STRATEGIC ACTION & FAMILY / GROUP EMERGENCY PLAN

S.A.F.E. PLAN

BUILDING TRUE RESILIENCE, BEYOND SUPPLIES

ATTACH A RECENT PHOTO OF YOUR HOUSEHOLD OR GROUP
— IT IS HOW RESPONDERS IDENTIFY YOU —

> *"Thank you for taking the first step to lead your household, group, community, or yourself through chaos. Preparedness starts with a plan — this is yours."*
>
> **DREW JENNINGS**
> FOUNDER & CEO, OUTPOST PREPAREDNESS
> U.S. MARINE CORPS, 20 YEARS · RETIRED

This plan is designed for everyone — individuals, families, roommates, friends, caregivers, neighbors, or any group you care about. Adapt it to fit your situation and the people who matter most.

DATE LAST UPDATED _____

SECTION 01

WHO THIS PLAN COVERS

Start here. Everything else in this plan refers back to the people and the address you write on this page.

NAME(S) OR HOUSEHOLD / GROUP NAME

HOME ADDRESS

CITY / STATE / ZIP

NEAREST CROSS STREET

ADDITIONAL NOTES

2. EMERGENCY CONTACTS

Fill in all that apply. The out-of-state contact matters most — local lines fail first, and long-distance often still connects.

OUT-OF-STATE CONTACT — NAME / PHONE

LOCAL EMERGENCY CONTACT — NAME / PHONE

WORK / SCHOOL CONTACTS

MARINE'S NOTE

Make the out-of-state contact a real assignment, not a blank you fill in. In a regional emergency the local lines are saturated, but a call routed three states away often walks straight through.

Pick someone who is reliably reachable and tell them they are the hub. Everyone in the household calls them, and they relay. It costs one phone call to set up.

DREW JENNINGS · USMC, 20 YEARS

SECTION 03

CONTACTS & MEDICAL

DOCTOR / HEALTHCARE PROVIDER

VETERINARIAN

OTHER IMPORTANT CONTACTS

3. MEDICATION & SPECIAL NEEDS

List every critical medication, dosage, allergy and medical need — for people and pets. A responder or a doctor three states away will ask for exactly this.

NAME	MEDICATION / ALLERGY	DOSAGE / INSTRUCTIONS	NOTES

SECTION 04

COMMUNICATION PLAN

If cell service and internet are down, every member of the household follows these steps in order.

- Attempt to reach the **out-of-state contact** first.
- **Text before calling.** Texts use less bandwidth and often go through when calls will not.
- **Leave a S.A.F.E. Breadcrumb note** at home, school, work or any key location before moving on. Put it somewhere it will be seen from the doorway.
- **Tune to local emergency radio** for official updates.
- Follow the check-in and meeting strategy on the next page.

A NOTE COSTS THIRTY SECONDS. It tells the next person where you went, when, and how to reach you — and it is the difference between your people following your trail and your people guessing.

WORTH KNOWING: FEMA's 2023 National Household Survey found only about **ONE IN FIVE** households had *tested* their family communication plan. Having a plan and having tested one are different things — which is what the next page is for.

SOURCE: FEMA, 2023 NATIONAL HOUSEHOLD SURVEY ON DISASTER PREPAREDNESS

OTHER INSTRUCTIONS / NOTES

SECTION 04

CHECK-IN & MEETING STRATEGY

Emergencies happen when you are not together. A written strategy means everyone knows what to do, where to go, and when to wait or move on — even with the phones down.

HOW WILL YOU TRY TO REACH EACH OTHER FIRST?

WHERE WILL YOU LEAVE MESSAGES OR BREADCRUMB NOTES?

HOW LONG WILL YOU WAIT AT EACH RALLY POINT BEFORE MOVING TO THE NEXT?

WHAT IF SOMEONE IS DELAYED OR MISSING?

WHO IS RESPONSIBLE FOR CHILDREN, OLDER ADULTS, PETS OR ANYONE WITH SPECIAL NEEDS?

SPECIAL INSTRUCTIONS — IF HOME IS UNSAFE, IF SOMEONE IS INJURED

SECTION 04

OUR STEP-BY-STEP PLAN

Write it as numbered steps, in the order you would actually do them. Then read it aloud together and have the youngest person repeat it back.

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

REVIEW THIS TOGETHER. Make sure everyone knows where the Breadcrumb notes are kept and how to use them. Update it whenever your household changes.

SECTION 05

RALLY POINTS

Designate at least three, in order. Primary should be close enough to walk to. Tertiary should be far enough away to survive a regional event.

PRIMARY

NAME / PLACE

ADDRESS

MAP REFERENCE OR COORDINATES

SECONDARY

NAME / PLACE

ADDRESS

MAP REFERENCE OR COORDINATES

TERTIARY

NAME / PLACE

ADDRESS

MAP REFERENCE OR COORDINATES

AGREED WAIT TIME AT EACH POINT

MARINE'S NOTE

Choose your primary close enough to walk to, because the day you need it is the day the roads are closed. Choose your tertiary far enough away that a regional event has not affected it too.

And agree the wait time in advance. Most families never do, so the first person to arrive stands there for hours, guessing, while everyone else does the same somewhere else.

DREW JENNINGS · USMC, 20 YEARS

SECTION 06

ROUTES & NEEDS

For each person, note where they usually are and the route from there to the primary rally point. Walk it once if you can.

NAME	USUAL LOCATION	ROUTE
NAME	USUAL LOCATION	ROUTE
NAME	USUAL LOCATION	ROUTE

ALTERNATE ROUTE(S)

7. NEEDS & CONSIDERATIONS

CHILDREN — NAMES, AGES, SCHOOLS

OLDER ADULTS / SPECIAL NEEDS

MARINE'S NOTE

We could not always walk the ground first — you rarely get to rehearse a patrol you have not been on yet. So we walked it on the map. We ran it on a table with the terrain laid out in front of us. And we made sure every Marine, from the highest ranking to the lowest, knew the scheme of maneuver and the alternate plan.

Do that at your kitchen table. Trace the route on a map together, then ask the youngest person in the house to tell it back to you. If they can, you have a plan. If they cannot, you have a document.

DREW JENNINGS · USMC, 20 YEARS

SECTION 08

NEEDS & KEY NUMBERS

PETS — NAMES, NEEDS, MEDICATIONS

CRITICAL DOCUMENTS — WHERE THE COPIES ARE KEPT

8. IMPORTANT NUMBERS

911 — emergency
1-800-222-1222 — Poison Control
1-800-621-3362 — FEMA

LOCAL POLICE / FIRE (NON-EMERGENCY)

LOCAL RED CROSS

UTILITY / ENERGY PROVIDER

INSURANCE — POLICY NUMBER

OTHER

MARINE'S NOTE

Write these on paper and put a copy in every bag, every vehicle and every wallet. Everyone in your household has these numbers in a phone, and the phone is the first thing that dies.

A child who knows one adult's number by heart is better prepared than a child with a dead phone full of them.

DREW JENNINGS · USMC, 20 YEARS

SECTION 09

PREPAREDNESS CHECKLIST

Tick what you have. The blanks are your shopping list — and the honest answer to how ready you are today.

- ☐ Go-Bag
- ☐ First aid kit
- ☐ Emergency radio
- ☐ Power bank
- ☐ Flashlight & batteries
- ☐ Copies of important documents
- ☐ Extra medications
- ☐ Pet supplies
- ☐ Cash in small bills
- ☐ Local paper maps
- ☐ Hygiene supplies
- ☐ Whistle
- ☐ Extra clothes
- ☐ Sturdy shoes by the bed

FOOD — DAYS OF SUPPLY (3 MINIMUM PER PERSON)

WATER — GALLONS (1 PER PERSON PER DAY)

OTHER

MARINE'S NOTE

Do not buy this list in one afternoon. Buy one item a week and put it where it belongs the day it arrives. A kit assembled slowly gets used and understood; a kit bought in a panic sits in a closet unopened.

And whatever you buy, open it. Run the radio. Charge the power bank. The gear is not the preparation — knowing it works is.

DREW JENNINGS · USMC, 20 YEARS

BUILDING OR UPGRADING YOUR KIT? Everything on this list is available at outpostprep.com — and every kit we sell ships with the training to use it.

SECTION 10

QUICK ACTIONS & NEXT STEPS

10. QUICK ACTION STEPS

- ☐ Copies stored in go-bags, cars and on devices
- ☐ Rally point maps and addresses shared
- ☐ Emergency contacts saved in every phone
- ☐ Supplies checked and in date
- ☐ Breadcrumb notes in the bag
- ☐ Plan read aloud together

11. NEXT STEPS

- Run one drill. Pick a Saturday morning and actually walk to the primary rally point.
- Update this plan whenever the household changes — a move, a new baby, a parent moving in, a new medication.
- Visit **outpostprep.com** for kits, training and resources.

12. DISCLAIMER

This plan is a starting point for your safety and resilience. Review and update it regularly. In a real emergency, always use your own best judgment and follow the instructions of official authorities.

DATE OF LAST REVIEW

REVIEWED BY

BREADCRUMB 01

NEIGHBOR, FRIEND OR COLLEAGUE

Leave this with someone you trust, or somewhere they will find it.

I WAS HERE AT (LOCATION OR ADDRESS) _____

ARRIVED AT (TIME) _____ LEFT AT (TIME) _____

WE ARE MEETING AT (RALLY POINT) _____ WE WILL WAIT THERE UNTIL (TIME) _____

REACHABLE AT (PHONE) _____ SIGNED _____

IF YOU ARE READING THIS: If you would like to join us, please do.

FILL IT IN FAST. THEN GO. Do not wait unless your S.A.F.E. Plan says to. A note left behind is worth more than an hour spent waiting — it lets your people follow your trail and make good decisions without you.

TEAR HERE · LEAVE THE NOTE ABOVE · KEEP THE STUB BELOW

TRAIL LOG — KEEP THIS

So you know where your own trail leads.

NOTE LEFT AT (PLACE) _____ TIME / DATE LEFT _____

I SAID I WAS GOING TO _____ WHO I EXPECT TO FIND IT _____

If you reunite before anyone finds the note, this tells you exactly where you left it — and what it says you were going to do.

BREADCRUMB 02

EMERGENCY RESPONDER

Leave this where a responder will see it. Write plainly — it may be read fast, in poor light, by someone who has never met you.

OUR HOUSEHOLD WAS SEPARATED DURING THIS EMERGENCY. We are following our S.A.F.E. Plan and moving to the rally points listed below, in order.

HOUSEHOLD / GROUP NAME

PRIMARY RALLY POINT

SECONDARY RALLY POINT

TERTIARY RALLY POINT

REACHABLE AT (PHONE)

WE HAVE SUPPLIES TO LAST (DAYS)

MEDICAL NEEDS, MOBILITY LIMITATIONS, PETS, ANYONE WHO CANNOT SELF-EVACUATE

Thank you for your help.

SIGNED

DATE / TIME

FILL IT IN FAST. THEN GO. Do not wait unless your S.A.F.E. Plan says to. A note left behind is worth more than an hour spent waiting — it lets your people follow your trail and make good decisions without you.

TEAR HERE · LEAVE THE NOTE ABOVE · KEEP THE STUB BELOW

TRAIL LOG — KEEP THIS

So you know where your own trail leads.

NOTE LEFT AT (PLACE)

TIME / DATE LEFT

I SAID I WAS GOING TO

WHO I EXPECT TO FIND IT

If you reunite before anyone finds the note, this tells you exactly where you left it — and what it says you were going to do.

BREADCRUMB 03

GENERAL MOVEMENT

Use this any time you leave a location and move to another.

I WAS HERE AT (LOCATION) _____

AT (TIME) _____ ON (DATE) _____

I AM MOVING TO (RALLY POINT OR NEXT LOCATION) _____ REACHABLE AT (PHONE) _____

SIGNED _____ RELATIONSHIP TO HOUSEHOLD _____

IF YOU ARE READING THIS: If you see this note, follow our S.A.F.E. Plan and contact me when you can.

FILL IT IN FAST. THEN GO. Do not wait unless your S.A.F.E. Plan says to. A note left behind is worth more than an hour spent waiting — it lets your people follow your trail and make good decisions without you.

TEAR HERE · LEAVE THE NOTE ABOVE · KEEP THE STUB BELOW

TRAIL LOG — KEEP THIS

So you know where your own trail leads.

NOTE LEFT AT (PLACE) _____ TIME / DATE LEFT _____

I SAID I WAS GOING TO _____ WHO I EXPECT TO FIND IT _____

If you reunite before anyone finds the note, this tells you exactly where you left it — and what it says you were going to do.

BREADCRUMB 04

HOME ARRIVAL

Leave this where it will be seen from the doorway. It tells anyone who comes here next where you went, when, and how to reach you.

I ARRIVED HOME AT (TIME) _____ ON (DATE) _____

NO ONE WAS HERE. I WAITED UNTIL _____ REACHABLE AT (PHONE) _____

I AM NOW HEADING TO (RALLY POINT OR NEXT LOCATION) _____

NOTES — MEDICAL NEEDS, PETS, WHO IS WITH ME _____

IF YOU ARE READING THIS: we are following our S.A.F.E. Plan. Please try to reach me at the number above, and pass this note to anyone else who arrives.

SIGNED _____ RELATIONSHIP TO HOUSEHOLD _____

FILL IT IN FAST. THEN GO. Do not wait unless your S.A.F.E. Plan says to. A note left behind is worth more than an hour spent waiting — it lets your people follow your trail and make good decisions without you.

TEAR HERE · LEAVE THE NOTE ABOVE · KEEP THE STUB BELOW

TRAIL LOG — KEEP THIS

So you know where your own trail leads.

NOTE LEFT AT (PLACE) _____ TIME / DATE LEFT _____

I SAID I WAS GOING TO _____ WHO I EXPECT TO FIND IT _____

If you reunite before anyone finds the note, this tells you exactly where you left it — and what it says you were going to do.

BREADCRUMB 05

SCHOOL OR WORK CHECK-OUT

Leave this with reception or the front desk when you leave a school or workplace.

I AM LEAVING (SCHOOL OR WORKPLACE NAME) _____

AT (TIME) _____ ON (DATE) _____

I LEFT THIS NOTE WITH (FRONT DESK / RECEPTION / PERSON) _____ MY NEXT DESTINATION IS (RALLY POINT) _____

REACHABLE AT (PHONE) _____ SIGNED _____

IF YOU ARE READING THIS: If you see this note, follow our S.A.F.E. Plan and contact me when you can.

FILL IT IN FAST. THEN GO. Do not wait unless your S.A.F.E. Plan says to. A note left behind is worth more than an hour spent waiting — it lets your people follow your trail and make good decisions without you.

TEAR HERE · LEAVE THE NOTE ABOVE · KEEP THE STUB BELOW

TRAIL LOG — KEEP THIS

So you know where your own trail leads.

NOTE LEFT AT (PLACE) _____ TIME / DATE LEFT _____

I SAID I WAS GOING TO _____ WHO I EXPECT TO FIND IT _____

If you reunite before anyone finds the note, this tells you exactly where you left it — and what it says you were going to do.

BREADCRUMB 06

PET STATUS

Leave this at home, or with whoever has taken the animal.

PET NAME(S) AND DESCRIPTION

LAST FED AT (TIME)

ON (DATE)

LEFT WITH (PERSON / NEIGHBOR / LOCATION)

OR STILL AT HOME, WITH FOOD AND WATER FOR

REACHABLE AT (PHONE)

SIGNED

IF YOU ARE READING THIS: If you see this note, please look after our pet according to our S.A.F.E. Plan.

FILL IT IN FAST. THEN GO. Do not wait unless your S.A.F.E. Plan says to. A note left behind is worth more than an hour spent waiting — it lets your people follow your trail and make good decisions without you.

TEAR HERE · LEAVE THE NOTE ABOVE · KEEP THE STUB BELOW

TRAIL LOG — KEEP THIS

So you know where your own trail leads.

NOTE LEFT AT (PLACE)

TIME / DATE LEFT

I SAID I WAS GOING TO

WHO I EXPECT TO FIND IT

If you reunite before anyone finds the note, this tells you exactly where you left it — and what it says you were going to do.

LAST PAGE

NOW DO THE PART NOBODY DOES

A plan you have written is not a plan you have practiced. These four things take one Saturday morning between them, and they are the entire difference.

1 WALK TO YOUR PRIMARY RALLY POINT. TIME IT. WRITE THE REAL NUMBER HERE.

2 OPEN YOUR GO-BAG WITH EVERYONE WATCHING. LET THE KIDS HANDLE THE CONTENTS.

3 PUT THREE BREADCRUMB NOTES IN THE BAG, AND ONE IN EACH VEHICLE.

4 SET A DATE TO DO THIS AGAIN. SIX MONTHS. WRITE IT DOWN.

GEAR WITHOUT TRAINING IS A PROP. You now own the plan. What makes it work is that your household has rehearsed it once, out loud, before anything happened.