



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?

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?

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

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



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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...?

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

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

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

Back-up Plan/Special Conditions

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

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...)?

Emergency Kit/Money

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

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?

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?
