USA SURVIVAL GUIDE

FAMILY EMERGENCY PLANNER

A Fill-In Workbook for Your Household Plan, Contacts, Supplies, and Records



FILL IN | KEEP IT HANDY | REVIEW EVERY YEAR

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USA Survival Guide Family Emergency Planner

A Fill-In Workbook for Your Household Plan, Contacts, Supplies, and Records

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USA Survival Guide Family Emergency Planner: A Fill-In Workbook for Your Household Plan, Contacts, Supplies, and Records

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How to Use This Planner

This planner is the part of getting ready that you write down. It goes with my book, USA Survival Guide, and every page here matches a chapter in that book. You can use the planner on its own, though. Each form is plain enough to fill out without reading anything else first.

Fill the pages out in pencil, because phone numbers, medicines and schools change. You have my permission to copy these pages for your own household.

Where to start

If you only do one thing this week, fill out the Family Emergency Plan and the Emergency Contacts. Those two pages do the most good for the least effort. Then make a wallet card for everyone in the house, including the kids.

After that, work through the rest at your own pace:

- Fill out one Medical and Medication List for each person in the house.
- Walk your home in daylight and fill in the Home Information Sheet.
- Take the kit checklists shopping. Check off what you already own and buy a few missing items each trip.
- Fill in the Hazards Where I Live page so you know which emergencies to plan for first.

Where to keep it

A plan that only lives in your head won't help the person who has to use it when you're not there. Keep this planner with your home emergency kit. Put copies of the contact pages in every go-bag, and take a photo of each filled-in page with your phone.

Keep it current

Review the whole planner at least once a year, and any time your household changes: a new baby, a move, a new job, a new pet, a new medicine. The Yearly Review page at the back makes that quick.

> **Caution:** If someone is hurt, trapped, or in danger, call 911 first. This planner helps you get ready. It is not a replacement for emergency responders, and when local officials give instructions, follow them.

Quick Reference

These are the numbers and rules worth knowing by heart. Each one comes from an official source, checked in October or November 2026, and each is explained in the chapter of USA Survival Guide shown in the last column.

Phone numbers

Who	Number	When to use it
Emergency	911	Anyone hurt, trapped or in danger
Poison Help (Poison Control)	1-800-222-1222	Someone swallowed, breathed in or touched something harmful
988 Suicide and Crisis Lifeline	Call or text 988	A mental health or suicide crisis
Disaster Distress Helpline	Call or text 1-800-985-5990	Emotional distress after a disaster
FEMA Helpline	1-800-621-3362	Questions about a FEMA disaster assistance application
Local help	Dial 211	Finding local help with food, housing, utilities and recovery

Rules of thumb

Topic	The rule	Book chapter
Water to store	One gallon per person per day for several days; build toward two weeks if you can	3
Boiling water	Rolling boil for 1 minute; 3 minutes above 6,500 feet	3
Bleach for water	8 drops of 6% bleach, or 6 drops of 8.25% bleach, per gallon (unscented); double for cloudy or very cold water; wait 30 minutes	3
Fridge in an outage	About 4 hours if the door stays closed	4
Freezer in an outage	About 48 hours if full, 24 hours if half full, door closed	4
Generators	Outside only, at least 20 feet from doors, windows and vents	10
Downed power lines	Assume they're live; stay at least 35 feet away and call 911	10
Floodwater	6 inches of fast-moving water can knock over an adult; 12 inches can carry away a small car. Turn Around Don't Drown	13
Lightning	When thunder roars, go indoors; wait 30 minutes after the last thunder	12
Earthquake	Drop, Cover, and Hold On	15

Topic	The rule	Book chapter
Tsunami signs near the coast	A strong or long earthquake, the ocean suddenly rising or falling, or a loud roar from the sea: go to high ground or inland right away	16
Hands-only CPR	An adult or teen collapses and isn't breathing normally: call 911, push hard and fast in the center of the chest, 100 to 120 times a minute, and keep going until help or an AED arrives	8
Carbon monoxide alarm	Get everyone outside to fresh air right away, then call 911 from outside. Don't go back in until responders say it's safe	9
Gas leak	Smell gas? Get everyone out, then call the gas company or 911 from outside. Never turn the gas back on yourself	9
Radiation emergency	Get Inside, Stay Inside, Stay Tuned	21
Active attacker	Run, Hide, Fight	22

Watch or warning?

Term	What it means	What you do
Watch	Conditions are favorable for the hazard	Get ready
Advisory	Less serious conditions that can still cause trouble	Take care
Warning	A real threat to life and property	Act now

Your Household Forms

Fill these out in pencil and keep them with your home kit. Copy the contact pages for every go-bag.

Form 1: Family Emergency Plan

See Chapter 2 of USA Survival Guide.

Household member	Date of birth	Cell phone	Work or school

Meeting place	Address or description
Right outside our home (for a fire)	
Near our neighborhood (if we can't get home)	
Outside our town (if we have to leave the area)	

Out-of-area contact (everyone checks in with this person)	Phone	Email
Backup contact		

Who picks up the kids?	First choice	Backup
Name and phone		
School or daycare release form updated? (date)		

Our family's word or phrase to confirm a message is really from us:

Form 2: Emergency Contacts

Call 911 for any life-threatening emergency. Poison Control is 1-800-222-1222.

Contact	Name	Phone
Doctor		
Second doctor or specialist		
Pharmacy		
Veterinarian		
Electric company (outages)		
Gas company (leaks)		
Water company		
Insurance agent		
Landlord or property manager		
Neighbor		
Neighbor		
Workplace		
Workplace		
School or daycare		
School or daycare		
County emergency management office		
Other		

Form 3: Wallet Contact Cards

Cut these out, fold them, and put one in every wallet, purse, backpack and go-bag. Kids too young to carry a phone need one most.

Name:	**Name:**
Out-of-area contact:	Out-of-area contact:
Phone:	Phone:
Meeting place:	Meeting place:
Medical needs:	Medical needs:

Name:	**Name:**
Out-of-area contact:	Out-of-area contact:
Phone:	Phone:
Meeting place:	Meeting place:
Medical needs:	Medical needs:

Name:	**Name:**
Out-of-area contact:	Out-of-area contact:
Phone:	Phone:
Meeting place:	Meeting place:
Medical needs:	Medical needs:

Form 3: Wallet Contact Cards (more)

Name:	**Name:**
Out-of-area contact:	Out-of-area contact:
Phone:	Phone:
Meeting place:	Meeting place:
Medical needs:	Medical needs:

Name:	**Name:**
Out-of-area contact:	Out-of-area contact:
Phone:	Phone:
Meeting place:	Meeting place:
Medical needs:	Medical needs:

Name:	**Name:**
Out-of-area contact:	Out-of-area contact:
Phone:	Phone:
Meeting place:	Meeting place:
Medical needs:	Medical needs:

Form 4: Medical and Medication List (person 1)

One page per person. See Chapters 5 and 8 of USA Survival Guide.

Item	Details
Name	
Date of birth	
Blood type (if known)	
Allergies (medicines, foods, insects)	
Medical conditions	
Medical devices that need power	
Glasses, hearing aid or mobility aid	
Health insurance company and member number	

Medicine	Dose	How often	Prescribed by	Pharmacy phone

Form 4: Medical and Medication List (person 2)

One page per person. See Chapters 5 and 8 of USA Survival Guide.

Item	Details
Name	
Date of birth	
Blood type (if known)	
Allergies (medicines, foods, insects)	
Medical conditions	
Medical devices that need power	
Glasses, hearing aid or mobility aid	
Health insurance company and member number	

Medicine	Dose	How often	Prescribed by	Pharmacy phone

Form 4: Medical and Medication List (person 3)

One page per person. See Chapters 5 and 8 of USA Survival Guide.

Item	Details
Name	
Date of birth	
Blood type (if known)	
Allergies (medicines, foods, insects)	
Medical conditions	
Medical devices that need power	
Glasses, hearing aid or mobility aid	
Health insurance company and member number	

Medicine	Dose	How often	Prescribed by	Pharmacy phone

Form 4: Medical and Medication List (person 4)

One page per person. See Chapters 5 and 8 of USA Survival Guide.

Item	Details
Name	
Date of birth	
Blood type (if known)	
Allergies (medicines, foods, insects)	
Medical conditions	
Medical devices that need power	
Glasses, hearing aid or mobility aid	
Health insurance company and member number	

Medicine	Dose	How often	Prescribed by	Pharmacy phone

Form 4: Medical and Medication List (person 5)

One page per person. See Chapters 5 and 8 of USA Survival Guide.

Item	Details
Name	
Date of birth	
Blood type (if known)	
Allergies (medicines, foods, insects)	
Medical conditions	
Medical devices that need power	
Glasses, hearing aid or mobility aid	
Health insurance company and member number	

Medicine	Dose	How often	Prescribed by	Pharmacy phone

Form 5: Home Information Sheet

See Chapter 9 of USA Survival Guide. Write down where things are now, in daylight, so nobody has to hunt for them in the dark.

Item	Where it is	Tool needed
Main water shutoff valve		
Electrical panel (breaker box)		
Gas meter shutoff (only shut off if you smell gas or officials tell you to)		
Water heater		
Smoke alarms (locations)		
Carbon monoxide alarms (locations)		
Fire extinguishers (locations)		
Home kit		
Go-bags		
Spare house and car keys		

Insurance	Company	Policy number	Phone
Homeowners or renters			
Flood			
Earthquake (if any)			
Auto			
Health			
Life			

Form 6: Hazards Where I Live

See Chapter 1 of USA Survival Guide. Fill this out once, and update it if you move.

Hazard	My risk (high, medium, low)	Where I checked	Chapter
Flood			13
Tornado and severe storms			12
Hurricane			11
Wildfire and smoke			14
Earthquake			15
Tsunami, volcano, landslide			16
Winter storm and cold			17
Extreme heat			18
Chemical or pipeline accident			20
Nuclear power plant within 50 miles			21

Form 6: Hazards Where I Live (continued)

Question	My answer
Top three hazards for my county	
My flood zone (from the FEMA Flood Map Service Center)	
My hurricane evacuation zone (coastal areas only)	
Nearest nuclear power plant and distance (if within 50 miles)	
Rail lines, highways or chemical plants near me	
Local alert system I signed up for (name and date)	
Wireless Emergency Alerts turned on in my phone? (yes or no)	
Do I have a NOAA Weather Radio? (yes or no)	
Evacuation route 1	
Evacuation route 2	
Where we'd stay if we evacuated (friend, family, hotel)	

Form 7: Water and Food Planner

See Chapters 3 and 4 of USA Survival Guide. The basic rule is one gallon of water per person per day. Children, nursing mothers, sick people and anyone in a hot climate need more, and pets need their own water.

Line	Fill in
A. Number of people in the house	
B. Number of days I'm planning for	
C. Gallons of water needed (A times B)	
D. Gallons I have now	
E. Gallons still to get (C minus D)	
F. Pets: water and food for how many days?	

Stored item	Amount	Date bought	Use or replace by

Water you bottle yourself should be replaced every six months. Store-bought bottled water should stay sealed in its original container in a cool, dark place.

Form 8: Home Kit Checklist

This is the Ready.gov basic kit plus the extra items Ready.gov suggests. See Chapter 5 of USA Survival Guide.

Basic kit

- ☐ Water: one gallon per person per day for several days
- ☐ Food: at least a several-day supply of non-perishable food
- ☐ Battery-powered or hand-crank radio and a NOAA Weather Radio with tone alert
- ☐ Flashlight and extra batteries
- ☐ First aid kit
- ☐ Whistle to signal for help
- ☐ Dust mask
- ☐ Plastic sheeting, scissors and duct tape
- ☐ Moist towelettes, garbage bags and plastic ties
- ☐ Wrench or pliers to turn off utilities
- ☐ Manual can opener
- ☐ Local maps
- ☐ Cell phone with chargers and a backup battery

Extra items to consider

- ☐ Soap, hand sanitizer and disinfecting wipes
- ☐ Prescription medicines
- ☐ Non-prescription medicines (pain relievers, anti-diarrhea medicine, antacids, laxatives)
- ☐ Prescription glasses and contact lens solution
- ☐ Infant formula, bottles, diapers, wipes and diaper rash cream
- ☐ Pet food and extra water for pets
- ☐ Cash in small bills
- ☐ Copies of important family documents (insurance, ID, bank records)
- ☐ Sleeping bag or warm blanket for each person
- ☐ Change of clothes for your climate and sturdy shoes
- ☐ Fire extinguisher
- ☐ Matches in a waterproof container
- ☐ Feminine supplies and personal hygiene items
- ☐ Mess kits, paper cups, plates, paper towels and plastic utensils
- ☐ Paper and pencil
- ☐ Books, games or puzzles for kids

Form 9: Go-Bag Checklist

One bag per person. See Chapter 5 of USA Survival Guide.

- ☐ A few bottles of water
- ☐ Light, no-cook snacks and bars
- ☐ Prescription medicines, with a list of names and doses
- ☐ Flashlight and batteries
- ☐ Phone charger and backup battery, charged
- ☐ First aid basics
- ☐ Copies of documents in a waterproof bag
- ☐ Cash in small bills
- ☐ Change of clothes, sturdy shoes and a rain jacket
- ☐ Toothbrush, toothpaste, soap and feminine supplies
- ☐ Glasses and contact lens supplies
- ☐ Whistle and dust mask
- ☐ Comfort item for kids
- ☐ Wallet contact card (Form 3)

Form 10: Car Kit Checklist

See Chapters 5 and 25 of USA Survival Guide. The first list is Ready.gov's car kit. The second is from the National Weather Service's winter car kit.

Every car

- ☐ Jumper cables
- ☐ Flares or a reflective triangle
- ☐ Ice scraper
- ☐ Car cell phone charger
- ☐ Blanket
- ☐ Map
- ☐ Cat litter or sand for tire traction

Add for winter

- ☐ Flashlights and extra batteries
- ☐ First aid kit, and essential medicines carried with you
- ☐ Baby gear and any special medical supplies
- ☐ Non-perishable food (canned food and a can opener, dry cereal, nuts, energy bars)
- ☐ Water

- ☐ Basic toolkit (pliers, wrench, screwdriver)
- ☐ Pet food and water
- ☐ Battery-powered or hand-crank radio
- ☐ Shovel
- ☐ Gloves, hat, sturdy boots, jacket and an extra change of cold-weather clothes
- ☐ Body, hand and foot warmers
- ☐ Blankets or sleeping bags
- ☐ Charged cell phone

Form 11: Pet Information

See Chapter 5 of USA Survival Guide. One section per pet.

Item	Pet 1	Pet 2
Name and type of animal		
Breed, color and markings		
Microchip number and chip company phone		
Medicines and doses		
Food and feeding schedule		
Veterinarian and phone		
Rabies tag number		
Photo of pet stored where?		

Form 11: Pet Information (more pets)

Item	Pet 3	Pet 4
Name and type of animal		
Breed, color and markings		
Microchip number and chip company phone		
Medicines and doses		
Food and feeding schedule		
Veterinarian and phone		
Rabies tag number		
Photo of pet stored where?		

Form 12: Kit Check Log

Check your kits twice a year, when you replace water you bottled yourself, and swap out anything expired.

Date checked	Kit	What I replaced or added	Checked by

Form 13: Before We Leave (Evacuation Checklist)

See Chapter 7 of USA Survival Guide. Do only what time allows. If officials say leave now, leave.

- ☐ Leave when officials tell you to, or sooner if you feel unsafe
- ☐ Grab go-bags, medicines and pets (carriers, leashes, pet food)
- ☐ Unplug appliances if you have time
- ☐ Turn off utilities only if officials tell you to
- ☐ Lock doors and windows
- ☐ Tell your out-of-area contact you're leaving and where you're headed
- ☐ Use the routes officials name, not shortcuts
- ☐ Never drive through floodwater

Where we went, and when (leave a copy for your out-of-area contact):

Form 14: After the Disaster: Damage and Claims Log

See Chapter 26 of USA Survival Guide. Take photos and video before you clean up or throw anything away, unless something is a safety hazard.

Item	Details
Date of the disaster	
Insurance claim number	
Adjuster name and phone	
FEMA registration number (if you applied)	
Where we're staying now and phone	

Date	Room or item	Damage	Photo taken?	Estimated cost

Date	Who I talked to (company or agency)	What they said or promised

Yearly Review and Notes

Pick one date each year and use this page to walk through the whole planner. Ready.gov suggests rethinking your needs every year and updating your kit as your family changes. A birthday, New Year's Day, or the start of hurricane or wildfire season all make good reminders.

Yearly review checklist

- ☐ Update phone numbers on the Family Emergency Plan and Emergency Contacts
- ☐ Make new wallet cards if anything changed
- ☐ Update each Medical and Medication List
- ☐ Check stored water and replace any you bottled yourself (every six months)
- ☐ Check food dates and use or replace what's close to expiring
- ☐ Replace batteries in flashlights and radios, and charge power banks
- ☐ Test smoke alarms and carbon monoxide alarms (and keep testing them monthly)
- ☐ Review insurance policies and update the Home Information Sheet
- ☐ Practice your home fire escape plan (twice a year is best) and walk through your evacuation routes
- ☐ Check that your local alert sign-up still works
- ☐ Update pet records and photos

Year	Date reviewed	Reviewed by	Changes made

Notes

Sources

These are the official pages behind the facts in these pages, checked in October 2026. The full list, chapter by chapter, is in USA Survival Guide.

CDC, How to Make Water Safe in an Emergency: boiling and bleach. https://www.cdc.gov/water-emergency/about/index.html

U.S. Environmental Protection Agency (EPA), Emergency Disinfection of Drinking Water: bleach amounts by strength. https://www.epa.gov/ground-water-and-drinking-water/emergency-disinfection-drinking-water

Ready.gov, Build a Kit: one gallon per person per day for several days. https://www.ready.gov/kit

CDC, Emergency Water Supply: two-week supply if possible. https://www.cdc.gov/water-emergency/about/how-to-create-and-store-an-emergency-water-supply.html

FoodSafety.gov: refrigerator and freezer times. https://www.foodsafety.gov/blog/three-ways-keep-food-safe-when-you-lose-power

CDC, Use a Generator Safely. https://www.cdc.gov/natural-disasters/psa-toolkit/use-a-generator-safely.html

American Red Cross, Power Outage Safety: downed lines. https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/power-outage.html

National Weather Service: floodwater depths, Turn Around Don't Drown. https://www.weather.gov/ohx/flooding

HRSA, Calling Poison Help. https://poisonhelp.hrsa.gov/faq/calling-poison-help

SAMHSA, Disaster Distress Helpline. https://www.samhsa.gov/find-help/helplines/disaster-distress-helpline

988 Suicide and Crisis Lifeline. https://988lifeline.org/

DisasterAssistance.gov FAQs: FEMA Helpline. https://www.disasterassistance.gov/help/faqs

211. https://211.org/

National Weather Service: lightning safety. https://www.weather.gov/safety/lightning-safety-overview

Earthquake Country Alliance: Drop, Cover, and Hold On. https://www.earthquakecountry.org/dropcoverholdon/

National Weather Service: tsunami natural warning signs. https://www.weather.gov/wrn/tsunami-sm

Earthquake Country Alliance: gas safety. https://www.earthquakecountry.org/step1/gassafety/

American Heart Association, How to Perform CPR: Hands-Only CPR, 100 to 120 a minute, continue until help or the AED arrives. https://www.heart.org/-/media/Files/Nation-of-Lifesavers/How-to-Perform-CPR-Infographic.pdf

U.S. Consumer Product Safety Commission, Carbon Monoxide Questions and Answers: if a CO alarm sounds, get outside and call 911. https://www.cpsc.gov/Safety-Education/Safety-Education-Centers/Carbon-Monoxide-Information-Center/Carbon-Monoxide-Questions-and-Answers

CDC: Get Inside, Stay Inside, Stay Tuned. https://www.cdc.gov/radiation-emergencies/features/be-ready.html

Ready.gov, Attacks in Crowded and Public Spaces: Run, Hide, Fight. https://www.ready.gov/terrorism

National Weather Service: watch, warning and advisory definitions. https://www.weather.gov/okx/wwa_definitions

Ready.gov, Water: one gallon per person per day; more for children, nursing mothers, sick people and hot climates; keep bottled water sealed in a cool, dark place; replace other stored water every six months. https://www.ready.gov/water

Ready.gov, Car Safety: car kit items. https://www.ready.gov/car

National Weather Service, Before Extreme Cold: winter car kit items. https://www.weather.gov/safety/cold-before

Ready.gov, Home Fires: practice your escape plan. https://www.ready.gov/home-fires

About This Book

This planner is the fill-in companion to USA Survival Guide. It gives your household one place to write down who to call, where to meet, what medicines everyone needs, and where the important papers are. Start with the quick reference page, fill in the household forms, use the checklists, and come back to the yearly review page once a year.

Fill it in while things are calm, keep a copy in your kit, and make sure everyone in the house knows where it is.