Family Emergency Contact Sheet

Fill it in once. Keep one on the fridge and one in every go-bag.

Name	Relationship	Phone	Allergies / medical notes	Meeting place

How to use it

- Include one contact who lives out of the area. Long-distance calls often connect when local lines are busy.
- Agree two meeting places: one near home, one outside your neighborhood.
- Review it twice a year, when the clocks change.



Family Ready, free on the App Store. Scan the code to get it.

Family Ready builds a free offline Emergency Card on your iPhone and a household plan at your own pace.