ALLORNOTHINGHQ

Emergency Starter Pages

Four free pages to print today: contacts, emergency plan, go-bag list and a leave-or-stay checklist. From the Emergency and Life Admin Binder by ALLORNOTHINGHQ.

Planning tool. Not legal, financial, medical or emergency-services advice. Never write passwords, PINs or full account numbers on these pages.

How to use these pages

Print the pages and put them in a 3-ring binder or a folder. The left margin is wider for punching. Fill them in with pencil or pen, and check them again once a year. Keep one copy at home in a safe, private place and tell one trusted person where it is.

What to keep out of these pages

Never write passwords, PINs, security answers, full card or account numbers, or Social Security or other government ID numbers on these pages. If it is lost or stolen, someone could misuse them. Instead write **where** the information is (for example “in my password manager” or “in the safe, folder 2”) and **who** can reach it.

How the pages work

- [ ] Fill in **Contacts** first and keep one printed copy in your go-bag and one at home.
- [ ] Decide the **Emergency plan** together with everyone in the household.
- [ ] Use the **Go-bag and supplies** list as a starting point and adjust it for your household and area.
- [ ] Read **If you need to leave, or stay in** now, so you are not deciding in a hurry.

Important. This is a planning and organizing tool. It is not legal, financial, medical, tax or emergency-services advice. For wills, powers of attorney and other legal documents, talk to a licensed attorney. In an emergency, contact your local emergency services and follow official guidance from your local emergency agency. Names of programs and numbers differ by country and change over time: check them yourself.

Contacts

Write the numbers down. Phones can be lost or dead.

Who	Name	Phone	Another number	Notes
Local emergency services				
Out-of-area contact				
Close family 1				
Close family 2				
Close friend or neighbor				
Neighbor with a key				
Doctor				
Dentist				
Pharmacy				
Vet				
Employer or school				
Landlord or building manager				
Insurance claims line				
Utility emergency lines				
Plumber or electrician				
Locksmith				
Mechanic or roadside help				
Other				

Emergency plan

Decide this together before you need it. Check your local emergency agency's guidance for your area.

Where we meet

If we cannot get home, we meet at _____

If the neighborhood is not safe, we meet at _____

Out-of-area contact everyone calls or messages _____

Who picks up the children or other dependents _____

Who looks after the pets _____

Ways out of the home

Exit route 1 _____

Exit route 2 _____

Where the household checks in after leaving _____

Our communication plan

- [ ] Everyone knows the out-of-area contact
- [ ] Everyone has the contact list (these pages or a card)
- [ ] Phones and power banks are charged in a regular place
- [ ] Children know their parents' numbers
- [ ] We know how to get local alerts and official updates

Special needs and notes (mobility, medical equipment, language, pets)

Go-bag and supplies

A starting list. Adjust it for your household and your area. Check official guidance for amounts.

Water, food and health

- [ ] Drinking water for everyone, enough for several days
- [ ] Non-perishable food and a manual can opener
- [ ] Baby, pet or special-diet food
- [ ] First aid kit
- [ ] Prescription medicines and a list of them
- [ ] Glasses, contact lenses or hearing aid supplies
- [ ] Hygiene items and masks

Documents and money

- [ ] Copies of ID, insurance and key documents in a waterproof bag
- [ ] Copy of this contact list
- [ ] Cash in small bills
- [ ] Spare house and car keys
- [ ] Map of your area
- [ ] A USB drive with scanned documents (keep it protected)

Car kit

- [ ] Jumper cables and a flashlight
- [ ] Water and snacks
- [ ] Blanket and warm clothes
- [ ] First aid kit
- [ ] Phone charger
- [ ] Ice scraper or sun shade if relevant

Light, power and tools

- [ ] Flashlights and spare batteries
- [ ] Battery or hand-crank radio
- [ ] Phone chargers and power banks
- [ ] Multi-tool
- [ ] Whistle
- [ ] Duct tape and basic repair items
- [ ] Matches or a lighter in a waterproof case

Clothing and comfort

- [ ] Change of clothes and sturdy shoes
- [ ] Warm layer and blanket
- [ ] Rain gear
- [ ] Items for children or pets
- [ ] Something to read or play
- [ ] Sunscreen and bug spray if relevant

My own items

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

If you need to leave, or stay in

A checklist to read now so you are not deciding in a hurry. Always follow instructions from local officials.

Before you leave

- [ ] Listen to local officials and follow their instructions
- [ ] Take the go-bag, medicines, phone and chargers
- [ ] Take pets, with their food and carriers
- [ ] Take copies of key documents
- [ ] Turn off utilities only if you know how and are told to
- [ ] Lock up and take your keys
- [ ] Tell your out-of-area contact where you are going
- [ ] Leave a note if safe and sensible

If you stay in

- [ ] Stay informed through official channels
- [ ] Move to the safest room you identified
- [ ] Keep water, food, light and chargers within reach
- [ ] Keep pets with you
- [ ] Check on neighbors who may need help, if it is safe
- [ ] Do not use a generator or grill indoors
- [ ] Keep the phone line free for emergencies
- [ ] Write down what you used so you can restock

Want the whole binder?

These four pages are a free sample of the **Emergency and Life Admin Binder** by ALLORNOTHINGHQ. The full binder adds:

- [ ] Household, pets and home shut-off notes
- [ ] Important documents, financial accounts overview and insurance pages
- [ ] Medical information (one page per person), home, warranties and vehicles
- [ ] Subscriptions and recurring payments, and a digital life page
- [ ] An “If something happens to me” page, an annual review and key dates
- [ ] An Excel tracker that flags expiring documents and upcoming renewals
- [ ] Both US Letter and A4 sizes in one download

Privacy first. Every page asks where things are kept and who can reach them. None asks for passwords, PINs or full account numbers. This is a planning and organizing tool, not legal, financial, medical or emergency-services advice. In an emergency, contact your local emergency services and follow guidance from your local emergency agency.