TRAVELER'S SAFETY

112

THE UNIVERSAL EMERGENCY NUMBER

UNITED STATES: 911
CANADA: 911
UNITED KINGDOM: 999 OR 112
AUSTRALIA: 000
NEW ZEALAND: 111
JAPAN: 110 OR 119
SOUTH AFRICA: 1011 POLICE AND 10177 MEDICAL

EMBASSY / CONSULATE FINDER

AMEREXPERIENCE.COM/EMBASSY





IMPORTANT INTERNATIONAL EMERGENCY NUMBERS YOU MUST CARRY

AMEREXPERIENCE™ / PRACTICAL TRAVEL TOOL

Travel Safety Pocket Guide

A practical carry-ready guide based on the AmerExperience Traveler Safety article. Record the right contacts for each destination, save a copy offline and keep one with your travel documents.

Fill on screen or by hand: On iPhone, save this PDF to Files and open it in Preview. Tap Form Filling, then a field to type; use AutoFill if offered. On desktop, open it in a PDF reader that supports forms. You can also print the guide and write in the boxes.

PLAN YOUR TRIP

Tap a route below for the related AmerExperience planning resource.

Tours & activities Find experiences and bookable activities →	**Flights & hotels** Open travel booking and accommodation tools →
Travel insurance Review the recommended travel-insurance resource →	**Travel safety** Read the full emergency-numbers and embassy guide →
Free travel planner Download Word, fillable PDF and Excel planners →	**Golf travel** Explore golf destinations, tee times and trip ideas →

Scan a code to open a planning resource from a printed copy.

Tours & activities

Flights & hotels

Travel insurance

Travel safety

Free travel planner

Golf travel

Prepared by Lassi Pensikkala, Economist and Digital Publisher. Updated November 2026.

01 / FILL THIS IN BEFORE DEPARTURE

Your destination contacts

Complete this page for each country or major stop. Save it on your phone and keep one printed copy with your travel documents.

DESTINATION / COUNTRY	
TRAVEL DATES	
ACCOMMODATION NAME, FULL ADDRESS AND NEAREST LANDMARK	
LOCAL EMERGENCY NUMBER (POLICE / FIRE / AMBULANCE)	
LOCAL POLICE NON-EMERGENCY NUMBER / NEAREST HOSPITAL	
YOUR COUNTRY'S EMBASSY OR CONSULATE: NAME, PHONE, ADDRESS	
TRAVEL INSURER: POLICY NUMBER AND 24-HOUR ASSISTANCE PHONE	

Check the exact numbers before you travel. Confirm them with an official government, police, fire or health service for your destination. Store the number in your contacts and write it here; internet access may not be available when you need it.

02 / IF YOU NEED URGENT HELP

What to do in an emergency

Use the emergency number confirmed for the country you are in. If someone is in immediate danger, contact local emergency services as soon as you can.

1. Get to a safer place

Move away from immediate danger when you can do so safely. Ask a nearby staff member, security officer or trusted local person to help you contact emergency services.

2. Call the local emergency number

Tell the operator which service you need: police, fire or ambulance. Give the country, city, street, building, floor or a clear landmark.

3. Explain what happened

Describe the incident, the number of people who need help and any immediate danger. Give your phone number and say what language you speak.

4. Follow instructions

Stay on the line, answer questions and follow the operator’s directions. Do not end the call until the operator says you can.

5. Contact your trusted person

When it is safe, tell your emergency contact where you are and what support you need. Ask someone nearby to remain with you if that helps.

Emergency numbers shown in the article image

United States: 911 | Canada: 911 | United Kingdom: 999 or 112
Australia: 000 | New Zealand: 111 | Japan: 110 police or 119 fire/ambulance
South Africa: 10111 police and 10177 medical

> Verify before every trip. These examples are reproduced from the AmerExperience article image. Emergency access and numbers can vary by location and change over time. Confirm the number for your destination with an official local or government source.

03 / CONSULAR HELP

Lost passport, theft or legal trouble

Your embassy or consulate can explain available consular assistance. Services and eligibility vary by nationality and location; contact your own government's official consular service.

If your passport is lost or stolen

1. Move to a safe place and contact local police if a crime occurred. Ask how to obtain a police report or incident reference.

2. Contact your country's embassy or consulate using contact details confirmed on your government's official website. Ask about emergency travel documents and the next steps for your situation.

3. Contact your airline or travel provider if the loss affects your itinerary. Tell your insurer and record the claim or assistance reference.

4. Keep copies of messages, reports and receipts. Share your updated plan with your trusted contact.

Embassy and consular directory

Open the EmbassyPages directory to locate a representation, then verify its current phone, address and opening arrangements through the official website of your own country's foreign ministry or the embassy itself.

Keep these details ready

PASSPORT ISSUING COUNTRY / PASSPORT NUMBER (OPTIONAL: STORE SECURELY)	
POLICE REPORT / INCIDENT REFERENCE	
EMBASSY OR CONSULATE CASE REFERENCE	
TRAVEL INSURANCE ASSISTANCE / CLAIM REFERENCE	

Make assistance easier to reach

Keep key policy details, medical information and local care contacts together. Follow the advice of local emergency professionals and your insurer’s assistance team.

Before you leave

• Save your policy documents and 24-hour assistance number offline.
• Check policy rules for emergency care, evacuation and claims.
• Keep essential prescription or health details accessible to you or a trusted companion.
• Make sure a trusted person knows how to reach you.

If you need medical assistance

• For an immediate emergency, call the local emergency number.
• For other care, contact your insurer’s assistance service or a locally recommended provider.
• Keep provider details, receipts, prescriptions and reports for your records and any claim.

INSURER / POLICY NUMBER	
24-HOUR ASSISTANCE PHONE / CLAIMS EMAIL	
ALLERGIES / ESSENTIAL MEDICAL NOTES (OPTIONAL; SHARE ONLY AS NEEDED)	
MEDICINES / PRESCRIPTION DETAILS (OPTIONAL)	

Privacy: This guide is intended for your personal use. Store sensitive details securely and avoid sharing the completed guide publicly.

05 / SAVE AS A SCREENSHOT

Quick contact card

Fill this compact card in for each trip. Keep it accessible offline. A companion should know where to find it.

TRAVELER	
DESTINATION / COUNTRY	
LOCAL EMERGENCY NUMBER	
ACCOMMODATION + FULL ADDRESS	
EMBASSY / CONSULATE PHONE	
INSURER 24-HOUR ASSISTANCE	
EMERGENCY CONTACT + PHONE	
IMPORTANT MEDICAL NOTE (OPTIONAL)	

Full online guide: Traveler's Safety: Emergency Numbers and Embassy Finder
Plan your trip: Explore AmerExperience Travel Guides

This pocket guide is a planning aid, not an emergency service. Emergency numbers, embassy services and insurer procedures can change. Verify destination details with official local and government sources before travel. In an immediate emergency, contact local emergency services.