



**For Travelers**

# Important Emergency Information

On one of our tours, we unfortunately had a traveler who ended up in the hospital with a medical emergency. After 29 years of directing tours, I once again learned so much from the experience and have many new recommendations for you. It doesn't matter how old you are or if you are traveling alone or with a group.

- Always purchase travel insurance and make sure your policy includes emergency medical provisions and emergency evacuation, not just trip interruption and cancellation. The travel insurance company helped both my customer and myself during a very stressful time and arranged for a nurse to escort the couple back home.
- If you are outside of the United States, Medicare is not effective. Some supplement plans might have coverage for you, but many do not. No matter who you carry your medical insurance through - check with your provider before leaving home to see what their coverage is at your destination.
- As a tour director I had 30 other people to care for and had to go on with the group. It was extremely hard for me! If you are with a group, your tour director will have to go on. It is very important for you to have an emergency contact who can physically come be with you.
- Always have an emergency contact person with a current passport if you are traveling outside of the United States. If you need someone to come assist you or be with you, they will need a passport. It is expensive and stressful to get an emergency passport. If you have someone in mind and they don't have a passport - it would be a great Christmas present for them and it lasts for 10 years.
- Language barriers in foreign hospitals can be very frustrating. Find someone in their 20's or 30's who can possibly assist you with translation. Learning English is now mandatory in most schools in foreign countries. Cell phones do have translation apps, but you usually have to use Wi-Fi to access them or you may receive hefty charges to use your phone's data. (This may be different if you purchased an additional international phone plan.)
- First Dakota Travel asks you to voluntarily complete a Medical Information Form when you travel with us. This information is invaluable to emergency personnel and doctors no matter where you are in the world. Please complete this form thoroughly or carry your medical information with you. I keep your information in a sealed envelope and only open it if I have to assist you in an emergency. I shred the envelopes after we return. During my emergency experience in a foreign country, words cannot express how important this information was when I had to communicate with EMT's and doctors with a language barrier. They could look up the person's medications on their phones and see what it was comparable to in their country. They praised me for having the information available for them.