Your first day

If utilities and deliveries stop, work through these four checks with your household.

1. Check everyone

Account for everyone and check who needs help.

2. Count supplies

List drinking water, ready-to-eat food, regular medicines and lighting. Note what will run out first.

3. Agree how to stay in touch

Pick a nearby meeting point and agree when to check in if phones stop working.

4. Review your fallback

Confirm where you have arranged to stay and keep your paper map somewhere everyone can find it.

If we can’t stay home

Use this worksheet alongside your paper map. Mark your routes and meeting points, and keep the filled-in sheet private.

Main walking route

Backup route and when to switch

Meeting points and how long to wait

Agreed place to stay