



P2S Network Family Disaster Preparedness Plan

Creating a family disaster preparedness plan is essential to ensure that everyone knows what to do, where to go, and how to stay safe during emergencies like natural disasters, power outages, or other crises.

Here's a step-by-step guide to help you build a solid plan, tailored for families and individuals, here in the UK.

Please share with your friends and family members.

Allan Founder of the P2S Network



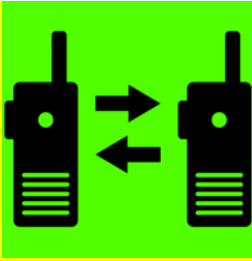
Step 1

Identify potential Risks in your area

✓ *As applicable:*

[✓]

- Flooding. []
- Storms & high winds. []
- Heatwaves. []
- Heavy snowfall & ice. []
- Power outages. []
- Utility failures (water, gas). []
- House Fire. []
- Wildfires (in rural/moorland areas). []
- Chemical spills (if near industrial areas). []
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Step 2

Create a Communication Plan

Make sure all family members know how to contact each other:

- Emergency Contacts: List local and out-of-town contacts.
- Communication Tools: Mobile phones, family group chat, walkie-talkies.
- Meeting Points (Emergency rendezvous point).
- Near-home (e.g., a family or neighbour's house).
- Out-of-neighbourhood (e.g., a community centre or family members house).



Step 3

Build Emergency Kits

Prepare kits for home, car, and work that may include:

- Water (2 litres per person/day) and the means to make water safe (e.g., purification tablets and/or water filter).
- Non-perishable food that can be eaten cold.
- Torch/headlight and extra batteries.
- First aid kit.
- Medications and prescriptions.
- Important documents (ID's, NHS numbers, insurance documentation, National Insurance numbers, copy of prescriptions etc.)
- Cash (small notes and coins).
- Hygiene supplies (toilet paper, soap, hand sanitiser, feminine hygiene products).
- Mobile phone charger or power bank with leads.
- Waterproof and warm clothing.
- Broken in suitable footwear.
- Battery powered AM/FM radio.
- Face coverings, safety glasses and gloves.
- Multi-tool or Swiss Army knife with a non locking blade and a cutting edge of less than 3 inches.
- Sleeping bags and sleep mats.
- Tarp, tent or poncho.
- Lighter.
- Small stove and fuel.
- Metal mug or billy can.
- KFS or Spork.
- Cordage.
- Whistle.

- Map & Compass.
- Note pad and pencil.
- Copies of this family emergency plan (printed).
- Basic supplies for pets (if applicable), such as bowls, leads, food, medication and carrier.

For your *shelter at home* kit additional quantities and items are required:

- Minimum water requirement, per person, is 3 litres per day. (Don't forget pet requirements).
- Minimum of 7+ days worth of non-perishable food.
- LED lanterns for lighting and extra batteries.
- Small gas stove, lighter and spare gas for cooking.
- Plastic sheeting, Gorilla tape and assorted screws/nails for repairing damaged doors or windows.
- Sandbags if your property is prone to flood.

This list is not exhaustive and should be tailored for your individual needs and purpose.



Know your routes.

- Identify and practise multiple safe exit routes from your home and neighbourhood in case roads are blocked.
- Keep maps of your area in case GPS fails.

Transportation plan.

- Plan how you'll evacuate with all household members, including pets, elderly relatives, and anyone with mobility needs.
- Keep a full tank of fuel if you drive, or know the location of nearby bus/train routes that may operate in emergencies.

Designated Rest Centres.

- Find out which locations your local council has identified as emergency rest centres, and whether they accept pets or provide medical support.

Other Locations.

- Record the address and contact details for any other location that you may use in the event of having to evacuate.

This may be.

- Friends or family members homes.
- Hotels.
- Camp sites.

Evac Pack location.

- Ensure everyone knows where emergency Evac Packs are stored.

Neighbour support.

- Arrange mutual aid with nearby neighbours who may need or offer help in an evacuation, especially vulnerable individuals.

Actions to be taken.

- Wear suitable clothes for the time of year and grab your Evac Pack.
- Just before leaving, and if safe to do so - Leave a note taped to the Fridge door saying when you evacuated and where you are headed. This will aid any family member who wasn't present when you evacuated and may aid the emergency services if they enter your property.
- Time permitting - Switch off and unplug electrical equipment such as radios, televisions and small appliances. Leave freezers and refrigerators plugged in unless there is a risk of flooding. (You may only be away for a short period of time and this will save wastage).
- If there is damage to your property shut off mains services before leaving and remember to close windows and secure your property upon exiting.
- Make sure everyone is accounted for.

Isolation Valves & Switches (Utilities)

Electrical – Located @

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Water – Located @

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Gas – Located @

.....

Heating Oil – Located @

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Step 5

Plan for Special Needs

- Consider the specific needs of children, elderly family members, people with disabilities, and pets.
- Prepare individual emergency kits with medications, mobility aids, incontinence supplies, comfort items, or special dietary food.
- Identify shelters or rest centres that can accommodate medical or mobility requirements.
- Ensure backup power is available for essential medical equipment, if needed.
- Keep a list of care routines and medical instructions for carers or emergency personnel.
- Plan for emotional support, especially for children or individuals with cognitive challenges.
- Store extra pet food, leads, carriers, and medical records for animals.

Notes

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Step 6

**Practice
&
Plan**

- Conduct drills (fire, flood, evacuation) at least twice a year.
- Update emergency contacts and supplies annually.
- Make sure children know how and when to call 999.
- Make sure children know their home address and post code. Write the information down and secure it in a prominent location.
- Make sure everyone knows what the Smoke alarm AND Carbon Monoxide alarm sounds like and what they should do if it activates.



Step 7

Stay Informed

Sign up for local emergency alerts from.

- UK Met Office (weather warnings)
- Environment Agency (flood alerts)
- British Red Cross
- Your local council's website
- UK Government Alert System

Listen to BBC Radio or local radio stations on a battery-powered radio for emergency updates.

Local Radio Stations

Station Name	Frequency	AM/FM

“Go in, stay in and tune in” is the standard UK Government advice (unless it's dangerous to stay in your current location).

- In the event of a Nationwide Incident the nominated stations for transmitting information to the public is BBC radio 2 & 4.
- In advance, mark these two stations on the dial of your battery operated radio with a Sharpie pen.

BBC Radio broadcasts throughout the UK on analogue, DAB digital Radio, digital television and online. Our stations available on analogue are listed below with the frequencies where you can find them.

National networks

Nations

Local stations

Networks



97-99 FM



88-91 FM



90-93 FM



92-95 FM, 103-105 FM (with local variations for Scotland, Wales and Northern Ireland)

For Long Wave and Medium Wave frequencies, see below.



909/693 MW



BBC Asian Network is available on Medium Wave in the following locations:

East Midlands - 837 MW, **West Midlands** - 1458/828 MW,

Derbyshire - 1116 MW (7pm-1am), **Peterborough/North Cambridgeshire** - 1449 MW

Radio 4 is also available on Long Wave at 198 LW and on Medium Wave in the following locations:

Aberdeen - 1449 MW

Belfast - 720 MW

Carlisle - 1485 MW

Cornwall - 756 MW

Enniskillen - 774 MW

London - 720 MW

Londonderry - 720 MW

Newcastle - 603 MW

Plymouth - 774 MW

Nations

BBC Radio Scotland - 92-95 FM, 810 MW

Radio nan Gàidheal - 103-105 FM

Radio Ulster - 92-95 FM, 1341 MW

Radio Foyle – 93.1 FM, 792 MW

Radio Wales - 93-104 FM, 657 MW, 882 MW

Radio Cymru - 92-105 FM

Local

North East & Cumbria

BBC Radio Cumbria - 95.2 FM, 95.6 FM, 96.1 FM, 104.1 FM, 104.2 FM, 756 MW, 837 MW, 1458 MW

BBC Newcastle – 95.4 FM, 96 FM, 103.7 FM, 104.4 FM, 1458 MW

BBC Tees – 95 FM

North West

BBC Radio Lancashire – 95.5 FM, 103.9 FM, 104.5 FM, 855 MW, 1557 MW

BBC Radio Merseyside – 95.8 FM, 1485 MW

BBC Radio Manchester – 95.1 FM

Yorkshire

BBC Radio Leeds – 92.4 FM, 95.3 FM, 774 MW

BBC Radio Sheffield – 88.6 FM, 104.1 FM

BBC Radio York – 95.5 FM, 103.7 FM, 104.3FM, 666 MW, 1260 MW

East Yorks & Lincs

BBC Radio Humberside – 95.9 FM, 1485 MW

BBC Lincolnshire – 94.9 FM, 104.7 FM

East Midlands

BBC Radio Nottingham – 95.1 FM, 95.5 FM, 103.8 FM, 1584 MW

BBC Radio Leicester – 104.9 FM

BBC Radio Derby – 95.3 FM, 96 FM, 104.5 FM

West Midlands

BBC Radio Stoke – 94.6 FM, 104.1 FM

BBC Radio Shropshire – 90 FM, 95 FM, 96 FM, 104.1 FM

BBC WM – 95.6 FM

BBC Coventry & Warwickshire – 94.8 FM, 103.7 FM

BBC Hereford & Worcester – 104 FM, 94.7 FM

East

BBC Radio Northampton – 104.2 FM, 103.6 FM

BBC Three Counties Radio – 95.5 FM, 103.8 FM, 104.5 FM

BBC Radio Cambridgeshire – 95.7 FM, 96.0 FM

BBC Radio Norfolk – 95.1 FM, 95.6 FM, 104.4 FM

BBC Radio Suffolk – 95.5 FM, 95.9 FM, 103.9 FM, 104.6 FM

BBC Essex – 95.3 FM, 103.5 FM

London

BBC London – 94.9 FM

South East

BBC Radio Kent – 96.7 FM, 104.2 FM

BBC Sussex – 95.3 FM, 104.5 FM, 104.8 FM

BBC Surrey – 104 FM, 104.6 FM

South

BBC Radio Berkshire – 95.4 FM, 104.1 FM

BBC Radio Oxford – 95.2 FM

BBC Radio Solent – 96.1 FM, 103.8 FM

West

BBC Radio Gloucestershire – 95 FM, 95.8 FM, 104.7 FM, 1413 MW

BBC Wiltshire – 103.5 FM, 103.6 FM, 104.3 FM, 104.9 FM

BBC Radio Bristol – 94.9 FM, 104.6 FM

BBC Somerset – 95.5 FM, 1566 MW

South West

BBC Radio Devon – 96 FM, 94.8 FM, 95.7 FM, 95.8 FM, 103.4 FM, 104.3 FM

BBC Radio Cornwall – 95.2 FM, 103.9 FM

BBC Guernsey – 93.2 FM, 99 FM, 1116 MW

BBC Jersey – 88.8 FM, 1026 MW



Step 8

**Tools you can
use**

- British Red Cross Emergency App
- Environment Agency Flood Alerts
- UK Met Office Weather Alerts
- What3Words App
- CitizenAid App
- Google Maps
- Google Earth
- Government Emergency Alerts

Additional Resources



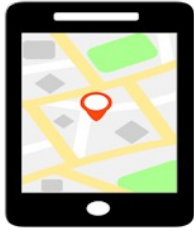
P2S (Prepared 2 Survive) Network Community Forums – online since 2009. Private – Free to join Forum for Disaster Preparedness, Survival and Self Reliance discussion.

<https://p2snetwork.co.uk>



The P2S Network YouTube channel for promoting all things relating to Disaster Preparedness AKA Prepping; and Survival.

<https://www.youtube.com/@p2snetwork>



Evacuation Locations (ERV's)

Name	Address	Telephone	Email
ERV1	w3w:		
ERV2	w3w:		
ERV3	w3w:		
ERV4	w3w:		
ERV5	w3w:		
ERV6	w3w:		

w3w: - What3Words location

- Choose locations at varying distances that you can realistically reach.
- Choose locations that are in different cardinal directions from your home as disasters can occur anywhere.



**Emergency
Contacts**

Type	Telephone
Emergency (Police/Fire/Ambulance/Coastguard)	999
Non Emergency Police	101
NHS 111	111
Doctor (GP)	
Hospital (with A&E)	
Pharmacy	
Private Medical	Policy #
Dentist	
Vet	
Optician	
Childminder	
Mechanic	
Vehicle Breakdown	Policy #
Electricity	
Gas	
Water	
Heating Oil	
Sewage	
Plumber	
Electrician	
Locksmith	
Emergency Glazier	
Phone/ISP	Acc #
Phone/ISP	Acc #

Contents Insurance	Policy #
Buildings Insurance	Policy #
Car Insurance	Policy #
Car Insurance	Policy #
Bank	Acc #
Bank	Acc #
Credit Card	Acc #
Credit Card	Acc #
Alarm	Acc #
<i>Custom</i>	
<i>Custom</i>	



**Household
Contacts**

Name	Mobile	Work/School Address	Telephone
1			

Name	Mobile	Work/School Address	Telephone
2			

Name	Mobile	Work/School Address	Telephone
3			

Name	Mobile	Work/School Address	Telephone
4			

Name	Mobile	Work/School Address	Telephone
5			

Name	Mobile	Work/School Address	Telephone
6			

Non Residential (Family/Friends)

Name	Mobile	Address	Telephone

Name	Mobile	Address	Telephone

Name	Mobile	Address	Telephone

Name	Mobile	Address	Telephone

Name	Mobile	Address	Telephone

Name	Mobile	Address	Telephone

Name	Mobile	Address	Telephone

Name	Mobile	Address	Telephone

Name	Mobile	Address	Telephone



Private & Confidential
(once completed)

Name	DoB	NI #	NHS #	M/F
Allergies YES / NO (Circle as app) If YES explain				
Prescribed medication YES / NO (Circle as app) If YES list				
Known medical history				

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Known medical history				

*Remember to add I.C.E (In Case of Emergency) details
to all mobile telephones.*

For information on how to do this visit: <https://tinyurl.com/45z3bu75>



Checklist – Remember to include copies of the following documentation.

✓ *As applicable:* [✓]

- Drivers License []
- Birth Certificates []
- Wedding Certificate (if app) []
- Council Tax Bill (proof of address) []
- Vehicle Log Book []
- Copy of Insurance Policies []
- Copy of Medical Prescriptions []
- Passports []
- Pet Passport (if app) []
- Pet Inoculation Certificate (if app) []
- Pet Medical Prescription (if app) []
- Pet Insurance Policy (if app) []
- “Who I am” Card(s) for your young children []
- []
- []
- []
- []
- []
- []
- []
- []
- []
- []
- []
- []

This plan was completed on: _____/_____/_____

Renewal date: _____/_____/_____

(Renewal date should not be greater than 12 months from initial completion)

<<<END OF FAMILY DISASTER PREPAREDNESS PLAN>>>