

BEFORE YOUR SECRETS DIE WITH YOU.

The "Just-In-Case" Family Survival, Medical & Digital Asset Vault

If you did not wake up tomorrow, would your loved ones have instant answers... or a locked door? This is the brutally honest, fillable master survival dossier every adult puts off until it is too late.



DOCUMENT OWNER:

DESIGNATED CUSTODIAN:

PHYSICAL STORAGE COORDINATES:

Master Safe #1 / Blue Sealed Dossier

Why 87% of Families Suffer Emotional & Financial Paralysis:

When a primary breadwinner or family pillar is incapacitated or passes unexpectedly, the crisis is rarely just grief. It is the sudden, violent realization that *nobody knows where anything is*. Bank accounts are frozen. Hospital surgeons cannot get legal pediatric consent. Crypto wallets worth thousands vanish forever. 2FA text messages bounce to dead devices. **This dossier was engineered to eliminate that nightmare in one single evening.**

Part I: Physical & Life Continuity

- **Module 01:** Quick-Glance Immediate Emergency Contacts
- **Module 02:** Family Medical Dossier & Allergies
- **Module 03:** Caregiver, Nanny & Babysitter Protocol
- **Module 04:** Pet Care & Emergency Veterinary Plan
- **Module 05:** Home Utilities, Water & Gas Disaster Map

Part II: Financial, Digital & Legacy

- **Module 06:** Banking, Mortgages & Insurance Ledger
- **Module 07:** Master Cloud, Passwords & Subscriptions
- **Module 08:** Critical Legal Documents & Physical Safe Locator
- **Module 09:** Crypto Hardware & Digital Asset Protocol
- **Module 10:** Final Directives, Personal Letters & Legacy

⚠ **Operational Directive for Custodians:** Treat this physical binder or encrypted digital copy as the Single Source of Truth. If any life event occurs, open Module 01 first, notify the designated emergency contacts, and refer to Module 06 before signing any legal or banking document.



MODULE 01

Quick-Glance Emergency Contacts

Hospital, Police, Poison Control & Immediate Reunification Points



⚠ **IMMEDIATE FIRST RESPONDERS:** Keep these numbers accessible to anyone inside your home. In severe crises, decision fatigue slows down call time by 300%.

CLOSEST LEVEL 1 EMERGENCY HOSPITAL

Hospital Name & Trauma Unit Phone

PEDIATRIC URGENT CARE (CHILDREN)

Pediatric Clinic Name & Direct Hotline

POISON CONTROL CENTER (NATIONAL/LOCAL)

1-800-222-1222 / Local Direct Dial

LOCAL POLICE PRECINCT (NON-EMERGENCY)

Direct Non-911 Desk Phone

Family Designated Crisis Reunification Map

PRIMARY MEETING POINT (NEIGHBORHOOD)

e.g. Oak Park Pavilion #2

SECONDARY OUT-OF-AREA MEETING POINT

e.g. Aunt Sarah's Residence, Springfield

Trusted Out-of-State Emergency Contact

FULL NAME & RELATION

e.g. Robert Smith (Brother)

PRIMARY MOBILE / WHATSAPP

+1 (555) 234-5678

ALTERNATE LANDLINE / WORK

+1 (555) 876-5432



MODULE 02

Family Medical & Health Dossier

Physicians, Medications, Life-Threatening Allergies & Insurance IDs



In unconscious or surgical emergencies, medical personnel need immediate access to drug interactions, blood types, and insurance authorization numbers.

Family Member	Blood Type	Life-Threatening Allergies	Daily Prescription Meds	EpiPen Loc.
Primary Adult 1	O+	Penicillin / Shellfish	Metformin 500mg	Kitchen Cab 2
Primary Adult 2	A-	None known	Thyroid 50mcg	-
Child 1 (Name & DOB)	O+	Severe Peanuts (Airway)	Inhaler (Albuterol)	Backpack Pouch
Child 2 (Name & DOB)	O+	Amoxicillin rash	None	-

Health Insurance Carrier & Group Dossier

PRIMARY HEALTH INSURANCE PROVIDER

e.g. BlueCross BlueShield / UnitedHealthcare

POLICY / MEMBER ID #

e.g. XEH-892189012

GROUP PLAN NUMBER

e.g. GRP-44019

24/7 NURSE ADVICE & PRIOR-AUTH LINE

1-800-XXX-XXXX



MODULE 03

Caregiver & Babysitter Continuity Hub

Daily Schedules, Child Routines & Emergency Medical Authorization



LEGAL MEDICAL CONSENT FOR TEMPORARY CAREGIVERS: In many jurisdictions, doctors cannot legally perform emergency sedation or surgery on minors without parental consent unless an explicit written medical proxy authorization is presented.

"I hereby authorize the caregiver named below to consent to any emergency x-ray, examination, anesthetic, medical or surgical diagnosis or treatment, and hospital care under the supervision of a licensed physician for my minor children in the event I cannot be reached."

Parent Signature: _____

Date: _____

DESIGNATED PRIMARY BABYSITTER / NANNY

Full Legal Name

CAREGIVER PHONE / EMERGENCY MOBILE

+1 (555) 000-0000

CHILD BEDTIME ROUTINE & COMFORT ITEM

e.g. 8:00 PM, Blue Bear, nightlight on

STRICT DIETARY RESTRICTIONS

e.g. No dairy after 6 PM, no tree nuts

EMERGENCY CASH STASH LOCATION FOR SITTERS

e.g. Hallway sideboard drawer behind antique teapot (\$200 cash for cabs/food)



MODULE 04

Pet Care & Veterinary Emergency Plan

Veterinary Hospital, Microchips, Feeding Routines & Meds



Pets are frequently the forgotten casualties in hospitalizations or family crises. Ensure your animals receive immediate food, insulin, and shelter without shelter seizure.

PET NAME & BREED / SPECIES

e.g. Bella (Golden Retriever, 6 yrs)

MICROCHIP ID NUMBER & REGISTRY WEBSITE

e.g. 985141002934812 (HomeAgain)

PRIMARY VETERINARIAN & CLINIC PHONE

Dr. Reynolds / Valley Vet (555-8812)

24/7 ANIMAL EMERGENCY TRAUMA CENTER

BluePearl Pet Hospital (555-9922)

Feeding Schedule, Medications & Quirks

DAILY DIET & PORTION

e.g. 1 cup dry kibble at 7am & 6pm. Can of salmon on Sundays. Do not feed cooked bones.

CRITICAL MEDICATIONS & PHOBIAS

e.g. Apoquel 16mg daily for skin. Terrified of thunderstorms (Thundershirt in laundry room).

Designated Forever Guardian for Pets: In the event of permanent incapacitation, I entrust Bella to _____ (Phone: _____), with a designated care stipend of \$_____ allocated from the estate.



MODULE 05

Home Utilities & Disaster Shut-Off Map

Water Main, Gas Meter, Electric Breakers & First Aid Stations



FLOOD & FIRE PREVENTION: A burst pipe can cause \$80,000 of damage in 3 hours. Your spouse or sitter must know the exact location of the shutoff valves immediately.

MAIN WATER SHUT-OFF VALVE LOCATION

e.g. Basement north wall next to water heater (Turn lever 90° clockwise)

NATURAL GAS METER / MAIN SHUT-OFF

e.g. Exterior east wall behind AC unit (Requires adjustable wrench stored o

MAIN ELECTRICAL BREAKER PANEL

e.g. Garage back wall behind tool chest (Master 200A switch at top)

SUMP PUMP & BACKUP BATTERY LOCATION

e.g. Southwest crawlspace pit (Tested annually every March)

Home Security & Physical Access Codes

ALARM SYSTEM KEYPAD CODE

**** (Master Disarm)

ALARM MONITORING CO. & DURESS WORD

ADT (Duress Safe Word: *****)

GARAGE KEYPAD & SPARE KEY STASH

Code #1928 / Fake rock near garden shed



MODULE 06

Financial Accounts & Insurance Dossier

Banking Institutions, Policy Numbers, Mortgages & Safe Deposit Box



THE FROZEN ASSET PARADOX: Do not write plain-text login passwords on paper. Instead, record the institution name, account ending digits, and designated beneficiary so survivors know where funds are legally held.

Institution	Account Type	Last 4 Digits	Primary Branch / Contact	Named Beneficiary
Chase Bank	Checking & Savings	8812	Downtown Branch (555-1100)	Spouse (Transfer on Death)
Fidelity Investments	Roth IRA / 401(k)	4491	1-800-FIDELITY	Children 50/50 Split
Bank of America	Primary Mortgage	1049	Autopay on 1st of month	-
Northwestern Mutual	Term Life Insurance (\$1M)	9921	Agent Dave Miller (555-7722)	Spouse (Sole Beneficiary)

Safe Deposit Box & Hidden Vault Coordinates

BANK BRANCH & SAFE BOX NUMBER

e.g. Wells Fargo Main, Box #418

PHYSICAL KEY LOCATION & AUTHORIZED SIGNERS

e.g. Master safe envelope labeled 'KEYS'; Spouse on signature card



MODULE 07

Digital Life, Devices & 2FA Recovery Vault

Master Accounts, Password Manager Protocol & Subscription Halts



⚠ **THE DIGITAL GRAVEYARD:** Modern security locks accounts permanently when 2-Factor Authentication devices are wiped or lost. Protect your master recovery keys.

MASTER PASSWORD MANAGER (1PASSWORD / BITWARDEN)

e.g. Bitwarden Enterprise Vault

PHYSICAL EMERGENCY SHEET / RECOVERY KEY LOCATION

e.g. Sealed red envelope inside fireproof safe

PRIMARY MASTER EMAIL (THE RECOVERY GATEKEEPER)

e.g. primary@gmail.com (Controls all resets)

PRIMARY SMARTPHONE PIN / MASTER DEVICE PASSCODE

Stored in Safe Envelope #1 (Do not write here directly)

Immediate SaaS / Subscription Cancellation Hit-List

Cancel recurring charges immediately to preserve cash flow. Refer to companion Excel tracker for complete URLs.

☒ Netflix / Disney+

☒ Amazon Prime Yearly

☒ Apple iCloud Family

☒ ChatGPT / AI Tools

☒ Gym Direct Debits

☒ Cloud Servers / VPS



MODULE 08

Critical Legal Documents & Asset Locator

Wills, Deeds, Passports, Power of Attorney & Physical Safe Guide



Courts and estate attorneys require ORIGINAL physical certified copies, not digital screenshots. Record their exact real-world locations.

Document Type	Physical Storage Coordinates	Attorney / Registry Contact
Last Will & Testament (Original)	Fireproof Safe, Shelf 1, Yel	Law Offices of M. Baker
Durable Power of Attorney & Healthcare Proxy	Home Office Filing Cabinet	Attorney on retainer
Real Estate Deeds & Property Titles	Bank Safety Deposit Box #	County Registrar of Deeds
Vehicle Titles (Pink Slips)	Master safe blue envelope	DMV Title Division
Passports, Birth Certificates & Social Security	Lockbox in master bedroom	State Dept / SSA Office



MODULE 09

Crypto & Digital Asset Inheritance Protocol

Hardware Wallets, Custody Key Protocol & Safe Handoff for Heirs



⚠ **THE ZERO-KNOWLEDGE PRINCIPLE:** Over \$140 Billion in cryptocurrency is permanently lost because owners died without teaching their heirs how to recover private keys. Never write your raw 12 or 24-word seed phrase here. Instead, document the exact custody procedure.

HARDWARE WALLET MAKE & LOCATION

e.g. Ledger Nano X stored in Office Safe Box #2

PIN UNLOCK PROTOCOL

PIN clue recorded on Card #3 inside sealed envelope

STEEL METAL BACKUP PLATE (SEED WORDS) LOCATION

e.g. Cryptosteel capsule buried in safety deposit box

TRUSTED TECHNICAL GUIDE FOR FAMILY

e.g. David Ross (Software Architect & Brother)

Heir Step-by-Step Claim Sequence

1. Do **NOT** attempt to guess hardware wallet PINs (3 wrong attempts wipes device).
2. Locate the steel backup plate containing the recovery seed words from the safe box.
3. Contact the designated technical guide or an estate crypto fiduciary.
4. Restore the wallet on an official new device and transfer funds to a regulated institutional bank account.



MODULE 10

Final Wishes & Legacy Directives

Memorial Preferences, Organ Donation & Personal Family Letters



THE ULTIMATE GIFT OF CLARITY: When grief is raw, having explicit instructions on your personal wishes spares your grieving family from bitter disputes, guesswork, and financial guilt.

BURIAL / CREMATION PREFERENCE

e.g. Cremation with ashes scattered at Pacific Coastline

ORGAN DONATION REGISTRATION

Yes, registered on Driver's License & National Registry

MEMORIAL SERVICE TONE & MUSICAL REQUESTS

e.g. Celebration of life rather than mourning. Play acoustic jazz, bright attire, informal gathering with favorite food and shared memories.

PERSONAL KEEPSAKE LETTERS TO CHILDREN & LOVED ONES

e.g. Handwritten letters for each child's 18th & 25th birthdays are stored in the cedar chest in the attic, wrapped in blue ribbon.

BONUS: CUT-AND-FOLD EMERGENCY WALLET CARDS

POCKET RESCUE GEAR

Print this page on heavy cardstock (65–80 lb), cut along the dashed lines, fold in half, and place in each family member's wallet or child's school backpack.

EMERGENCY MEDICAL CARD ADULT 1 Name: _____ DOB: _____ Blood: _____ ICE Contact: _____ ICE Phone: _____ Severe Allergies: _____ Medical Conditions: _____	EMERGENCY MEDICAL CARD ADULT 2 Name: _____ DOB: _____ Blood: _____ ICE Contact: _____ ICE Phone: _____ Severe Allergies: _____ Medical Conditions: _____
CHILD EMERGENCY RESCUE CARD CHILD 1 Child Name: _____ DOB: _____ Blood: _____ Parent 1 Phone: _____ Parent 2 Phone: _____ Critical Allergy: _____ Pediatrician Phone: _____	CHILD EMERGENCY RESCUE CARD CHILD 2 Child Name: _____ DOB: _____ Blood: _____ Parent 1 Phone: _____ Parent 2 Phone: _____ Critical Allergy: _____ Pediatrician Phone: _____

THE ANNUAL "VAULT AUDIT" PROTOCOL

MAINTENANCE SYSTEM

An emergency vault is only as good as its freshness. Schedule an annual review every October (National Estate Planning Month) or on your birthday.

The 30–Minute Annual Update Checklist:

- ☐ **Review Beneficiary Designations:** Verify that 401(k), IRA, and life insurance policies reflect current life status.
- ☐ **Update Expired Credit Cards & Subscriptions:** Remove cancelled SaaS and update new cards in recurring tracker.
- ☐ **Test Emergency Hardware & Passwords:** Log into password manager emergency kit and verify USB backup drives.
- ☐ **Confirm Guardian & Sitter Contacts:** Update phone numbers for doctors, vets, and emergency guardians.
- ☐ **Inspect Safe Battery & Humidity Packs:** Replace silica gel packs and electronic keypad batteries in home safe.

YOU HAVE DONE WHAT 95% OF ADULTS NEVER DO.

By completing this dossier, you have replaced fear and chaos with absolute clarity and protection. Your family will never be left stranded in the dark.

Dossier Completed On: _____ • Verified by Custodian: _____