



FAMILY EMERGENCY PLAN

A-Z BLUEPRINT

How to protect your family when everything around stops working

Instructor DELTA | Delta Survival School

Family emergency plan is not a document you print and forget...
It is a tested agreement between people who care about each other

DISCLAIMER

BEFORE YOU BEGIN

DISCLAIMER & IMPORTANT NOTES

This Plan Is a Framework — Not a Formula

Every example in this document — communication methods, shelter options, routes, roles — is illustrative. They are starting points, not instructions. Your plan must be built around your specific reality: your location, your family structure, your resources, and your capabilities.

A satellite messenger may not fit your budget. Your alternate shelter may be an apartment, not a house. Your routes will look nothing like someone else's. That is exactly how it should be.

*Do not copy this plan. **Build yours.***

Without Training, This Plan Will Not Work

A written plan gives you structure. Training gives you the ability to execute it under pressure.

When stress is high, your heart rate rises, your hands shake, and your thinking narrows. In that state, you do not rise to the level of your plan — you fall to the level of your training. If you have never practiced, the plan disappears when you need it most.

Read this document. Then train. Then practice. Then update. In that order.

What If Your Family Won't Cooperate?

This is one of the most common challenges families face — and one of the most important to address honestly. Your partner thinks it is unnecessary. Your teenager thinks it is paranoid. Your children are not interested. Sound familiar?

*Here is the truth: you cannot force readiness. **But you can create it.***

Start with one conversation — not a briefing. Do not present the plan like a military commander. Ask questions instead. "What would you do if I couldn't reach you?" "Do you know how to get home if your phone was dead?" Let them feel the gap themselves. People act on what they discover, not what they are told.

Make it normal, not extreme. Wearing a seatbelt is not paranoia. Having a fire extinguisher is not paranoia. Knowing your emergency exits is not paranoia. Frame preparedness the same way — as basic responsibility, not survivalism.

Start small and make it interesting. A 10-minute family walk to the nearest rally point. A quick drill: "If the power went out right now, where is the flashlight?" Small wins build buy-in. Nobody resists something that feels easy and useful.

Involve children through ownership, not obligation. Give children a real role — not a pretend one. "You are responsible for the emergency bag." "You are the one who checks the water supply." Children who feel trusted and capable become engaged. Children who are just told what to do resist.

For teenagers specifically: Teenagers respond to autonomy and competence, not authority. Instead of "you need to learn this" — try "I want you to be the one who knows how to do this, because I may not always be there." That is not fear. That is respect. And teenagers respond to respect.

Accept that not everyone will be ready at the same time. Your job is not to convince everyone immediately. Your job is to build the plan, know it yourself, and create enough familiarity that when something real happens — even a small disruption — the people around you see the value firsthand. One real moment of "we knew what to do" converts more people than any conversation.

DISCLAIMER

BEFORE YOU BEGIN

DISCLAIMER & IMPORTANT NOTES

At What Age Do You Include Your Children?

Earlier than you think.

Children as young as 5 to 6 years old can learn a home address, a parent's phone number, and what to do if they are alone and cannot reach an adult. They can learn where the meeting point is. They can learn one simple rule: stay calm, stay put, wait for family.

You do not need to explain geopolitical threats to a six-year-old. You need to give them one or two simple, practiced actions that make them capable instead of helpless.

As children grow, their roles grow with them. A 10-year-old can carry their own small emergency bag. A 14-year-old can learn to read a map. A 16-year-old can be a genuine backup leader in the plan.

Do not wait until they are "old enough." Start simple. Start now.

Legal Notice

This document has been developed by Zurab Tskitishvili – Emergency Preparedness and Response Specialist and founder of Delta Survival School, Luxembourg.

The frameworks, methods, and examples presented here are based on real operational experience and structured preparedness methodology. They are designed to be used as a practical foundation for building your family emergency plan.

You are encouraged to use this document as a basis for your plan. Adapt every element to your specific situation, location, family structure, and available resources. No two plans will look the same – and that is correct.

This document is provided free of charge as an educational resource. It does not replace hands-on training. For structured preparedness and survival training, visit: www.deltasurvivalschool.com

FOUNDATION

WHY YOUR FAMILY NEEDS A PLAN

At the beginning of any disruption, stress levels will rise. That is guaranteed. Without a clear plan, most people will do one of two things: make a poor decision — or make no decision at all. Both can be fatal.

Most families rely on 2 dangerous assumptions:

"I'll have my phone."	"We'll figure it out."
Cell towers overload. Power fails. Infrastructure collapses. Your phone is usually the first thing that stops working.	Uncertainty triggers fear. Fear becomes panic. Panic causes separation. Separation directly compromises safety.

That is why we do not rely on hope. We rely on planning. Every family needs a clear, practiced Emergency Plan — not as a last resort, but as a standard operating procedure for people who take responsibility seriously.

THE FOUR PILLARS

Every emergency plan must be built on these four pillars:

COMMUNICATIONS	SHELTER
No one is left guessing. Every person knows how to reach the others — always.	A safe place to regroup, recover, and sustain your family for 72+ hours.

ROUTES	ROLES & RESPONSIBILITIES
Everyone knows how to move safely from any Point A to any Point B.	Every person has a defined job before the crisis hits. No hesitation.

Based on reality: in a crisis, the first option often fails. Phones go down. Roads are blocked. Homes can become unsafe. That's why we don't rely on a single solution. We build multiple options, so if one path fails — another is ready. That system is called P.A.C.E.

METHODOLOGY

THE P.A.C.E. SYSTEM

In special operations, P.A.C.E. is how operators stay on mission regardless of what breaks down. You apply this exact same principle to your family emergency plan. Each of the four pillars — Communication, Shelter, Routes, and Roles — must be built with four layers. If the first fails, the second activates. The system never collapses entirely.

P PRIMARY	First and Best Option Fast, familiar, and most reliable under normal conditions. This is your default. Build it first, test it first.
A ALTERNATE	Second Option Activated when the primary fails. Less obvious, more resilient. Should not depend on the same infrastructure as the primary.
C CONTINGENCY	Third Option Requires more preparation but works when both prior options are unavailable. Often lower-tech and more independent.
E EMERGENCY	Last-Resort Option Requires no technology, no infrastructure, no external support. Always available. Must be known by memory.

CRITICAL: Every one of the four pillars — Communication, Shelter, Routes, and Roles — must be planned through all four P.A.C.E. layers. A plan with only one option per pillar is not a plan. It is a wish.

P.A.C.E. IN ACTION

APPLIED TO ALL FOUR PILLARS

PILLAR 1 - COMMUNICATION

P PRIMARY	Cell Phone Call Standard first-line communication. Fast and familiar. Most reliable under normal conditions.
A ALTERNATE	Text Message / Walkie-Talkie Texts use less bandwidth and often go through during tower overload. Walkie-talkies (FRS/GMRS) work independently of cell towers — ideal for neighborhood or short-range use.
C CONTINGENCY	Satellite Phone / Messenger Bypasses all local infrastructure. Works almost anywhere with sky visibility. Devices: Garmin inReach, ZOLEO, or Iridium. ⚠ Requires purchase, training, and regular testing in advance.
E EMERGENCY	Physical Rally Point + Written Message Drop If all technology fails — meet at a pre-agreed location. If someone cannot make it, leave a written note in a hidden, pre-agreed spot.

Example: ziplock bag under a brick at the rally point. Message format:
"10/17 – 14:30 – Mom & kids OK. Moving to Bravo point. ETA 18:00."

APPLIED TO ALL FOUR PILLARS

PILLAR 2 · SHELTER

P PRIMARY	Your Home Your first shelter is your own home. Secure it, stock it, and know how to sustain your family there for a minimum of 72 hours without external support.
A ALTERNATE	Trusted Family or Friend Location A pre-agreed home of a trusted person — family member, close friend — within reachable distance. Must be confirmed in advance, stocked if possible, and known to all family members.
C CONTINGENCY	Pre-Identified Safe Building or Community Shelter A public building, community shelter, or sturdy structure you have identified in advance. Know its location, capacity, and access route. Do not rely on finding one during a crisis.
E EMERGENCY	Field or Natural Shelter A protected position using your natural environment — trees, terrain, elevated ground, or any available material to build cover from wind, rain, and cold. This applies both outdoors in a forest and in an urban environment

Every shelter location in your plan must meet four non-negotiable criteria. It must be real — a specific, named place you have physically visited, not an idea. It must be reachable — accessible by at least two different routes under crisis conditions. It must be tested — you have been there, you know the access, the space, and the limitations. And it must be capable of sustaining your family for a minimum of 72 hours — with or without external support. A shelter you have never visited is not a shelter. It is a guess.

PILLAR 3 · ROUTES

P PRIMARY	Fastest Driving Route Main Roads Your standard route from home to each rally point or shelter using main roads. Fastest under normal conditions. Know the distance and drive time.
A ALTERNATE	Back Roads and Side Streets Less obvious and less congested. Safer when main arteries are blocked, damaged, or controlled.
C CONTINGENCY	Walking Route When your vehicle is unavailable, out of fuel, or roads are completely impassable. Map it, walk it, and time it. Know the landmarks — not just turn-by-turn directions.
E EMERGENCY	Off-Road or Improvised Path Forest trails, canal paths, drainage routes, open fields — anything that avoids roads entirely. Used when all roads are unsafe, blocked, or under threat.

Every route in your plan must be identified first using digital tools — maps, GPS, satellite view. Use technology to plan, measure distances, identify choke points, and spot alternatives. But once planned, every route must be transferred to a paper map. In a crisis, power grids fail, phones die, and networks collapse. A route that exists only on your phone does not exist when you need it most.

APPLIED TO ALL FOUR PILLARS

PILLAR 4 · ROLES & RESPONSIBILITIES

P

PRIMARY

Designated Leader

Executes the Plan The pre-assigned leader — typically the most trained adult — activates the plan, coordinates movement, manages communication, and makes decisions. Every other member executes their assigned role immediately.

A

ALTERNATE

Secondary Leader

Takes Command If the primary leader is unavailable, injured, or separated — the secondary leader assumes full command without hesitation. This person must know the full plan, all routes, and all responsibilities equally well.

C

CONTINGENCY

Roles Redistributed Among Available Members

If multiple members are separated or unavailable, remaining members redistribute responsibilities. Each person must understand at least two roles — their own and one backup. Practice this scenario in advance.

E

EMERGENCY

Every Member Executes Independently

In a worst-case scenario where the family is completely separated — each member must be capable of executing their portion of the plan alone: reach the rally point, leave a message, secure themselves, and wait or proceed per the agreed protocol.

Every person in your circle must have a defined role before the crisis begins. Not during. Not after. Before. When stress is high and time is short, there is no space for questions like "what should I do?" or "who is handling that?" Hesitation costs time. Time costs lives. Each role must be assigned, understood, and practiced by every member of your family — including children. A plan where only one person knows everything is not a family plan. It is a single point of failure.

ACTION PLAN

STEPS FOR BUILDING YOUR FAMILY EMERGENCY PLAN

STEP 01 Define Your Circle

Start with one question: who are you responsible for when everything stops working? Your partner. Your children. Elderly parents. Roommates. Write every name down. This is your circle. Every decision in this plan — every shelter, every route, every role — is built around these people. If someone is not on the list, they are not in the plan. Be specific. Be honest. Start there.

STEP 02 Build the Four Pillars Using P.A.C.E.

For each of the four pillars — Communication, Shelter, Routes, and Roles & Responsibilities — you will build four layers using P.A.C.E. Primary, Alternate, Contingency, and Emergency. Do not move to the next pillar until the current one has all four layers defined, written down, and understood by every member of your circle. This is not a checklist you rush through. Each layer must be real, specific, and tested. When all four pillars are complete across all four layers — you have a plan.

STEP 03 Practice the Full Plan

A plan that has never been tested is a theory. Run a full drill with no phones and no GPS. Time how long it takes to reach each rally point. Practice at night, in bad weather, when tired — because emergencies do not happen under ideal conditions. Rotate leadership so your partner and children can execute the plan without you. In a real crisis, you may not be present. If the plan only works when you are leading it, the plan is not ready.

STEP 04 Review and Update Every Six Months

No plan is ever finished. Children grow. Schools change. Jobs change. Routes change. New threats emerge. A plan built today may have critical gaps in six months. Schedule a review date the moment you complete your plan — and honor it. Update every element that no longer reflects your current reality. The goal is not a perfect document. The goal is a living plan that always matches the life it is designed to protect.

QUICK REFERENCE

PLAN COMPLETION CHECKLIST

- ☐ Circle defined — all responsible persons listed by name
 - ☐ Communication plan built — all 4 P.A.C.E. layers written and known
 - ☐ Four shelter locations identified, tested, and known by all members
 - ☐ Routes mapped for each shelter — primary, alternate, contingency, emergency
 - ☐ Paper maps obtained, marked, and stored in the emergency bag
 - ☐ Roles and responsibilities assigned — every member has a primary and backup role
 - ☐ Full plan practiced — including a no-phone, no-GPS drill
 - ☐ Rally points memorised — not just saved on a device
 - ☐ Children tested — they can execute their role independently
 - ☐ Next review date scheduled — plan updated every six months
-

You now have the framework.

The plan is only as strong as the action you take with it.

Write it. Practice it. Update it.

BE THE PERSON YOUR FAMILY NEEDS WHEN IT MATTERS MOST.

READY TO GO FURTHER?

DELTA SURVIVAL SCHOOL

This blueprint gives you the framework.

But a plan without trained people behind it has limits.

Delta Survival School exists for exactly this reason — to develop individuals and families who are not just prepared on paper, but capable under real pressure. Structured training. Real scenarios. Practical skills that work when everything else fails.

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