

Here's a **Free Emergency Medical Planning Checklist** you can download, print, and use to prepare yourself and your family in case of a medical emergency:

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## **Free Emergency Medical Planning Checklist**

### **1. Personal Medical Information**

- Full name, date of birth, blood type
  - Allergies (medications, food, environmental)
  - Current medical conditions (e.g., diabetes, heart disease)
  - Medications (names, dosages, frequency)
  - Primary physician's contact info
  - Specialist doctors' contact info
  - Health insurance details (provider, policy #)
  - Preferred hospital
  - Vaccination records
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### **2. Emergency Contact List**

- Primary emergency contact (name, phone, relationship)
- Secondary contact
- Local family/friends nearby

- Work or school emergency contact
  - Neighbor or nearby support
  - Power of attorney/healthcare proxy
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### 3. Emergency Services & Resources

- 911 or local emergency numbers
  - Poison control center
  - Local hospital/clinic addresses & numbers
  - Nearest pharmacy
  - Air ambulance provider (if applicable)
  - Emergency medical transport info
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### 4. Legal and Important Documents (Keep Copies)

- Photo ID/passport
  - Health insurance card
  - Living will / Advance directive
  - Do Not Resuscitate (DNR) order (if applicable)
  - Medical power of attorney
  - List of all prescriptions
  - Recent test results or X-rays
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## 5. Emergency Medical Kit

- Basic first aid supplies
  - Over-the-counter medications
  - 3-day supply of prescription medications
  - Inhalers, insulin, EpiPens, etc.
  - Gloves, hand sanitizer, masks
  - Medical thermometer
  - Blood pressure monitor (if needed)
  - Flashlight + extra batteries
  - List of medications with dosages
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## 6. Home Preparation

- Emergency contact info posted on fridge
  - Easy-to-access folder with medical documents
  - Emergency evacuation plan
  - Backup power for medical devices
  - Clearly marked address and unit number
  - First aid/CPR trained household member
  - Pet medical records (if applicable)
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## 7. Digital Backups

- Scan and store important documents in cloud
  - Use medical alert apps (like ICE - In Case of Emergency)
  - Share access with trusted family/friend
  - Keep emergency numbers in your phone
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## 8. Regular Review & Update

- Review checklist every 6 months
  - Update medications and doctor info
  - Replenish expired items in med kit
  - Re-train in CPR/first aid if needed
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## Pro Tip:

Store this checklist in a waterproof, labeled folder and keep copies with a trusted friend, family member, and in your vehicle.

INVEST IN YOURSELF & SHOP SMARTER