OFFLINE RESILIENCE GUIDE // UK EDITION

How to Make a Household Emergency Plan

A one-page plan for contacts, meeting points, medication, utilities and the few decisions that are easier to make before an emergency begins.

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LAYER 1 // ACT

FIRST ACTIONS

Start here. Then read the conditions and exceptions below.

1. Choose a meeting point in case you cannot return home.
2. Write important numbers on paper, including 105 and people you would contact.
3. Record regular medication, insurance details and useful radio frequencies.
4. Keep key documents and items together where they are easy to find.
5. Agree how you will check on children, relatives and neighbours if communications are disrupted.

> **IMPORTANT**
> This is practical preparedness information, not emergency instruction. During an incident, follow current advice from emergency services, your utility provider and relevant public authorities.

A plan is useful because memory gets worse under pressure

You do not need a binder full of scenarios. A useful household plan answers a few basic questions: who do we contact, where do we meet, what does somebody in the household depend on, where are the important documents, and what do we do if phones or internet are unavailable?

The UK Government Prepare campaign provides a printable household emergency plan and recommends keeping key information on paper. That is sensible because the very incident you are planning for may involve a power or communications failure.

Pick two meeting points

Choose one close to home, such as a familiar safe location nearby, and one outside the immediate area in case you cannot return to your street. Make sure children and other household members know both locations.

If you have family members who travel or work away from home, agree when they should try to return and when it is safer to stay where they are. Do not create a plan that sends people into dangerous weather just to follow the plan.

Put the important information on one sheet

Include 105 for power cuts in Great Britain, emergency contacts, medication details, medical equipment information, insurance contacts, local radio stations and any numbers for schools, carers or neighbours. Add your utility providers if you would struggle to find them without internet access.

Keep a copy with the emergency kit and consider a second copy in a secure document folder. Review it when phone numbers, medication or household circumstances change.

Decide what leaves with you

Government guidance notes that some people keep a spare bag of items they might need if asked to leave home quickly. That can include copies of important information, medication, basic charging equipment, water and a small amount of practical clothing.

This does not apply to escaping a fire. If the home is on fire, get out and do not delay to collect belongings.

Make the plan social

Swap contact details with neighbours you trust and think about anyone nearby who might need extra help. A street or building group can be useful, but keep a paper alternative because the internet may be unavailable.

Run through the plan once. A five-minute conversation will reveal missing phone numbers and assumptions faster than another hour of shopping.

Useful kit for this plan

Equipment should support the plan, not replace it. The commercial catalogue is kept on a separate page.

KIT IS KEPT SEPARATE
Named products and Amazon UK affiliate links are kept on the dedicated KIT page so this guide remains editorial. Use the kit only after the plan identifies a genuine equipment gap.

OPEN KIT →

Sources checked for this guide

We use public sources for the factual backbone and write the guide in our own words. Source pages can change, so the links below are the place to check current official advice.

PRIMARY / AUTHORITATIVE SOURCE

UK Government Prepare: Get prepared for emergencies

Household planning, emergency supplies, paper contacts, water, food, torches, power banks and radios.

https://prepare.campaign.gov.uk/get-prepared-for-emergencies/

PRIMARY / AUTHORITATIVE SOURCE

GOV.UK: How Emergency Alerts work

How UK Emergency Alerts reach compatible devices and when they may not arrive.

https://www.gov.uk/alerts/how-alerts-work

Editorial review date: 25 September 2026. If an official source conflicts with this page, follow the official source.

INFORMATION CHECK✓ CURRENT REVIEW

REVIEWED	NEXT REVIEW DUE	OFFICIAL REFERENCES
25 Sep 2026	23 Jan 2027	2 primary sources

If an official source conflicts with this guide, follow the current official source.

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