CIVILIAN SURVIVAL HANDBOOK · UK FIELD GUIDE

If Something Hits Tonight

Your UK household plan — who to call, where to meet, and what to do in the first hours. Fill this in before you need it. Keep a copy where people will look.

PLAN PACK · DIGITAL DOWNLOAD · PRINT ON A4 OR FILL IN ON SCREEN
PREPARED, NOT PANICKED. · INDEPENDENT UK PUBLISHER
NOTHING YOU TYPE IS SENT TO US.

IN AN EMERGENCY

Call **999** if you or someone else is in immediate danger. This file is general information to help you organise. It is not official government advice, medical advice, or a prediction. Official pages are listed at the back, with the date we read them.

HOW TO USE THIS FILE

Start with the first hour. Then write down what only your household knows.

Official UK preparedness advice is free, and we link to it. It tells you, in general, what to have and what to think about. It cannot hold your stopcock, your medicines, your school's number, or the neighbour you would check on. That is what this file is for.

You do not have to finish it in one sitting. Official guidance says you can build readiness gradually: see what you already have, note what you still need, pick up missing items on ordinary shops, and set a reminder every six months to check dates and update the kit if your household has changed. (GOV.UK Prepare / Be Ready, read 19 November 2026.)

DO FIRST

Read "The first ten minutes". Fill in Who to call, Shut-offs, Meeting points and Medicines. Print the fridge card and a wallet card. Put a paper copy where people will look if the phones are dead.

THEN, WHEN YOU CAN

Work through the three-day kit against the official list, the grab bag, children, pets, and neighbours. Use the six-month check at the back.

A phone edition of this file is included so you can read it on a screen. Printing is better for the cards and for a copy that still works when the battery is flat. A library or print shop can print it for you.

01 · DO THIS FIRST

The first ten minutes

IF SOMETHING SERIOUS IS HAPPENING NOW

1. If anyone is in immediate danger, call 999.
2. Make sure everyone in the home is accounted for.
3. If official advice or the emergency services tell you to leave, take the grab bag and this plan, and go. If you are told to stay, close windows and doors as that advice requires, and stay inside.
4. Tune in. Use a battery or wind-up FM radio, or official channels when they work. Write radio frequencies on the contacts page so you are not searching in the dark. Do not rely on a phone that may go flat.
5. Use the contacts you wrote on the next pages. Numbers on paper still work when the battery does not.

The exact “stay or go” step depends on the event. Official Be Ready advice is: if the emergency is outside the home, go in, stay in, and tune in; if the emergency is inside the home, get out and stay out. Always follow the instruction you are actually given — including a UK Emergency Alert, which tells you to stop (when it is safe) and follow the instructions in the alert. (GOV.UK Prepare / Be Ready household plan; GOV.UK Emergency Alerts, both read 19 November 2026.)

Then, if it is safe to do so

1. **Power.** If the lights are out, turn to *When the Lights Go Out* if you have it, or use the power-cut notes in this file. Call 105 in England, Scotland and Wales to report a cut. In Northern Ireland the number is 03457 643643.
2. **Water or flood.** If the taps stop, or a flood or weather warning is in force, use those pages. Do not walk or drive through floodwater.
3. **Tell the household the meeting point** written in this plan, in case you are separated.