

CO-PARENT EMERGENCY CHECKLIST

A Shared Checklist for Families During Emergencies

Courtesy of OnlineParentingPrograms.com®

A little preparation today can make a big difference during an emergency. Use this checklist to help both households stay organized and focused on your child's safety.

1. IMPORTANT DOCUMENTS

- ☐ Birth certificate (copy)
- ☐ Social Security card (copy) & passport (if applicable)
- ☐ Health insurance card & immunization records
- ☐ Copies of any custody or parenting orders
- ☐ Emergency contact list & list of important phone numbers

2. MEDICAL INFORMATION

- ☐ Prescription medications (7-day supply if possible)
- ☐ Medication instructions & allergy information
- ☐ Medical equipment (glasses, inhalers, EpiPen, etc.)
- ☐ Pediatrician contact & pharmacy information

3. CHILD ESSENTIALS

- ☐ Clothing for several days with comfortable shoes
- ☐ Toiletries, diapers, wipes, and formula (if needed)
- ☐ Bottles or sippy cups
- ☐ Blanket or favorite stuffed animal & books/quiet activities
- ☐ Family photos



4. SCHOOL & CHILDCARE

- ☐ School, teacher, and childcare contact information
- ☐ School login information (if learning may be disrupted)

5. TECHNOLOGY

- ☐ Phone charger & other charging cables
- ☐ Phone, tablet, or laptop (if needed)
- ☐ Portable battery pack
- ☐ Headphones

CO-PARENT COMMUNICATION PLAN

- ☐ Confirm everyone is safe
- ☐ Share current location if evacuated
- ☐ Discuss temporary parenting schedule changes
- ☐ Exchange emergency contact updates
- ☐ Keep communication focused on your child's immediate needs

TIPS FOR BEFORE AN EMERGENCY HAPPENS

make sure...

- ☒ Both parents know where important documents are stored.
- ☒ Both households have emergency contact information.
- ☒ Both parents understand the family's evacuation plan.
- ☒ Important documents are backed up digitally whenever possible.

Notes:

This checklist is intended as a general preparedness resource. Always follow guidance from local emergency officials.