What to DO - Where to GO Emergency Action Plan Worksheet

Consider these questions as you develop a personalized emergency action plan. Better to have a plan you do not need than be lost without it.

Be aware of all your emergency transportation options. Look up the phone numbers for the following:

Airport: ____________________ Bus Station: ____________________
Train Station: ____________________ Metro Station: ____________________
Rent-a-Car: ____________________ Boat/Ferry/Port Authority: ____________________

Abroad Emergency Contacts
In addition to your Emergency Contact Form, we encourage you to look up or ask about the numbers for agencies nearest to your abroad location(s):

City or country’s 911 equivalent: ____________________ Local Government/ Visa office: ____________________
Consulate/Embassy: ____________________ Police: ____________________
Fire: ____________________ Hospital: ____________________
Post Office: ____________________ Translator Service: ____________________
Lawyer: ____________________ Red Cross: ____________________
24-Hour Assist/ Insurance Hotline: ____________________ Other: ____________________

Where is the nearest Hospital? ________________________________________________________________

Any special health care needs, allergies to medication?

Who will you call first, second, third, etc. in an emergency?

Personal emergency contacts:

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<thead>
<tr>
<th>Name</th>
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<tr>
<td>Phone</td>
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Do your emergency contacts have each other's' phone numbers so they can communicate and relay information about you to each other?

Who would you like those assisting you to contact in the event of your illness, injury, incarceration, etc...?

What are you emergency cash reserves, credit cards in case you can't get to or receive help form the abroad bank?

What items to include in my Emergency Kit (if needed):