

Household Emergency Sheets You Can Fill Out and Print for Free

Do This Now – Before You Actually Need Them

You know that feeling when something goes wrong and suddenly time matters?

Not a “doomsday prepper” thing. A normal life thing. A pipe leaks. Your power goes out. You’re out of town and someone needs info. A babysitter is texting you questions you should’ve written down years ago.

That’s why I built **EmergencySheet.com**: a free set of simple sheets you can fill out in your browser and print (or save as a PDF). Nothing fancy. Just “write it down once” so you’re not scrambling later.

Honestly, I get this from my dad. He always seemed to have systems and have the important papers organized. I guess I take after him. My mother is also very organized with her important papers as well.

The Real Problem: You Usually Need This Info When You’re Already Stressed

Most households have the same issue:

- The important info exists... but it’s scattered.
- Someone “knows where it is”... until they don’t.
- You keep meaning to organize it... and then life happens.

And the worst part is that emergencies don’t schedule themselves for when you have free time.

When you’re in the middle of a situation, you don’t want to be digging through drawers or searching your email for “that one PDF.” You want a clear page you can grab and use.

The Simple Fix: Fill Out These 3 Free Sheets

Fridge Emergency Sheet

Post this on your fridge. Use a marker or fill digitally.

OUR ADDRESS
Street Address
City, State, Zip

WIFI
Network
Password

EMERGENCY CONTACTS
Police/Fire 911
Poison Control 1-800-222-1222
Contact #1 Name
Contact #2 Name
Phone

MEDICAL / ALLERGIES
List any severe allergies or conditions responders should know...

UTILITY SHUTOFFS
Water Valve Location... Gas Valve Location... Electrical Panel Location...

On EmergencySheet.com, I made three free sheets to start with:

- **Fridge Emergency Sheet:**
Emergency contacts, Wi-Fi, medical/allergy notes, utility shutoffs, and basics that matter fast.
- **Babysitter / House Sitter Guide:**
Routines, rules, what's allowed, and the stuff you don't want to "remember later."
- **Quick Home Info:**
Spare key notes, garage code, trash day, handyman info, and those "what is it again?" details.

How it works: open a sheet, type your info right on the page, then print (or choose "Save as PDF").

Privacy note: the point is that your info stays on your computer by default. You're not creating an account or uploading a bunch of household details.

Why This Is Worth Doing Even Though It's Free

This is one of those annoying truths:

The best time to organize household info is before you need it.

Because once you're under pressure, you'll either:

- delay the decision (and hope it's fine), or
- rush, forget something important, and still feel stressed.

The free sheets are designed to give you a quick win. If you fill out all three, you'll probably have a moment where you think:

*"Okay... this is helpful. But we should really have a sheet for **that** too."*

And that's exactly why the full kit exists.

Want To Be Totally Covered?

The free sheets handle the basics. The **Household Backup Plan Kit** is the complete version: more pages, more structure, and the "oh yeah... we should write that down too" stuff.

Here's what's included in the full kit:

- **Where Important Stuff Is** (the full set of household sheets — not just the quick version)
- **Home Maintenance System** (checklists + reminders so you stay ahead)
- **Kids Activities Bundle** (a bigger stash of low-effort ideas for tired days)
- **Quick Cards + Trackers** (handy reference pages you'll actually use)
- **A "Start Here" index** so it's easy to find, fill, and reprint anytime

It's a **one-time \$17 purchase**, instant download, and you can print it anytime you want. (And again: your info stays on your computer.)

Go Try The Free Sheets Here ? EmergencySheet.com

Get The Household Backup Plan Kit (\$17) ?

One Last Thought...

This isn't about living in fear. It's about removing that low-grade stress that comes from knowing you should have this organized... but never getting around to it.

Do it once. Print it. And the next time life gets chaotic, you'll be quietly glad you did.

Original article: <https://tonyherman.com/free-household-emergency-sheets/>

PDF version: https://tonyherman.com/free-household-emergency-sheets/?apa_pdf=1

Special Offer for Readers

1,000+ Channels • On-Demand Movies • **5 Devices**

\$69.99/mo (~\$2.33/day)

Try it for a month and see if you like it, then switch.

Start Your Trial

Click to learn more about CUE Broadcast

Tip: Get 3 friends or family to sign up and you get it for free.