

# International Travel Emergency Contact Sheet

Complete this sheet before departing and keep a printed copy in your luggage and carry-on bags. Leave a copy with a family member or friend at home.

## 1. Traveler Information

Full Name (as in Passport):

Passport Number:

Nationality / Issuing Country:

Blood Type / Medical Conditions:

Severe Allergies:

## 2. Destination Emergency Numbers

Destination Country:

Local Police Emergency Number:

Local Medical/Ambulance Number:

Nearest Home Country Embassy/Consulate:

Embassy Phone Number:

## 3. Primary Emergency Contact (At Home)

Contact Name:

Relationship:

Primary Phone (with country code):

Alternate Phone:

Email Address:

## 4. Secondary Emergency Contact (At Home)

Contact Name:

Relationship:

Primary Phone (with country code):

Email Address:

## 5. Travel Insurance & Medical Info

Insurance Provider:

Policy/Certificate Number:

Emergency Assistance Phone Number:

Primary Care Physician Name:

Physician Phone Number: