FAMILY EMERGENCY PLAN WITH KIDS · PRINTABLE TRACKER

7 Nights to a Family Plan

One job a night. Tick it, write the date, stick this on the fridge.

1. **Night 1: Meeting places**
   One spot right outside the house, one outside the neighborhood. Walk to both.
   ☐ Done on _____

2. **Night 2: One contact far away**
   Choose an out-of-area contact everyone checks in with. Send a test text.
   ☐ Done on _____

3. **Night 3: Two ways out**
   Draw the floor plan with two ways out of every room. Test the smoke alarms.
   ☐ Done on _____

4. **Night 4: A card per person**
   Who to call first, allergies, medicines. On paper or in an app.
   ☐ Done on _____

5. **Night 5: The kit**
   Water (1 gallon per person per day), food, radio, flashlight, first aid, batteries.
   ☐ Done on _____

6. **Night 6: Lights out**
   An hour by flashlight. Talk about the fridge and the meeting spots.
   ☐ Done on _____

7. **Night 7: The drill**
   Test the alarm, everyone out by a planned route, meet at spot one. Time it.
   ☐ Done on _____

Our plan

Meeting place 1 (right outside): _____

Meeting place 2 (outside the neighborhood): _____

Out-of-area contact (name and number): _____

Our address and nearest cross street: _____

Smoke alarms tested on: _____

Drill time (night 7): _____

Next review date: _____

Sources: Ready.gov (kit, home fires), American Red Cross (make a plan), U.S. Fire Administration (smoke alarms), FCC, CDC. Checked November 2026. General guidance only. Check your local emergency management office for hazards where you live. In an emergency, call your local emergency number.

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