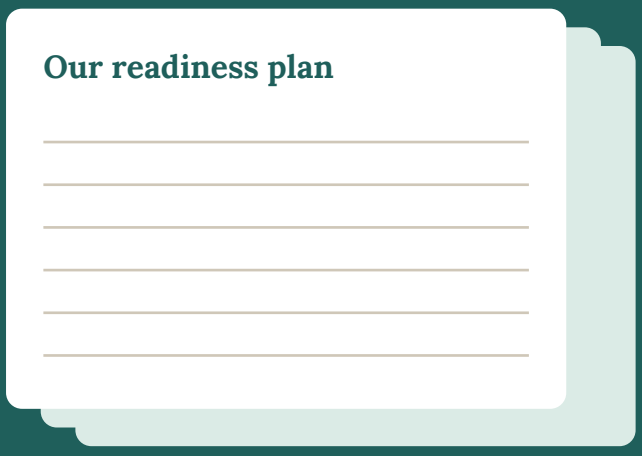
CIVILIAN SURVIVAL HANDBOOK

Crisis & Conflict Readiness Plan

Calm, practical steps based on official UK and European guidance — information, sheltering, cash, family and wellbeing.



13 pages · fillable or printable · UK & Europe · official-source based

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UK & Europe edition

About this edition

A focused plan for one job. Fill it in on screen or print it — one page a sitting is plenty.

What's inside

- What governments actually advise — and what they don't
- Trusted information and spotting false rumours
- Emergency Alerts and warnings
- 'Go in, stay in, tune in' room plan
- Cash and payments if systems are down
- Family abroad, travel and documents
- Talking to children
- Community and wellbeing
- Family reunification cards

If you already own other Civilian Survival Handbook plans

> Shares its two-week supplies thinking with the Extended Disruption Plan, but the pages are different: this plan focuses on information, alerts, sheltering, travel and family. If you own the Extended Disruption Plan, pages 6–7 and 11 here will feel familiar.

Where the facts come from

- GOV.UK Be Ready; Emergency Alerts
- UK National Risk Register 2025
- UKHSA — radiation emergencies ('go in, stay in, tune in')
- EU Preparedness Union Strategy (March 2025)
- Sweden MCF — 'In case of crisis or war'
- NHS — talking to children about the news

General information to help you organise your household — not professional, medical or safety advice. Always follow instructions from the emergency services and official bodies. In an emergency call 999 (UK) or 112 (EU).

What official guidance says

Governments are asking households to be a little more ready — not because an attack is expected, but because being able to manage on your own for a few days frees help for those who need it most.

SOURCE	WHAT IT SAYS
UK Be Ready	Be ready to manage for 3 days
UK National Risk Register	Scenarios, including conflict, are planning tools, not predictions
EU Preparedness Union	Keep essential supplies for at least 72 hours
Sweden	Be able to manage on your own for at least a week
UKHSA	In a radiation emergency: go in, stay in, tune in
UK guidance checked	Does not tell the public to find or build a bunker

Notes