

TriState Ramblers Emergency Information Card for Club Activities

You are required to carry this emergency card when participating in club activities. This card will inform your companions and health care professionals about you if you cannot speak for yourself in an emergency.

This card can be cut along the dotted lines, folded in half, and inserted into a plastic sleeve if you have one.

IN CASE OF EMERGENCY

Name: _____

Address: _____

City, State, Zip: _____

EMERGENCY CONTACTS:

Name: _____

Phone: _____

Name: _____

Phone: _____

Date of Birth: _____

Medications: _____

Allergic to: _____

Special Medical Conditions: _____
