

BONUS 05 / 05 · PREPARED

THE EMERGENCY READY PLAN™

Your household's plan, written down before you need it: who, where, how you'll reach each other, and what to grab.

USE IT TO		01	02	03
		Know how you'll find each other	Leave quickly with the right things	Give everyone the same plan
WHAT'S INSIDE		16 pages · fillable PDF · print-friendly US Letter		
01	Start here	02	Household members & pets	
03	Emergency contacts	04	Meeting places & pickup plans	
05	Alerts & communication	06	Cut-out wallet cards	
07	Local hazards plan	08	Evacuation plan	
09	Leaving-home checklist	10	Basic supply kit	
11	Additional supplies & kit care	12	Household considerations	
13	Practice & review log	14	One-page action card	
15	Notes, sources & limits			

START HERE

REVIEW EVERY YEAR

A PLAN YOU'VE ACTUALLY PRACTICED.

Ready.gov's four steps: talk it through, plan for your household's needs, write it down, and practice.

IN DANGER RIGHT NOW?

Call 911. Get out of a burning building and stay out. If you smell gas, leave on foot and call from a safe distance. Poison emergency: **Poison Help 1-800-222-1222.** Follow instructions from local officials.

- ## 01

Talk it through

Sit down with your household and go through the questions on these pages, starting with members and contacts (pp.3–4).

02

Plan for your needs

Add pets, medical needs, children's schools and anything else your household depends on (pp.5, 13).

03

Write it down

Fill in the plan, cut out the wallet cards (p.7) and post the action card (p.15) where everyone can see it.

04

Practice it

Run a drill and log it (p.14). Ready.gov's fourth step is to practice your plan.
- WHERE THE FIELD MANUAL HELPS

Power outages: Guide 25, pp.115–119. **Emergency kits:** Guide 26, pp.120–124. **Smoke & CO alarms:** Guide 27, pp.125–129. **Severe weather & evacuation:** Guide 28, pp.130–134. **Missing phone, wallet or documents:** Guide 29, pp.135–139. **Family emergency communications:** Guide 30, pp.140–144. The Field Manual's single-page cards (pp.124, 134, 144) are quick versions. This plan is the full household record.
- HOW THIS PLAN IS BUILT

The steps and lists follow Ready.gov (FEMA), NFPA and other official sources, quoted on p.16. Your local emergency management office has the final word on evacuation zones, routes and shelters, so check their website and sign up for their alerts.

No single plan covers every emergency. This one covers what most share: reaching each other, meeting up, leaving and supplies. Add what your local hazards need (p.8), and follow official instructions when they differ from your plan.
- HOUSEHOLD NAME _____

LAST REVIEWED _____
- PLAN MADE ON _____

COPIES KEPT AT _____
- SNTU | THE EMERGENCY READY PLAN™
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WHO THIS PLAN IS FOR.

Everyone the plan covers, where they usually are during the day, and what they need.

NAME	AGE	MOBILE PHONE	USUAL DAYTIME LOCATION	ALLERGIES / MEDICAL NOTES	MED LIST KEPT AT

PETS & SERVICE ANIMALS

NAME	TYPE / BREED	CHIPPED	CHIP INFO UP TO DATE	CARRIER / CRATE	VET / FOOD / MEDS NOTES
		☐	☐	☐	
		☐	☐	☐	
		☐	☐	☐	
		☐	☐	☐	

Ready.gov suggests microchipping pets, keeping the chip's contact details up to date (with an emergency contact outside your area), and a carrier for each pet. **Privacy:** list ages, not birth dates, and say where the medication list is kept rather than copying sensitive details onto a page that may be posted at home.

WHO TO CALL WHEN IT COUNTS.

The numbers to have on paper, for when your phone is lost, dead or not working.

WHO	NAME	PHONE	NOTES
Emergency (police / fire / medical)		911	
Poison Help		1-800-222-1222	
Out-of-area contact			
Local contact / neighbor			
Police non-emergency			
Doctor / clinic			
Pharmacy			
Veterinarian			
Electric utility (outages)			
Gas utility (emergency)			
Water utility			
Landlord / HOA emergency line			
Insurance claims			
Work / school			

Choose an **out-of-area contact** everyone can check in with, because after a local disaster it can be easier to reach someone farther away (Field Manual Guide 30). Save these numbers in every phone too. The FCC advises keeping a list of emergency numbers in your phone. Everyday admin contacts belong in the Life Admin Organizer.

WHERE WE'LL FIND EACH OTHER.

Agree on places now, so no one has to decide where to go in the middle of an emergency.

MEETING PLACE	EXACT SPOT / ADDRESS	HOW TO GET THERE / NOTES
Right outside the home (fire)		
In the neighborhood		
Outside the neighborhood		
Out of town		

NFPA: choose an outside meeting place (for example a neighbor's house, a light post, mailbox or stop sign) a safe distance in front of your home. Ready.gov: establish a meeting place that's familiar and easy to find.

SCHOOLS, CHILDCARE, WORK & OTHER REGULAR PLACES

PERSON	PLACE	THEIR EMERGENCY / PICKUP PLAN	WHO PICKS UP (BACKUP)	AUTHORIZED ON FILE	PLAN CHECKED
				☐	☐
				☐	☐
				☐	☐
				☐	☐
				☐	☐
				☐	☐
				☐	☐

Ask each school, childcare center and workplace how they communicate in an emergency and how pickup works. Ready.gov's planning lists include school and daycare.

HOW YOU'LL HEAR, AND HOW YOU'LL CHECK IN.

Get the warning, then check in. Set both up before anything happens.

ALERTS SET UP

- ☐ Wireless Emergency Alerts left **on** in each phone's notification settings. WEA is free, not subscription-based, and needs no sign-up FEMA
- ☐ Signed up for local alerts from county or city emergency management READY.GOV
- ☐ National Weather Service alerts or a NOAA Weather Radio (broadcasts 24/7) NWS
- ☐ FEMA App installed (alerts, open shelters) READY.GOV
- ☐ Battery or hand-crank radio in the kit READY.GOV
- ☐ Charged batteries / car charger for phones FCC

LOCAL ALERT SYSTEM NAME _____

LOCAL RADIO / TV STATION _____

PHONE BY PHONE

WHOSE PHONE	WEA ON	LOCAL ALERTS	FEMA APP	NUMBERS SAVED
	☐	☐	☐	☐
	☐	☐	☐	☐
	☐	☐	☐	☐
	☐	☐	☐	☐
	☐	☐	☐	☐
	☐	☐	☐	☐

OUR CHECK-IN RULE

Decide this now and write it on the wallet cards. The FCC notes that in many cases **a text will go through when a call may not**, so keep calls short and text first.

FIRST, EACH OF US TEXTS _____

THEN WE CALL _____

WE SAY (E.G. "OK, AT ...") _____

IF NO PHONE, WE GO TO _____

OTHER COMMUNICATION NOTES

CARRY THE PLAN WITH YOU.

Wallet-size cards (3.5 × 2 in when printed at 100%). One per person.

EMERGENCY CARD	911 • POISON 1-800-222-1222
NAME	_____
OUT-OF-AREA CONTACT • PHONE	_____
LOCAL CONTACT • PHONE	_____
MEET NEAR HOME	_____
MEET OUTSIDE AREA	_____
CHECK-IN RULE	_____
MEDICAL NOTE	_____

EMERGENCY CARD	911 • POISON 1-800-222-1222
NAME	_____
OUT-OF-AREA CONTACT • PHONE	_____
LOCAL CONTACT • PHONE	_____
MEET NEAR HOME	_____
MEET OUTSIDE AREA	_____
CHECK-IN RULE	_____
MEDICAL NOTE	_____

EMERGENCY CARD	911 • POISON 1-800-222-1222
NAME	_____
OUT-OF-AREA CONTACT • PHONE	_____
LOCAL CONTACT • PHONE	_____
MEET NEAR HOME	_____
MEET OUTSIDE AREA	_____
CHECK-IN RULE	_____
MEDICAL NOTE	_____

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LOCAL CONTACT • PHONE	_____
MEET NEAR HOME	_____
MEET OUTSIDE AREA	_____
CHECK-IN RULE	_____
MEDICAL NOTE	_____

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LOCAL CONTACT • PHONE	_____
MEET NEAR HOME	_____
MEET OUTSIDE AREA	_____
CHECK-IN RULE	_____
MEDICAL NOTE	_____

EMERGENCY CARD	911 • POISON 1-800-222-1222
NAME	_____
OUT-OF-AREA CONTACT • PHONE	_____
LOCAL CONTACT • PHONE	_____
MEET NEAR HOME	_____
MEET OUTSIDE AREA	_____
CHECK-IN RULE	_____
MEDICAL NOTE	_____

Fill in, print and cut along the dashed lines, one per person, plus one for a backpack or car. Fold or laminate if you like. Write only what you'd be comfortable with a stranger seeing if the card is lost: names and phone numbers, not addresses or account details.

WHAT COULD HAPPEN HERE.

Tick the hazards that apply to your area, then decide in advance how you'd be warned and what you'd do.

HAZARD	APPLIES HERE	HOW WE'D BE WARNED	SHELTER OR LEAVE?	WHERE WE'D GO IN THE HOME / OUT	NOTES
Flooding	☐				
Severe storms / tornado	☐				
Hurricane / tropical storm	☐				
Wildfire / smoke	☐				
Earthquake	☐				
Winter storm / extreme cold	☐				
Extreme heat	☐				
Extended power outage	☐				
	☐				
	☐				

FIND YOUR RISKS

Ready.gov points to FEMA's National Risk Index for natural-hazard risk where you live. FEMA now publishes that data through its Resilience Analysis and Planning Tool: fema.gov/flood-maps/products-tools/national-risk-index. For a simpler start, your state and county emergency management websites list local hazards, evacuation zones and routes.

THE FIELD MANUAL

Severe weather and evacuation decisions: Guide 28 (pp.130–134). Power outages, including generator and food-safety cautions: Guide 25 (pp.115–119).

IF YOU'RE TOLD TO LEAVE.

Always follow the instructions of local officials. This page is what you'll do when they say go.

WHERE WE COULD GO

Ready.gov: pick destinations in different directions

DESTINATION	PLACE (FRIEND, FAMILY, MOTEL)	ADDRESS / PHONE	ROUTE & ALTERNATE	PETS OK	CALLED AHEAD
A				☐	☐
B				☐	☐
C				☐	☐

OUR EVACUATION ZONE (IF ANY) _____

NEAREST PUBLIC SHELTER INFO FROM _____

GO-BAG KEPT AT _____

WHO GRABS IT _____

WHICH CAR / TRANSPORT _____

NO CAR?

Plan how you would leave. Ready.gov suggests deciding with family and friends, or asking your local emergency management office what resources may be available.

OUR PLAN WITHOUT A CAR

BACKUP _____

PETS

"Most public shelters allow only service animals" (Ready.gov). Find a pet-friendly place in advance.

PET-FRIENDLY PLACE _____

BEFORE YOU NEED IT

- ☐ Keep at least a half tank of gas at all times; fill up if evacuation seems likely READY.GOV
- ☐ Portable emergency kit in the car READY.GOV
- ☐ Know alternate routes, and that you may have to leave on foot READY.GOV
- ☐ Don't drive into flooded areas READY.GOV

OTHER EVACUATION NOTES

GO-TIME CHECKLIST.

Adapted from Ready.gov's evacuation guidance. Tick through it when you leave, and practice it once.

EVERY TIME

- ☐ Take the emergency supply kit / go-bag
- ☐ Take pets, carriers and pet supplies
- ☐ Medications, glasses and medical devices
- ☐ Phones and chargers
- ☐ Wallet, ID and cash
- ☐ Listen to a battery-powered radio; follow local instructions
- ☐ Leave early enough to avoid being trapped by severe weather
- ☐ Wear sturdy shoes and protective clothing
- ☐ Follow recommended routes. No shortcuts

IF TIME ALLOWS

- ☐ Call or email your out-of-state contact: tell them where you're going
- ☐ Close and lock doors and windows
- ☐ Unplug radios, TVs and small appliances
- ☐ Leave freezers and refrigerators plugged in unless there's a flood risk
- ☐ Only if your home is damaged **and** you're instructed to: shut off water, gas and electricity (Field Manual p.59)
- ☐ Leave a note saying when you left and where you're going
- ☐ Check on neighbors who may need a ride

AFTER YOU LEAVE

Check with officials before returning. Stay away from downed power lines and report them to the utility. Only run generators outside and away from the home, never inside a home or garage. Tell family when you leave and when you arrive. (Ready.gov, Evacuation.)

OUR OWN ITEMS TO GRAB

MORE ITEMS

THE BASICS, COUNTED.

Ready.gov's basic disaster-supplies list, with space for how many you need, where it's kept and when it expires.

WATER: WORK IT OUT

Ready.gov: **one gallon per person per day for several days**, for drinking and sanitation. Pick your number of days and write it in. Pets need extra.

PEOPLE _____ x GAL/DAY 1 x DAYS _____ = GALLONS _____ + PETS _____

ITEM (READY.GOV BASIC LIST)	HOW MANY	HAVE	KEPT WHERE	EXPIRES / CHECK BY	NEED TO BUY
Water (see formula above)		☐			☐
Food: several-day supply, non-perishable		☐			☐
Battery or hand-crank radio + NOAA Weather Radio with tone alert		☐			☐
Flashlight		☐			☐
First aid kit		☐			☐
Extra batteries		☐			☐
Whistle (to signal for help)		☐			☐
Dust mask		☐			☐
Plastic sheeting, scissors, duct tape		☐			☐
Moist towelettes, garbage bags, plastic ties		☐			☐
Wrench or pliers (to turn off utilities)		☐			☐
Manual can opener		☐			☐
Local maps		☐			☐
Cell phone, chargers, backup battery		☐			☐

Store items in airtight plastic bags, with the whole kit in one or two easy-to-carry containers (Ready.gov). Field Manual Kit Inventory: p.124.

WHAT YOUR HOUSEHOLD ADDS.

Ready.gov's additional items: add the ones your household needs. Ready.gov suggests kits for home, work and the car.

ITEM (READY.GOV ADDITIONAL LIST)	NEED IT	HAVE	KEPT WHERE	EXPIRES / CHECK BY
Soap, hand sanitizer, disinfecting wipes	☐	☐		
Prescription medications	☐	☐		
Non-prescription medications	☐	☐		
Prescription glasses, contact solution	☐	☐		
Infant formula, bottles, diapers, wipes	☐	☐		
Pet food and extra water	☐	☐		
Cash	☐	☐		
Copies of important documents (waterproof or digital)	☐	☐		
Sleeping bag or warm blanket per person	☐	☐		
Change of clothes and sturdy shoes	☐	☐		
Fire extinguisher	☐	☐		
Matches in a waterproof container	☐	☐		
Feminine and personal hygiene items	☐	☐		
Cups, plates, utensils, paper towels	☐	☐		
Paper and pencil	☐	☐		
Books, games, puzzles for children	☐	☐		

HOME KIT AT _____ WORK KIT AT _____ CAR KIT AT _____

KIT CARE (READY.GOV) _____ DATE _____

- ☐ Replace expired items as needed _____
- ☐ Re-think your needs every year and update your kit as your household changes _____
- ☐ Everyone knows where the home kit is kept _____

PLAN FOR EVERY PERSON.

Medical devices, mobility, medications, babies, older relatives, service animals. Plan the details now.

PERSON	NEED (MEDICAL DEVICE, MOBILITY, MEDICATION, INFANT, OLDER ADULT, SERVICE ANIMAL...)	WHAT WE'LL DO / WHO HELPS	ARRANGED	CHECKED
			☐	☐
			☐	☐
			☐	☐
			☐	☐
			☐	☐
			☐	☐
			☐	☐

THE CHECKLIST

- ☐ If someone uses medical equipment that needs electricity: talk to the doctor or health care provider about keeping it running in an outage READY.GOV
- ☐ Asked the power provider about a list for priority power restoration READY.GOV
- ☐ Extra battery or backup (e.g. a manual chair) for battery-powered mobility devices, if possible READY.GOV
- ☐ Medications organized and protected; refill plan if the pharmacy is closed READY.GOV
- ☐ Fire escape plan includes arrangements for anyone with a disability NFPA
- ☐ Helpers know how to assist (and how to operate any equipment)

POWER PROVIDER PRIORITY LIST: REF / DATE ASKED

PRACTICE IT.
THEN FIX IT.

Ready.gov: practice your plan with your household. NFPA: practice fire escape twice a year.
Log each practice here.

DATE	WHAT WE PRACTICED OR REVIEWED	WHO TOOK PART	WHAT WENT WRONG / TO FIX	FIXED
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐

EACH YEAR

DATE

☐ Home fire escape plan practiced (twice a year)NFPA

☐ Smoke & CO alarms tested (monthly)NFPA

☐ Kit checked; expired items replaced READY.GOV

☐ Contacts, meeting places and wallet cards updated

☐ Alerts still on in every phone FEMA

☐ Local hazards and evacuation zone re-checked

POST THIS

WHERE EVERYONE SEES IT.

The plan on a single page, for the fridge or inside a closet door. Copy it from the pages before.

FIRST

Danger now: call 911. Fire: get out, stay out, go to the meeting place. Gas smell: leave on foot, call from a safe distance. Poison: 1-800-222-1222.

MEET OUTSIDE HOME	MEET IN NEIGHBORHOOD
MEET OUTSIDE AREA	OUT-OF-AREA CONTACT
THEIR PHONE	LOCAL CONTACT • PHONE
CHECK-IN RULE	ALERTS FROM
GO-BAG IS AT	SUPPLY KIT IS AT
WATER SHUTOFF AT	ELECTRIC PANEL AT
GAS EMERGENCY LINE	POWER OUTAGE LINE
DOCTOR / PHARMACY	VET
FIRE EXTINGUISHER AT	FIRST AID KIT AT

SPECIAL INSTRUCTIONS (PETS, MEDICAL, CHILDREN)

Shutoff locations: copy them from your Field Manual Home Shutoff Map (p.59). Shut off utilities only if your home is damaged and you're instructed to (Ready.gov). Think about who can see this page before you post it, and leave off anything private.

NOTES, SOURCES & LIMITS

HOW THIS WAS BUILT.

YOUR NOTES

SOURCES (CHECKED OCTOBER 2026)

Ready.gov: Build a Kit. Basic and additional supply lists; water “one gallon per person per day for several days”; “Replace expired items as needed”; “Re-think your needs every year.” ready.gov/kit

Ready.gov: Evacuation. Destinations in different directions; “Most public shelters allow only service animals”; if-time-allows list; utilities only if damaged and instructed. ready.gov/evacuation

FEMA: Wireless Emergency Alerts. “Not subscription based”; opt-out typically in notification settings. fema.gov/.../wireless-emergency-alerts

FCC: Communicating during emergencies. “In many cases text messages will go through when your call may not.” fcc.gov/reports-research/guides/tips-communicating-emergency

Ready.gov: Make a Plan. Four steps; meeting place; “Practice your plan.” ready.gov/plan

Ready.gov: People with Disabilities. Medical equipment and priority power restoration. ready.gov/people-disabilities · **Pets:** ready.gov/pets · **Plan for locations:** ready.gov/plan-for-locations

NWS: NOAA Weather Radio. Broadcasts “24 hours a day, 7 days a week.” weather.gov/nwr

NFPA: Escape planning. Outside meeting place; practice twice a year. nfpa.org/.../escape-planning · **HRSA: Poison Help** 1-800-222-1222. poisonhelp.hrsa.gov

IMPORTANT

This toolkit provides general educational information and planning tools only. It is not emergency, medical or legal advice and does not replace instructions from emergency services or local officials. In an emergency, call 911 and follow official instructions. To the fullest extent permitted by law, Stuff Nobody Taught Us disclaims liability for any loss, damage or injury arising from use of this toolkit. Full notice: The Adulting Field Manual™, p.148.