

P.L.A.N. Advice

Take a few simple steps to prepare for emergencies. Planning ahead could keep you and your family safe.

You simply need to P.L.A.N.

P = Prepare

Understanding how an emergency might affect you and your family will help you to prepare.

Ask yourself the following questions:

Is my home at risk from local hazards?

Do you live near a river, a train station or an industrial estate? Can you see power lines or a water reservoir from your window? All of these are a potential risk to your family and where possible you should take measures to prepare for an emergency. See our 'What If...' section for more information on potential risks.

What equipment would I need if my neighbourhood was evacuated, or the power and water failed?

Having a supply of essential items at home can keep you safe during an emergency. Check out our list of 'N: Necessary kit' further below.

Have I got alternative routes to get to work?

If you use the London Underground, would you know what bus to catch if your tube line is closed? [Transport for London website](#)

Are my home and contents insured?

Losing your home or your possessions as a result of a disaster can be a very distressing experience. Insurance cover can reduce the pain somewhat by helping you to pay for property repairs and the replacement of lost items. Make sure your property is covered.

Do I know how to turn off the gas, water and electricity to your home

If you're asked to evacuate your property, or if there is structural damage to your home, you may be asked to turn off the utilities. Know where to find the electricity mains, the main gas valve and the water supply.

Does my family know what to do in an emergency?

Discuss how an emergency might affect the family and tell them about any family emergency plan. Think ahead. It is important you consider these issues before an emergency occurs. It may be difficult to organise your family once an emergency starts. Make some simple preparations while you can.

L = Link Up

Making contact with your family could be difficult if the mobile phone network is inundated with calls. Preparing beforehand can help you to stay in contact with your family during an emergency.

Choose two locations

If you are separated from your family and cannot get to your home, having alternative meeting points will help to reunite the family if you can't make contact by phone.

- one location should be relatively close to your home so you can get to it easily in a small emergency
- the other meeting point should be further away from home in case an emergency affects a much wider area

Choose an emergency contact

Choose a friend or relative living outside London who you can phone to tell them you are OK. Keep their number in your mobile under ICE (In Case of Emergency). This person can then pass on messages between you and other family members.

Make sure you can tune into the local radio station to receive updated information on any emergency.

Evacuation checklist

If you have to leave your home:

- listen to the advice of the emergency services
- collect your emergency grab bag (see below) and make sure you have the contents on the checklist
- check you have your keys, wallet and phone
- grab some warm clothing to change into
- make sure you secure your home properly

A = Accommodate

You may not be able to get to your home in an emergency. Make sure you have an alternative place to stay. This could be:

- with your friends and family; these can be the same as your meeting points
- hotels and bed and breakfasts - sometimes your house insurance provides emergency accommodation
- an emergency rest centre - the council may provide basic shelter for those affected by an emergency

You'll need to contact the council to find the nearest emergency rest centre to you.

N = Necessities

Make sure you have the essential kit to survive if you have to stay inside or out of your home:

- prepare a grab bag so you have all the essentials you need if you have to evacuate your home quickly
- keep a supply of tinned food and bottled water as well as your grab bag in case you have to stay in your home
- make preparations for the welfare of your pets. For further advice, see [Royal Society for the Prevention of Cruelty to Animals](#) (RSPCA) and the [National Animal Welfare Trust \(NAWT\)](#)

Emergency grab bag checklist

- torch (with batteries)
- radio marked with frequencies for local stations (with batteries)
- first aid kit
- bottled water/ canned drinks
- mobile phone (with charger)
- money and bank cards
- basic toiletries
- essential medicine
- emergency phone numbers
- identification documents
- home and car keys
- insurance documents