

Travel Emergency Medical Information Sheet

YourEMR

Emergency contacts and medical information backup for trips away from home

Printable emergency information

For: travelers, family caregivers, parents, older adults, travel companions, and households organizing emergency information before a trip.

Quick information

Traveler name / preferred name:

Date of birth:

Emergency contacts:

Travel companion contact:

Caregiver contact:

Doctors and specialists:

Pharmacy:

Insurance basics if shared:

Medical basics and notes

Medication list location:

Allergy list location:

Important conditions:

Devices and supplies:

Document copy locations:

Wallet / go-bag copy location:

Digital backup location:

Last updated date:

Checklist

- ☐ Traveler and companion know where copies are kept
- ☐ Medication and allergy lists are current
- ☐ Doctor and pharmacy contacts are readable
- ☐ Document copy locations are noted
- ☐ A trusted non-traveling contact has backup info
- ☐ Printed and digital copies match

Handoff note

Use this sheet to organize information for travel. It is not travel medical advice, vaccine advice, medication advice, legal advice, insurance advice, or a promise of access during travel.

