

<b>In Case of Emergency</b>		<b>In Case of Emergency</b>	
Full name _____		Emergency Contact #1 _____	
Date of Birth _____ Blood type _____		Relationship _____ Work phone _____	
Address _____		Cell phone _____ Home phone _____	
Cell _____ Work _____ Home _____		Emergency Contact #2 _____	
Current Meds _____		Relationship _____ Work phone _____	
Conditions _____		Cell phone _____ Home phone _____	
Physician _____ Phone _____		Additional info _____	
Allergies/additional info _____		_____ Last updated _____	

Print, fill in blanks, cut out, fold in half, and laminate.

It is recommended you keep this card with your driver's license in your wallet, or for cyclists, put this in your seat pack or other place so you will always have it with you when riding.