



# EMERGENCY CONTACT CARD FORMAT

## Personal Information

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

See more on our website: ↗

[www.alladventurecompany.com](http://www.alladventurecompany.com)





## 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:	

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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

