ARDENT WORKSHOP

FREE PRINTABLE FROM ARDENT WORKSHOP

Emergency Contacts Wallet Card

One bank-card-size card for the people to call if something happens to you. Print it, fill it in, fold it, keep it in your wallet.

Print at 100% · cut on the marks · A4 edition

How to use it

One card, folded once, that fits in a wallet. The front names the people to call. The back says who your doctor and pharmacy are and how to reach you.

On the front

- Your name, in large type.
- Three people to call, in order. For each: their name, how they are related to you, their phone number, and an alternate number or the best time to reach them.

On the back

- Your doctor and pharmacy, each with a phone number.
- Your own phone number and the language you speak.
- The date you last wrote the card.

Print it and make it last

- Print at Actual size, never Fit to page, and check the box on the next page against a bank card before you cut anything.
- Write in pencil first. Cut on the solid lines, fold on the dashed line with the front outward, then laminate it or glue the halves together.
- Rewrite the card whenever a name or number changes, and write the date on it. An old number is worse than a blank line.

A PRIVATE NOTE

A filled card carries personal information, and anyone who finds your wallet can read it. Leave off anything you would not want a stranger to see.

Not advice: this is a record-keeping card set. It holds what you or your clinicians tell you, and contains no medical advice, no doses to take and no clinical thresholds. It is not a certified medical alert device and does not replace a medical ID bracelet or your phone's own Medical ID.

Measure before you cut

Print this page at 100% (Actual size). The box below must measure 85.6 mm × 54 mm — the size of a bank card. Lay a card on it, or measure the 50 mm ruler. If it is smaller, your print dialog is set to Fit or Shrink: change it to Actual size and print again.

85.6 mm × 54 mm
a bank card covers this box exactly

50 mm ruler (1 mm ticks)



Then cut, fold, laminate

1. Print the blank cut sheet (the four empty cards) at Actual size, on card stock if your printer takes it.
2. Cut on the solid lines. The corner marks show where; the sheet makes four cards.
3. Fold each card on the dashed line, front outward, so the contacts show on one side and your doctor on the other.
4. Laminate it, or glue the two halves back to back. Round the corners with scissors if you like.

ARDENT WORKSHOP

Emergency contacts card

WORKED EXAMPLE · an invented household · the card, filled in

FRONT

EMERGENCY CONTACTS · next of kin

NAME **Marisol Quenby**

1 **Teodor Quenby** — RELATION Spouse

PHONE 555-0143 — ALT Weekdays 8am-4pm; text first

2 **Priscilla Vane** — RELATION Sister

PHONE 555-0151 — ALT Evenings and weekends

3 **Arlo Pennick** — RELATION Neighbor

PHONE 555-0162 — ALT Next door; has a key

BACK

MY DOCTOR & PHARMACY

DOCTOR Dr. Ngozi Okafor — PHONE 555-0170

PHARMACY Maple Row Pharmacy — PHONE 555-0188

MY PHONE 555-0142

LANGUAGE English; left ear hearing loss

WRITTEN 2026-09-14

Rewrite it whenever a name or number changes.

EXAMPLE ONLY — print the next page, not this one

What goes on each line

- Name: the name you go by, the way it appears on your ID.
- 1, 2, 3: a person to call, in order. Relation: how they are related to you. Phone: a number that gets answered, with its area code. Alt: a second number, or the hours to try.
- Doctor and pharmacy: the practice you would want called, with its phone number.
- My phone: your own number, in case the card turns up without you.
- Language: the language you speak, and anything that helps someone talk with you.
- Written: the date you last wrote the card.

Every name and number here is invented. In North America, 555-0100 to 555-0199 are reserved for fictional use.

ARDENT WORKSHOP

Emergency contacts card

print, cut, fold · four cards on this sheet

EMERGENCY CONTACTS · next of kin

NAME

1 RELATION

PHONE ALT

2 RELATION

PHONE ALT

3 RELATION

PHONE ALT

MY DOCTOR & PHARMACY

DOCTOR PHONE

PHARMACY PHONE

MY PHONE

LANGUAGE

WRITTEN

Rewrite it whenever a name or number changes.

EMERGENCY CONTACTS · next of kin

NAME

1 RELATION

PHONE ALT

2 RELATION

PHONE ALT

3 RELATION

PHONE ALT

MY DOCTOR & PHARMACY

DOCTOR PHONE

PHARMACY PHONE

MY PHONE

LANGUAGE

WRITTEN

Rewrite it whenever a name or number changes.

EMERGENCY CONTACTS · next of kin

NAME

1 RELATION

PHONE ALT

2 RELATION

PHONE ALT

3 RELATION

PHONE ALT

MY DOCTOR & PHARMACY

DOCTOR PHONE

PHARMACY PHONE

MY PHONE

LANGUAGE

WRITTEN

Rewrite it whenever a name or number changes.

EMERGENCY CONTACTS · next of kin

NAME

1 RELATION

PHONE ALT

2 RELATION

PHONE ALT

3 RELATION

PHONE ALT

MY DOCTOR & PHARMACY

DOCTOR PHONE

PHARMACY PHONE

MY PHONE

LANGUAGE

WRITTEN

Rewrite it whenever a name or number changes.

Cut on the solid lines · fold each card on the dashed line, front outward · laminate or glue the halves together

Write in pencil first. Go over it in pen once every name and number is right.

When one card is not enough

This free card holds the people to call. The Medication, Allergy & Emergency Wallet Card Set is for everything else a responder or a relative would want to know. It is a one-time purchase you reprint whenever your details change.

WHAT THE FULL SET ADDS

You write one record and it fills eight card designs. The wallet card lists your first 5 medicines and counts the rest, which go on a fold-out with room for medicines 6 to 16. An allergy card records allergy vs intolerance vs drug reaction. Every card carries an “Updated · review by” date. Then there are cards for implanted devices, for keys, pets & kids, for a child and for a caregiver, plus a fridge sheet and a phone lock-screen card. See the full set at ardentworkshop.com/products/medication-allergy-and-emergency-wallet-card-set/

See the full range at **ardentworkshop.com**.

Not advice. This is a record-keeping card set. It holds what you or your clinicians tell you, and contains no medical advice, no doses to take and no clinical thresholds. It is not a certified medical alert device and does not replace a medical ID bracelet or your phone's own Medical ID. Every name and number in the example is invented. A filled card carries personal information: keep your copies somewhere you trust and shred the cards you replace.

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