

EMERGENCY CONTACT CARD FORMAT

Personal Informa	tion
Full Name:	
Date of Birth:	
Blood Type:	
Medical Conditions:	
Current Medications:	
Allergies:	
Insurance Policy Number:	
Travel Insurance Emergency Number:	

See more on our website: ¬





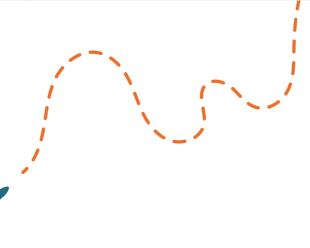
Trip Details	
Adventure Type:	
Route Summary:	
Start Date:	
Expected End Date:	
Daily Check-in Time:	
Expected Rest/Camp Locations:	

Emergency Contacts		
1. Primary Contact:		
Name:		
Relationship:		
Phone:		
Email:		
Time Zone:		



2. Secondary Contact:	
Name:	
Relationship:	
Phone:	
Email:	
Time Zone:	

Local Emergency	Services
Local Police:	
Nearest Hospital:	
Mountain/Water Rescue:	
Local Guide/Support:	
Nearest Embassy/Consulate:	





Equipment Details	
Transport Type/Vehicle:	
Communication Devices:	
Tracking Device ID:	
Safety Equipment List:	

Equipment Detail	S
Transport Type/Vehicle:	
Communication Devices:	
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Additional Information	
Languages Spoken:	
Local Accommodation Details:	
Permit Numbers:	
Backup Plans/Routes:	
Special Skills/ Certifications:	

Format Notes:

- Keep one copy on your person
- Leave one copy with emergency contacts
- Store digitally in phone/email
- Update for each new adventure
- Translate key information into local language
- Laminate physical copy for weather protection

