ANA'S FOOD & LIFESTYLE

My Family Emergency Plan

Complete together, keep an offline copy and review when arrangements change.

Our household

Family / household names

Last checked / next review

Home address

People we can contact

Name	Relationship / role	Phone number

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School, nursery or childcare arrangements

Child / children	School / setting	Phone	Authorised collector(s)

Child / children	School / setting	Phone	Authorised collector(s)

Check the setting's collection rules and closure contact arrangements.

Where we meet and who helps us reconnect

Meeting place near home (when safe)

Alternative place away from home

Agreed contact if we cannot reach each other

Their phone number

Who does what? Agree a backup too.

Collect / stay with children	Bring essentials / family bag	Check updates / contact relatives

Write the main adult and backup in each box. Follow official instructions.

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My Family Emergency Plan

Children's needs, comfort items and the essentials adults organise.

Child 1 - needs and familiar comforts

Name

Age

Allergies / medication / feeding or care needs

Communication / sensory / mobility support

Comfort items / familiar activities

Care contact / essential equipment

Child 2 - needs and familiar comforts

Name

Age

Allergies / medication / feeding or care needs

Communication / sensory / mobility support

Comfort items / familiar activities

Care contact / essential equipment

For more children, print another copy of this page.

Adult packing check - adapt to your family

- ☐ Essential medication / care supplies
- ☐ Drinking water
- ☐ Comfort items and a quiet activity
- ☐ Phone, charger and power bank
- ☐ Feeding supplies and familiar food
- ☐ Spare clothes / nappies / toiletries
- ☐ Contacts and essential documents
- ☐ Torch and any essential equipment

Adults carry the essentials. Children can choose light personal items.

Other arrangements we need to remember

Pets, transport, access needs, safe destination or backup arrangements

If told to evacuate, follow instructions and do not delay to finish packing.