HOUSEHOLD BLACKOUT PLAN

Everything your household needs to stay in touch and informed when phones and internet go down. Fill it in, print two copies and keep one in your emergency kit.

01 Print contacts, medical info and school pickup plans

- [ ] Phone numbers for every household member
- [ ] Doctors, medications and allergies
- [ ] School / daycare pickup rules and authorized adults

02 Pick an out-of-area contact

Name _____

Phone _____

- [ ] Everyone knows to text this person first

03 Agree on two meeting places

1. Near home _____

2. Outside the neighborhood _____

04 Set a no-network check-in routine

Check-in times (e.g. every 3 hours) _____

Where / how (meeting place, note on door, radio channel) _____

05 Store a radio, batteries and power banks

- [ ] Battery or hand-crank AM/FM / NOAA Weather Radio
- [ ] Spare batteries
- [ ] Charged power banks and cables

06 Download offline maps and key documents

- [ ] Offline maps of your area on every phone
- [ ] Paper map with routes to both meeting places
- [ ] Copies of IDs, insurance and prescriptions

07 Keep 72 hours of water, food and medication

- [ ] 1 gallon of water per person per day
- [ ] Non-perishable food and a manual can opener
- [ ] Medications, flashlight, first-aid kit

08 Run a 24-hour drill and update the plan

Last drill date _____

What to fix next time _____

Practice a 24-hour communications drill and update the plan after each run. Try the free Communication Blackout Simulator at mirasafety.com/pages/communication-blackout-simulator.

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HOUSEHOLD CONTACTS

Name	Phone	Medical notes / medications	School / work

OUT-OF-AREA CONTACT & EMERGENCY NUMBERS

Who	Phone
Out-of-area contact	
Doctor / pediatrician	
Utility company (outages)	
Neighbor	
Local non-emergency line	

MEETING PLACES & RADIO

	Details
Meeting place 1 (near home)	
Meeting place 2 (outside neighborhood)	
Local news / emergency radio stations	
NOAA Weather Radio frequency	

When the network is down: keep calls short, try text first, listen to battery radio for official updates and go to your agreed meeting place at the agreed time.

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