

PERSONAL DETAILS

Name: _____

Address: _____

Phone: _____ Mobile/Cell: _____

Email: _____

Important Numbers: _____

Passport No: _____ Driving Licence No: _____

Travel Insurance No: _____ Camera Serial No: _____

Others: _____

Medical Information: _____

Blood Group: _____ Doctor: _____

Allergies/Medication: _____

Emergency Contact: _____

Other: _____

EMERGENCY NUMBERS
AROUND THE WORLD

COUNTRY	NUMBERS			COUNTRY	NUMBERS		
	AMBULANCE	FIRE	POLICE		AMBULANCE	FIRE	POLICE
Albania	17	18	19	Egypt	123	180	122
Algeria	2160666	14	17	El Salvador	911	911	911
American Samoa	911	911	911	England	112	112	112
Andorra	118	118	110	Estonia	112	112	110
Angola	118	118	110	Ethiopia	92	93	91
Antigua/Barbuda	911	911	911				
Argentina	101	107	101	Falkland Islands	999	999	999
Armenia	103	103	103	Fiji	911	911	911
Aruba	911	911	911	Finland	112	112	112
Ascension Island	6000	911	6666	France	112	112	112
Australia	112	112	112	French Guiana	112	112	112
Austria	112	112	112	French Polynesia	15	18	17
Azerbaijan	03	01	02				
				Gabon	13001399	18	1730
Bahamas	911	911	911	Gambia, The	16	18	17
Bahrain	999	999	999	Georgia	022	022	022
Bali	112	118	118	Germany	112	112	110
Bangladesh	199	9555555	8665513	Ghana	7761115	192	999
Barbados	119	119	119	Gibraltar	999	999	999
Belarus	03	01	02	Greece	112	112	112
Belgium	112	112	112	Grenada	434	112	911
Belize	911	911	911	Guadeloupe	18	18	17
Bermuda	911	911	911	Guam	911	911	911
Bhutan	110	112	113	Guatemala	123	123	110
Bolivia	911	911	911	Guyana	999	999	999
Bonaire	911	911	911				
Bosnia Herzegovina	124	123	122	Haiti	118	-	114
Botswana	911	911	911	Honduras	195	198	119
Brazil	911	911	911	Hong Kong	999	999	999
British Virgin Islands	999	999	999	Hungary	112	112	112
Brunei	991	995	993				
Bulgaria	150	160	166	Iceland	112	112	112
Burma/Myanmar	999	999	999	India	102	101	100
				Indonesia	118	113	110
Cambodia	119	118	117	Iran	115	123	110
Canada	911	911	911	Ireland, Republic of	112	112	112
Canary Islands	112	112	112	Isle of Man	999	999	999
Cape Verde	130	131	132	Israel	101	102	100
Cayman Islands	911	911	911	Italy	112	112	112
Chad	-	18	17				
Chile	131	132	133	Jamaica	110	110	119
China	120	119	110	Japan	119	119	110
Colombia	119	119	119	Jordan	191	193	192
Cook Islands	998	996	999				
Costa Rica	911	911	911	Kazakhstan	03	03	03
Côte d'Ivoire	-	170	180	Kenya	999	999	999
Croatia	112	112	112	Kiribati	994	-	-
Cuba	26811	26811	26811	Korea(South Korea)	119	119	112
Curacao	112	114	4444444	Kosovo	94	-	-
Cyprus	112	112	112	Kuwait	777	777	777
Czech Republic	112	150	158	Kyrgyzstan	103	103	103
Denmark	112	112	112	Latvia	112	112	112
Djibouti	351351	18	17	Lebanon	112	112	112
Dominica	999	999	999	Lesotho	121	122	123
Dominican Republic	911	911	911	Liberia	911	911	911
				Libya	193	193	193
East Timor	112	112	112	Liechtenstein	112	112	112
Easter Island	100125	100 264	100 244	Lithuania	112	112	112
Ecuador	131		101	Luxembourg	112	112	112

EMERGENCY NUMBERS
AROUND THE WORLD

COUNTRY	NUMBERS			COUNTRY	NUMBERS		
	AMBULANCE	FIRE	POLICE		AMBULANCE	FIRE	POLICE
Macau	999	999	999	Solomon Islands	911	911	911
Macedonia	94	93	92	South Africa	10177	10177	10111
Malawi	998	999	997	South Africa (Cape Town)	107	107	107
Malaysia	999	994	999	Spain	112	112	112
Maldives Republic	102	999	119	Sri Lanka	699935	699935	699935
Mali	15	17	18	St. Helena	911	911	911
Malta	112	112	112	St. Kitts & Nevis	911	911	911
Marianas Island	911	-	-	St. Lucia	999	999	999
Marshall Islands	6254111	-	6258666	St. Marten	911	911	911
Martinique	15	18	17	St. Vincent & the Grenadines	999	999	999
Mauritania	-	118	117	Sweden	112	112	112
Mauritius	999	999	999	Switzerland	144	118	117
Mexico	065	068	060	Syria	110	113	112
Moldova	903	901	902				
Monaco	112	112	112	Tahiti - French Polynesia	15	-	-
Mongolia	103	101	102	Taiwan	119	119	110
Montenegro	94	-	-	Tajikistan	03	-	-
Montserrat	911	-	999	Tanzania	112	112	112
Morocco	15	15	19	Thailand	191	199	191
Mozambique	117	198	119	Togo	-	-	101
				Tonga	911	911	911
Namibia	2032276	2032270	1011	Trinidad & Tobago	990	990	999
Nepal	228094	-	100	Tunisia	190	198	197
Netherlands	112	112	112	Turkey	112	102	100
Netherlands Antilles	112	112	112	Turkmenistan	03	03	03
New Zealand	111	111	111	Turks and Caicos Islands	999	999	999
Nicaragua	128	115	118	Tuvalu	911	911	911
Nigeria	199	199	199				
Northern Ireland	112	112	112	Uganda	112	112	112
Norway	112	112	112	Ukraine	03	01	02
				United Arab Emirates	999	999	999
Oman	999	999	999	United Kingdom	112	112	112
Pakistan	15	15	15	United States	911	911	911
Palau	911	911	911	Uruguay	999	911	911
Palestine	101	101	100	US Virgin Islands	911	911	911
Panama	2699778	103	104	Uzbekistan	03	03	03
Papua New Guinea	-	110	000				
Paraguay	00	00	00	Vanuatu	112	112	112
Peru	011	011	011	Vatican City	113	115	112
Philippines	166	166	166	Venezuela	171	171	171
Poland	112	112	112	Vietnam	05	08	03
Portugal	112	112	112				
Puerto Rico	911	911	911	Wales	112	112	112
				Western Sahara	150	-	-
Qatar	999	999	999	Western Samoa	999	999	999
Réunion	112	18	17	Yemen, Republic of	191	191	194
Romania	112	112	112				
Russia	112	112	112	Zambia	999	999	999
				Zimbabwe	999	999	999
Samoa	999	999	999				
San Marino	113	116	112				
Saudi Arabia	997	998	999				
Scotland	112	112	112				
Serbia	94	94	94				
Seychelles	999	999	999				
Sierra Leone	999	019	999				
Singapore	995	995	999				
Slovak Republic (Slovakia)	155	150	158				
Slovenia	112	112	112				

TRAVEL CHECKLIST

[illegible][illegible][illegible][illegible][illegible][illegible][illegible][illegible]

TRIP EXPENSES

[illegible]

TRIP EXPENSES

[illegible]

MY TRIPS

[illegible]

MY TRIPS

[illegible]

MY TRAVEL WISHLIST

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JAN	FEB
MAR	APR
MAY	JUN

JUL	AUG
SEP	OCT
NOV	DEC

WORLD TIME ZONES

+12 HOURS

Fiji
Kiribati
Marshall Islands
New Zealand (Auckland, Christchurch, Wellington)
Russia (Kamchatka)
Tuvalu

+11 HOURS

Federated States of Micronesia
Papua New Guinea (Bougainville)

+10 HOURS

Australia (Canberra, Sydney, Melbourne, Brisbane, Hobart)
Federated States of Micronesia
Papua New Guinea (Port Moresby, rest of country)
Russia (Vladivostok)

+9.30 HOURS

Australia (Adelaide, Alice Springs, Darwin)

+9 HOURS

Japan (Tokyo)
South Korea (Seoul)
Russia (Yakutsk)
Indonesia
Palau
Timor-Leste

+8.30 HOURS

North Korea (Pyongyang)

+8 HOURS

Australia (Perth)
Brunei
China
Indonesia (Denpasar)
Malaysia (Kuala Lumpur)
Mongolia (Ulaanbaatar)
Philippines (Manila)
Russia (Irkutsk)
Singapore

+7 HOURS

Cambodia (Phnom Penh)
Indonesia (Jakarta)
Laos (Vientiane)
Mongolia
Russia
Thailand (Bangkok)
Vietnam (Hanoi)

+6.30 HOURS

Myanmar (Yangon)

+6 HOURS

Bangladesh (Dhaka)
Bhutan
Kazakhstan (Almaty)
Kyrgyzstan
Russia

+5.45 HOURS

Nepal (Kathmandu)

+5.30 HOURS

India (Delhi)
Sri Lanka (Colombo)

+5 HOURS

Kazakhstan
Maldives
Pakistan (Karachi)
Russia (Yekaterinburg)
Tajikistan
Turkmenistan
Uzbekistan (Tashkent)

+4.30 HOURS

Afghanistan (Kabul)

+4 HOURS

Armenia
Azerbaijan (Baku)
France (Réunion)
Georgia
Mauritius
Oman (Muscat)
Russia
Seychelles
United Arab Emirates (Dubai)

+3.30 HOURS

Iran (Tehran)

+3 HOURS

Bahrain
Belarus
Cyprus
Djibouti
Eritrea
Ethiopia
Georgia
Iraq (Baghdad)
Kenya (Nairobi)
Kuwait
Madagascar
Qatar
Russia (Moscow)
Saudi Arabia
Somalia
South Africa
South Sudan
Sudan
Tanzania
Turkey (Istanbul)

Uganda
Ukraine
Yemen

+2 HOURS

Botswana
Bulgaria
Burundi
Cyprus
Democratic Republic of the Congo
Egypt (Cairo)
Estonia
Finland (Helsinki)
Greece (Athens)
Israel and the Palestinian Territories
Jordan
Latvia
Lebanon
Lesotho
Lithuania
Libya
Malawi
Moldova
Mozambique
Romania
Russia
Rwanda
South Africa
Swaziland
Syria
Ukraine (Kiev)
Zambia
Zimbabwe

+1 HOUR

Albania
Algeria
Andorra
Angola
Austria
Belgium
Bosnia and Herzegovina
Cameroon
Central African Republic
Chad
Croatia
Czech Republic
Denmark
Equatorial Guinea
France
Gabon
Germany
Hungary
Italy
Kosovo
Liechtenstein
Luxembourg
Republic of Macedonia
Malta
Monaco
Montenegro

Namibia
Netherlands
Niger
Nigeria
Norway
Poland
Serbia
Slovakia
Slovenia
Spain
Sweden
Switzerland
Tunisia

0 HOURS UTC

Burkina Faso
Côte d'Ivoire
Gambia
Ghana
Guinea
Iceland
Republic of Ireland
Liberia
Mali
Mauritania
Morocco
Portugal
Senegal
United Kingdom (London)

-1 HOUR

Cape Verde
Denmark (Greenland)
Portugal (Azores)

-3 HOURS

Argentina
Brazil
Suriname
Uruguay

-3.30 HOURS

Canada (Newfoundland)

-4 HOURS

Antigua and Barbuda
Barbados
Bolivia
Brazil (Amazonas)
Canada (Atlantic - New Brunswick, Nova Scotia, Prince Edward Island, Quebec)
Chile
Dominica
Dominican Republic
France
(Guadeloupe, Martinique, St Barthélemy, St Martin)
Grenada
Guyana
Netherlands (Aruba, Curaçao, Sint Maarten)
Paraguay

St Kitts and Nevis
St Lucia
St Vincent and the Grenadines
Trinidad and Tobago
United Kingdom (Anguilla, Bermuda, British Virgin Islands, Montserrat, Turks and Caicos)
United States (Puerto Rico, US Virgin Islands)
Venezuela

-5 HOURS

Bahamas
Brazil
Canada (Eastern - Nunavut, Ontario, Quebec)
Colombia
Cuba
Ecuador
Haiti
Jamaica
Mexico (Quintana Roo)
Panama
Peru
United Kingdom (Cayman Islands)
United States (Eastern - Delaware, District of Columbia, Florida, Georgia, Indiana, Kentucky, Maryland, Michigan, New England, New Jersey, New York, North Carolina, Ohio, Pennsylvania, South Carolina, Tennessee, Virginia, West Virginia)

-6 HOURS

Belize
Canada (Central - Manitoba, Nunavut, Ontario, Saskatchewan)
Chile (Easter Island)
Costa Rica
Ecuador (Galapagos Islands)
El Salvador
Guatemala
Honduras
Mexico
Nicaragua
United States (Central - Alabama, Arkansas, Florida, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Michigan, Minnesota, Mississippi, Missouri, Nebraska, North Dakota, Oklahoma, South Dakota, Tennessee, Texas, Wisconsin)

-7 HOURS

Canada (Mountain - Alberta, British Columbia, Northwest Territories, Nunavut, Saskatchewan)
Mexico (Baja California Sur, Chihuahua, Nayarit, Sinaloa, Sonora)
United States (Mountain - Arizona, Colorado, Idaho, Kansas, Montana, Nebraska, Nevada, New Mexico, North Dakota, Oregon, South Dakota, Texas, Utah, Wyoming)

-8 HOURS

Canada (Pacific - British Columbia, Yukon)
Mexico (Baja California)
United States (Pacific - California, Idaho, Nevada, Oregon, Washington)

-9 HOURS

France (French Polynesia)
United States (Alaska)

-10 HOURS

France (French Polynesia)
New Zealand (Cook Islands)
United States (Alaska, Hawaii)

-11 HOURS

United States (American Samoa)
New Zealand (Niue)

Note: Daylight Saving Time in some countries will add an hour's difference to the zone.

