



FAMILY CHECK-IN PLAN

Agree on the plan before anyone heads out.

01 / THE TRIP

People on the trip

Destination and route

Departure / time zone

Expected return / time zone

02 / STAY IN TOUCH

Check-in times / time zone

Primary contact / phone

Backup contact / phone

03 / IF A CHECK-IN IS MISSED

Agreed time to act

Numbers to try / next person to contact

When and how to contact emergency services

Meeting point / shared itinerary location

Last reviewed together

Review this plan together and give the same version to everyone involved.