Your Family Emergency Plan in One Weekend

Two days, five tasks: a plan your family could actually follow if something happened tonight.

HONEST LITTLE APPS · FREE GUIDE

Why one weekend is enough

Most families never make a plan because it feels like a huge project. It isn't. A useful plan is mostly decisions and a few lists, and you can do it in two relaxed sessions.

Saturday is for people and places. Sunday is for supplies and paperwork.

Saturday morning — contacts

Write down the numbers you'd need if phones died: family, a neighbour, school, work, doctor, pharmacy, insurance.

Pick one out-of-area contact everyone can text. Long-distance texts often get through when local lines are busy.

- Put the list in every wallet and backpack
- Save it as a note on each phone, too

> Out-of-area contact: _____ · phone: _____

Saturday afternoon — places

Agree on two meeting places: one just outside your home (for a fire) and one outside your neighbourhood (if you can't get home).

Find out your children's school pickup plan in an emergency, and your local evacuation routes.

- Meeting place near home: _____
- Meeting place away from home: _____

Sunday morning — the kit

Ready.gov recommends at least one gallon of water per person per day for several days, plus non-perishable food, a flashlight, a battery or crank radio, a first-aid kit, extra batteries and medicines.

Pack it in something you can grab: a bin by the door or a backpack per person. Don't forget pets, glasses, chargers and comfort items for children.

Sunday afternoon — documents and health information

Make copies of ID, insurance cards and prescriptions and keep them in a waterproof bag in the kit.

Write a one-page health summary for each person: allergies, medications and doses, conditions, doctor's name. In an emergency, someone else may need to read it.

Practise once

A plan you've never practised is a guess. Do a ten-minute drill: everyone goes to the meeting place, someone calls the out-of-area contact, someone grabs the kit.

Put two dates in the calendar to check the kit and update the lists — the weekends the clocks change are an easy reminder.

Want this on your phone?

Family Ready keeps a free offline Emergency Card on your iPhone — contacts, allergies and medications, readable by someone else in a hurry.

Scan to open Family Ready on the App Store · honestlittleapps.github.io/learn/ebooks

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