

Family Emergency Plan and Go-Bag Checklist

One evening, one family: contacts, meeting points, roles and a 72-hour bag.

Know what you are planning for

Tick the emergencies most likely where you live.

- ☐ Fire at home
- ☐ Medical emergency
- ☐ Long power cuts
- ☐ Severe storms and heavy rain
- ☐ Floods, cyclones or landslides
- ☐ Earthquakes
- ☐ Heatwaves and forest fires

Talk to each other

- ☐ Written contact list: family, neighbours, your doctor and 112. A paper copy for everyone, because phones die and get lost.
- ☐ One contact outside your city, whom everyone calls or messages.
- ☐ Two meeting points: one just outside your home, one outside your neighbourhood.
- ☐ Contact list in every school bag and purse.
- ☐ Each child can dial 112 and say your full address clearly.
- ☐ Official alerts, such as NDMA's SACHET alerts, switched on in every adult's phone.

Write it down

Outside contact: _____

Meeting point 1: _____

Meeting point 2: _____

Full address: _____

Doctor: _____

Go-bag: enough for 72 hours

- ☐ **Water:** about 4 litres per person per day, packed and sealed.
- ☐ **Food that keeps:** enough for several days.
- ☐ **First aid:** bandages, antiseptic and everyone's regular medicines.
- ☐ **Tools:** torch, spare batteries, multipurpose tool, local map and a whistle.
- ☐ **Radio:** battery-powered or hand-crank, for news when power and internet fail.
- ☐ **Papers:** copies of Aadhaar, ration card, bank and property papers and prescriptions in a waterproof pouch.
- ☐ **Personal:** some cash, a change of clothes and toiletries.
- ☐ **Special needs:** babies, elderly members, anyone with a health condition, pets.

Plan the roles

- ☐ Two ways out of your home and two routes out of your area, walked with the family.
- ☐ One job for each person, such as grabbing the kit or helping Dadi down the stairs. List stuck on the fridge.
- ☐ Plan includes the domestic help and anyone who stays over.
- ☐ Drills run twice a year: leaving the house in a fire, an earthquake, sheltering in a storm.
- ☐ Plan updated when the household changes: a new baby, an elderly parent, a renovation.

Start tonight

At dinner, ask your children to show you the two ways out of your home. Put a paper list of family numbers in every school bag and purse, and call the relative you have chosen to tell them they are part of the plan.