CIVILIAN SURVIVAL HANDBOOK

Extended Disruption Plan

Prepared, not panicked. A fillable plan for when disruption lasts longer than 72 hours — long blackouts, cyber attacks, conflict, severe weather.

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

Prepared, not panicked

If recent news has you worried, you're not alone — and you're not powerless. Governments across the UK and Europe now ask households to be ready to look after themselves for at least 72 hours. This plan takes you further, calmly, at your own pace.

How this plan works

• Start with your Household Emergency Plan Pack (or the free GOV.UK Be Ready plan) for the basics.
• Then use these pages to plan for a longer disruption: two weeks of supplies, information, cash, communication, staying put and leaving.
• Build up gradually. Buying a little extra each week is better than panic buying — and fairer to everyone.
• Follow official instructions first. This plan helps you organise; it doesn't replace what the emergency services tell you.

> Official sources this plan follows: GOV.UK Be Ready (UK), the EU Preparedness Union Strategy, and national guidance such as Sweden's 'In case of crisis or war'. In an emergency, call 999 (UK) or 112 (anywhere in the EU).

Notes

Our information plan

In a long disruption, rumours spread faster than facts. Decide now where you'll get official information — and who checks it.

- [ ] Emergency Alerts left switched on on every phone
- [ ] Battery or wind-up radio, with spare batteries
- [ ] We know our local BBC (or national) radio station
- [ ] Council and government websites bookmarked
- [ ] We don't share anything we haven't checked with an official source

SOURCE	FREQUENCY / ADDRESS	WHO CHECKS IT
Local radio station		
National radio		
Council website		
Government emergency site		
Water company		
Electricity network operator		

Notes