Personal Emergency Action Plan (EAP)

Knowing the answers to the questions below can be a good first step in keeping yourself safer in an emergency. Remember, many important phone numbers can be found through International SOS using the membership information provided to you in your iAbroad account.

Know Your Emergency Contact Information

Look up/ask for the numbers for the following agencies nearest to your study and/or travel location(s):

Host university’s emergency contact (international office, etc.): ____________________________
City or Country’s 911 equivalent: ________________
Consulate/Embassy: ____________________________
Fire: ____________________________
Hospital: ____________________________
Police: ____________________________
UVM Police Services (24/7): 1-802-656-3473
International SOS (my region): ________________
Health Insurance: ____________________________
Translator Services: ____________________________
Local friend: ____________________________
Other: ____________________________

UVM Office of International Education may be reached 24/7 through UVM Police Services.

Where is the best place for you to keep this information that it will always be immediately available to you? Cell phone? With passport? Wallet? ___________________________________________

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 (landline)  Smart Phone/Cell Phone/Text Message  E-mail/Internet
Social Networks  Satellite Phone  Fax

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? ____________________________

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

________________________________________________
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 to the following:

Airport: _______________________________ Bus Station: _______________________________
Train Station: __________________________ Metro Station: ______________________________
Rent-a-Car: ____________________________ Boat/Ferry/Port Authority: ____________________

Backup Plan/Special Conditions

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

____________________________________________________

Are there any special conditions to consider which are unique to your situation (i.e. weather conditions/hazards in your region of study/travel, a personal physical/mental disability, poor public transportation or phone service in your area)?

____________________________________________________

Emergency Kit/Money

Which items do you 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?

____________________________________________________

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