescent Restoring Family Links service helps families separated by conflict, disaster or migration: familylinks.icrc.org

Child ID cards: cut out, fill in, keep in each child's pocket or bag

CHILD ID · If lost, call:	havensurvival.com
Name: _____	PHOTO
Parent / carer: _____	
Phone: _____	
Phone 2: _____	
Meeting place: _____	
Allergies / medicine: _____	
Language(s): _____	

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Get the free HAVEN survival app

Survival guides, offline maps, family plan, checklists and an offline AI assistant on your phone. Works without internet or signal. More free printable guides online.

havensurvival.com

Sources:

- Ready.gov / FEMA: Build a Kit, Make a Plan (ready.gov)
- ICRC: Restoring Family Links (familylinks.icrc.org); civilian safety guidance
- UNHCR: Registration and help for displaced people (help.unhcr.org)

Important: General information only. Not a substitute for trained medical help or official instructions. Always follow local authorities and emergency services.

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