

Family Emergency Plan Worksheet

A simple household plan for contacts, meeting places, responsibilities, and the information people forget under stress.

Primary contacts

Local contact

Out-of-area contact

Backup contact

Meeting places

Near home

Outside neighborhood

Outside town or region

Household responsibilities

Who grabs medications, pets, documents, keys, chargers, and daily essentials?

Important information

Medical needs, allergies, school/work contacts, insurance notes, and special instructions.

Practice check

■ Everyone knows the out-of-area contact	■ Everyone knows the meeting places
■ A paper copy is stored at home	■ A paper copy is in a vehicle or bag
■ Pet plan is included	■ Plan reviewed in the last 6 months