



# Personal Emergency Plan for Traveling Abroad:

## **Know Where to Go**

Where should you go first in an emergency, and what method of transportation will you use to get there?

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Be aware of all your emergency transportation options. Know the numbers for the following:

Airport: \_\_\_\_\_ Bus Station: \_\_\_\_\_  
Local Contact 1: \_\_\_\_\_ Local Contact 2: \_\_\_\_\_

## **Know Your Emergency Contact Information**

In addition to your personal emergency contacts, we also recommend you look up/ask for the numbers for the following individuals and agencies nearest to your study abroad and/or travel location(s):

City or country's 911 equivalent: \_\_\_\_\_ Local Government/Visa office: \_\_\_\_\_  
Consulate/Embassy: \_\_\_\_\_ Police: \_\_\_\_\_  
Fire: \_\_\_\_\_ Hospital: \_\_\_\_\_  
Post Office: \_\_\_\_\_ Translator Service: \_\_\_\_\_  
Lawyer: \_\_\_\_\_ Red Cross: \_\_\_\_\_

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

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Do your emergency contacts have each other's' phone numbers so they can communicate and relay information about you to each other?

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What are some alternate ways of communicating with your emergency contacts?

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Telephone		Cell Phone/ Text Message	
Satellite Phone		Fax	
Email/Internet		PDA	
Post Office/ Express Mail		Wire Service	



# **Personal Emergency Plan for Traveling Abroad:**

The following are some communication options you may have available:

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

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Do all of your emergency contacts know what your wishes are in the event of your serious injury or death?

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What do your emergency contacts need to know about your medical history/health conditions in case of an emergency (ex. allergies to medication)?

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Where does your nearest emergency contact live, and how fast can you get to him/her?

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## ***Back-up Plan/Special Conditions***

If the situation does not permit you to follow the original emergency plan, what is the back-up plan?

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Are there any other special conditions to consider which are unique to your situation (i.e. weather conditions/hazards in your region of study/travel, a personal physical handicap, poor public transportation or phone service in your area...)?

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## ***Emergency Kit/Money***

Which items do you still need to add to your emergency first aid kit before it is fully stocked and ready?

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Do you have emergency cash reserves, travelers' checks, credit cards, etc. on-hand, in case you can't count on banks/ATMs, or get to a bank/ATM?

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Using the emergency supplies and reserve money you have set aside, for how many days would you be able to sustain yourself, and what would you use each day?

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