

Household Emergency Plan

A simple plan for power cuts, floods, fires and other emergencies. Fill it in together, keep a printed copy somewhere everyone knows (for example with your emergency kit), and give a copy to a trusted friend or relative.

Household address	
Plan completed on	
Next review date (we suggest every 6 months – e.g. when the clocks change)	

1. Who lives here

Name	Date of birth	Mobile	Medical needs / medication / allergies

Pets

Name & type	Vet / microchip no.	Food & medication needs

2. Important numbers

Write these on paper – your phone may be flat or the network down.

Service	Number	Notes / account or reference number
Emergency services	999 (or 112)	
Non-emergency police	101	
NHS non-emergency	111	
Power cut (all UK network operators)	105	
Gas emergency (National Gas)	0800 111 999	
Water company		
Electricity network operator		
GP surgery		
Home insurance (policy no.)		
Landlord / building manager		

3. Emergency contacts

Name	Relationship	Phone	Can they help? (e.g. pick up children, spare key)

Out-of-area contact

Choose someone who lives elsewhere. If your household is split up, everyone checks in with this person.

Name	Phone	Email

4. Where we will meet

	Place / address
Near home (e.g. a neighbour's front door or the end of the road)	
Away from home (if we can't get back – e.g. a relative's house, library or community centre)	
Where we would stay if we had to leave home for a few days	

5. Our home

Item	Where it is / how to use it
Fuse box (consumer unit)	
Water stopcock	
Gas meter and shut-off lever	
Emergency kit	
Grab bag	
Torches and spare batteries	
Spare keys	
Important documents (or copies)	

6. Children, older or vulnerable people

Question	Answer
Who collects the children from school/nursery if we can't?	
School / nursery emergency contact procedure	
Who will check on older or vulnerable family and neighbours?	
Signed up to the Priority Services Register? (electricity, gas, water)	
Medical equipment that needs power – and our back-up plan	

7. What we'll do

Power cut • Check if neighbours are affected; check the fuse box • Call 105 for updates • Switch off appliances, leave one light on • Use torches, not candles • Keep fridge and freezer closed	Fire • Get everyone out, close doors behind you • Call 999 once outside • Never go back in • In a flat: follow your building's fire strategy; don't use lifts
Flood • Sign up for flood warnings (Floodline 0345 988 1188) • Move valuables, medicines and documents upstairs • Turn off gas, electricity and water if safe to do so • Never walk or drive through flood water	Gas leak • No switches, flames or phones near the leak • Open doors and windows • Turn off gas at the meter • Leave and call 0800 111 999
Water supply failure • Use stored water for drinking first • Check your water company's website • Ask about bottled water stations / deliveries • Follow any "boil water" notices	Our own notes

8. Emergency kit checklist

Enough for everyone (and pets) for at least 3 days. Tick when done; check every 6 months.

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| ☐ Bottled water – about 3 litres per person per day | ☐ Food that needs no cooking + tin opener |
| ☐ Torches (one each) + spare batteries | ☐ Rechargeable LED lantern |
| ☐ Charged power bank + cables | ☐ Battery or wind-up radio |
| ☐ First aid kit | ☐ 1 week of prescription medicines |
| ☐ Hand sanitiser, wet wipes, toilet roll, bin bags | ☐ Warm layers, blankets / sleeping bags |
| ☐ Copies of documents in a waterproof bag | ☐ Cash in small notes |
| ☐ Spare house and car keys | ☐ Baby supplies, if needed |
| ☐ Pet food and supplies | ☐ Battery carbon monoxide alarm fitted |
| ☐ Whistle | ☐ This plan, printed |

Grab bag (if we have to leave quickly)

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|--|--|
| ☐ Medicines and prescriptions | ☐ Phone, charger and power bank |
| ☐ Torch | ☐ Water and snacks |
| ☐ Change of clothes and waterproofs | ☐ Copies of documents and this plan |
| ☐ Cash and bank cards | ☐ Glasses, hearing aids, chargers |
| ☐ Toiletries | ☐ Comfort items for children |
| ☐ Pet carrier, lead and food | ☐ Spare keys |

Review log

Date	Checked by	What we changed / replaced

More free guides at prepperweekly.co.uk: preparing for a power cut, how much water to store, emergency food on a budget, and building a household emergency kit. This plan is general guidance only – in an emergency, always follow advice from the emergency services and call 999 if life is at risk.