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FREE SAMPLE

Family Emergency Binder

Three real pages to start tonight:

Emergency contacts · Evacuation plan · Go-bag checklist

Print them, fill them in, stick them in a cupboard.

Nothing here is a teaser — these are the pages,
exactly as they appear in the full binder.

The full 35-page binder + Document & Home Inventory spreadsheet

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Emergency contacts

The page to photograph and keep on your phone

1 • LEAVING

Household:

Last reviewed:

Who	Relationship / role	Phone	Second phone

Fill in doctor, dentist, vet, insurance, landlord or property manager, power company, water company, a neighbour with a key, and the two people you'd want called first. Put your address at the top if a babysitter or carer will ever use this page.

This is 1 of 35 pages — the full binder adds go-bags for kids and pets, utility shut-offs, insurance & document registers and a home inventory spreadsheet.

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Our evacuation plan

Two ways out of every room, and where we meet

Household:

Date:

Meeting point — near home

- Somewhere just outside, in sight of the house:
- _____
- _____

Meeting point — out of the area

- If we can't get home or the area is closed:
- _____
- _____

Room	Way out #1	Way out #2	Who helps whom

Practise it once. Walk the route in the dark with the family. The plan that has never been walked is the one that fails.

Go-bag — adults

72 hours, one bag per adult, by the door

1 • LEAVING

Bag belongs to:

Packed / checked:

 Water 3 litres ☐	 Food 3 days, no-cook ☐	 Torch + spare batteries ☐	 Radio battery or wind-up ☐	 First-aid kit ☐
 Medication 7 days + list ☐	 Power bank + cables ☐	 Cash small notes ☐	 Document copies in a zip bag ☐	 Spare keys house + car ☐
 Wash kit + sanitiser ☐	 Toothbrush + paste ☐	 Change of clothes ☐	 Sturdy shoes + socks ☐	 Blanket or sleeping bag ☐
 Spare glasses ☐	 N95 masks ☐	 Whistle ☐	 Paper map + this binder ☐	 Phone + charger ☐

Check it twice a year when you review the binder — batteries die, medication expires, and children outgrow the clothes you packed. Write the date on the bag, not just in here.

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