

Solo Traveler Emergency Contact Template

Please fill out this template and print multiple copies. Keep one copy on your person, one in your main luggage, and share a digital copy with your emergency contacts before departing.

Personal Information

Full Name:

Date of Birth:

Nationality:

Passport Number:

Blood Type:

Allergies / Medical Conditions:

Current Medications:

Primary Emergency Contact (Home Country)

Full Name:

Relationship:

Phone Number (with Country Code):

Email Address:

Home Address:

Secondary Emergency Contact (Home Country)

Full Name:

Relationship:

Phone Number (with Country Code):

Email Address:

Travel Insurance Details

Insurance Company:

Policy Number:

24/7 Emergency Assistance Phone:

Embassy & Destination Information

My Country's Local Embassy/Consulate:

Embassy Phone Number:

Embassy Address:

Current Accommodation Name & Address: