A plan your household can use

Seven printable pages. No account or app purchase required.

Start with one conversation

Gather the people who will use the plan. Agree on responsibilities, contacts and meeting places. Ask whether each backup person can actually help. Leave out details that do not need to travel with every copy.

Pages 2-4 / Make the plan

Record people, responsibilities, communication, transport and care arrangements.

Page 5 / Check your supplies

Work out a water baseline, account for extra needs and give missing items an owner.

Page 6 / Carry contact cards

Make two paper cards for a wallet or bag. Keep a fuller household copy separately.

Page 7 / Practice and review

Try a short walkthrough, record gaps and check the source guidance.

For schools and community groups

You may print and share this unmodified packet free of charge. Let households keep their completed plans; do not collect personal or health details as part of a group exercise. A source link is appreciated, not required.

Created by Tehmina Tajik, creator of SafePathApp. This independent planning aid is not an official alert, a medical plan or an endorsement by the organizations cited.

Family emergency plan

People and responsibilities

Household name and review date

A name you recognize; date you last checked the plan

Who the plan covers

People, pets, access needs and preferred languages

Who does what, and who is the backup?

Contacts, children, pets, supplies and transport

Family emergency plan

Meet and communicate

Out-of-area contact

Name, phone and another way to reach them

Meeting place outside the home

A specific place everyone can identify, if safe to reach

Meeting place outside the neighborhood

Address, backup location and how to get there

If phones or the internet do not work

Paper contacts, agreed check-in times and safe meeting arrangements

School, work and caregiver plans

Pickup permissions, reunification procedures and contacts

Family emergency plan

Leave, shelter and support

Official alerts and instructions

Local emergency-management channels and locations to monitor

Transport and a backup

Driver, accessible transport and alternatives agreed in advance

Places you could stay

Confirm access needs and whether pets are accepted

Children and pets

Pickup lead, carriers, comfort items, food and care contacts

Care and equipment plan

Where the clinician-approved medication and power plan is kept; avoid unnecessary sensitive details

Where supplies and paper copies are kept

Go-bags, water, keys, documents, chargers and contact cards

Next practice and review

One action, its owner and a realistic date

Supplies and responsibilities

Home reserves and a portable go-bag serve different purposes. Plan both.

Water baseline

CDC recommends at least 1 US gallon per person per day for at least 3 days; try for 2 weeks if possible. This is stored water for several uses, not an individual drinking allowance. Add water for pets and additional household needs.

People ____ x days ____ x 1 US gallon = ____ US gallons

Example: 4 people x 3 days = 12 US gallons (about 46 liters).

Additional water for pets and other needs

Agree pet quantities with a veterinarian. Consider heat, illness and other extra needs.

Food and feeding

People x days = person-days of food to plan. Include allergies, preparation needs, children and pets.

Supplies already usable / missing items / person responsible

Water, food, lighting, radio, chargers, first aid, hygiene, paper contacts, carriers and comfort items.

Care, medication and equipment arrangements

Ask the care team about storage, backup power and a place to go. Do not improvise treatment changes.

Pocket contact cards

Fill in and cut out. Keep personal information private; make a copy for each person who needs one.

MY HOUSEHOLD CONTACT PLAN

Name / reviewed on:

Out-of-area contact / phone:

Meeting place / backup:

Agreed check-in time / next step if no contact:

Emergency: use the local emergency number when available. Follow official instructions.

MY HOUSEHOLD CONTACT PLAN

Name / reviewed on:

Out-of-area contact / phone:

Meeting place / backup:

Agreed check-in time / next step if no contact:

Emergency: use the local emergency number when available. Follow official instructions.

Practice, improve, repeat

Revisit the plan after a change in contacts, household members, school arrangements or care needs.

Walk through one realistic scenario

Can everyone find the paper copy, describe the meeting place and reach their backup?

What did not work?

List a gap in access, information, supplies or responsibilities.

One next action / owner / date

Choose an achievable improvement, then agree when to review it.

Sources and limits

American Red Cross: family preparedness

CDC: emergency water supply

SafePathApp: source links and accessible online worksheets

Source guidance checked November 3, 2026. The responsibility fields and practice prompts are original worksheet design. This packet does not assess local hazards, prescribe treatment or replace official directions. The source page provides full links and corrections contact.