Family Emergency Checklist UK

A printable household planning checklist from UKPrepper.life

Use this checklist as a practical starting point for your family emergency plan. Start with contacts, meeting points, and the supplies you already have. Then fill the gaps over time. Keep a printed copy somewhere easy to find and review it every few months.

Date reviewed:		Next review:	
Main emergency contact:		Out-of-area contact:	

Family Details

- [ ] Household members listed
- [ ] Dates of birth added where useful
- [ ] Home address written down
- [ ] Parent or carer phone numbers added
- [ ] Work contact details added
- [ ] School, nursery, or college details added
- [ ] GP surgery details added
- [ ] Pharmacy details added
- [ ] Vet details added
- [ ] Emergency contacts agreed
- [ ] Out-of-area contact chosen

Communication Plan

- [ ] Main family contact chosen
- [ ] Backup family contact chosen
- [ ] Out-of-area contact added
- [ ] Family group chat checked
- [ ] Children know who to contact, if age-appropriate
- [ ] Teenagers know what to do if phones fail
- [ ] Written contact cards made where useful
- [ ] Plan for flat phones or poor signal agreed
- [ ] Trusted adults listed for children
- [ ] School collection details checked

Meeting Points

- [ ] Home meeting point chosen
- [ ] Near-home meeting point chosen
- [ ] Away-from-home meeting point chosen
- [ ] Backup meeting point chosen
- [ ] Children know the safe meeting places
- [ ] Elderly relatives know the plan, if relevant
- [ ] Pet arrangements considered
- [ ] Transport options written down
- [ ] Overnight stay option agreed if needed

Notes:

Emergency Supplies

- [ ] Torches checked
- [ ] Spare batteries available
- [ ] Power banks charged
- [ ] Phone charging cables easy to find
- [ ] Battery or wind-up radio available
- [ ] First aid kit checked
- [ ] Basic medicines checked
- [ ] Regular medication considered
- [ ] Stored water available
- [ ] Easy food available
- [ ] Manual tin opener available
- [ ] Warm blankets available
- [ ] Hygiene supplies available
- [ ] Nappies or baby supplies included, if needed
- [ ] Period products included
- [ ] Pet food and supplies included
- [ ] Small amount of cash stored securely

Water and Food

- [ ] Drinking water stored
- [ ] Water for pets considered
- [ ] Baby formula needs considered
- [ ] Food allergies checked
- [ ] Dietary needs included
- [ ] No-cook or low-cook meals available
- [ ] Snacks for children included
- [ ] Food dates checked
- [ ] Older food moved to the front
- [ ] Shopping list made for gaps

Medical and Care Needs

- [ ] Medication list written
- [ ] Allergies listed
- [ ] Medical conditions listed
- [ ] NHS numbers added, if known
- [ ] Repeat prescription details recorded
- [ ] Pharmacy details checked
- [ ] Glasses or contact lens supplies considered
- [ ] Hearing aid batteries included, if needed
- [ ] Mobility aids considered
- [ ] Elderly relatives included
- [ ] Care provider details added, if relevant

Notes:

Children

- [ ] Children know their full name
- [ ] Children know parent or carer names
- [ ] Children know at least one phone number, if age-appropriate
- [ ] Children know how to call 999, if age-appropriate
- [ ] Trusted adults discussed
- [ ] School emergency contacts checked
- [ ] Child contact card prepared
- [ ] Comfort items identified
- [ ] Teenagers know backup travel options
- [ ] Teenagers have emergency contact details without relying only on their phone

Pets

- [ ] Pet food available
- [ ] Pet water needs included
- [ ] Pet medication listed
- [ ] Vet details written down
- [ ] Microchip number recorded
- [ ] Lead, harness, or carrier easy to find
- [ ] Bedding or comfort item considered
- [ ] Waste bags, litter, or cleaning supplies included
- [ ] Pet photo available
- [ ] Pet-friendly place to stay identified if needed

Important Documents and Cash

- [ ] Passports and ID location known
- [ ] Insurance details accessible
- [ ] Medical letters kept safely
- [ ] Prescription details available
- [ ] Utility supplier details listed
- [ ] Breakdown cover details listed
- [ ] Vehicle details recorded
- [ ] Emergency contact list printed
- [ ] Secure digital backup considered
- [ ] Small notes and coins stored securely
- [ ] Spare keys considered

Home Safety Details

- [ ] Stopcock location known
- [ ] Fuse box location known
- [ ] Gas shut-off point known
- [ ] Boiler instructions accessible
- [ ] Smoke alarms checked
- [ ] Carbon monoxide alarms checked
- [ ] Torches easy to reach
- [ ] First aid kit easy to find
- [ ] Emergency supplies stored together
- [ ] Responsible adults know key household details

Vehicle and Travel

- [ ] Car phone charger available
- [ ] Power bank available for journeys
- [ ] First aid kit in car
- [ ] Water and snacks included
- [ ] Blanket or warm layer included
- [ ] Hi-vis vest available
- [ ] Ice scraper and de-icer included in winter
- [ ] Breakdown details accessible
- [ ] Alternative routes considered
- [ ] Taxi numbers or public transport options listed
- [ ] Fuel not left too low where possible

Notes:

Quick Family Emergency Plan Notes

Use this page for details you may need quickly. Avoid writing down passwords, bank logins, or anything that would create a security risk.

Home meeting point

Notes:

Near-home meeting point

Notes:

Away-from-home meeting point

Notes:

People who can collect children

Notes:

Medication or allergy notes

Notes:

Pet arrangements

Notes:

Where key supplies are kept

Notes:

Other useful notes

Notes: