

Complete this worksheet to assist you with creating your personalized Emergency Action Plan



## 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:

Name	Name	Name
Phone	Phone	Phone

**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):**