ICE & Emergency Contacts Card

A one-page card for a household of one: who to call first, where a spare key is held, and how a trusted person finds your doctor, landlord and insurer. Keep one copy at home and give one to the person you have chosen.

By Gustav Emilio · November 2026 · Fill in by hand. Keep a copy with someone you have chosen.

YOUR DETAILS

FULL NAME

PREFERRED NAME

ADDRESS

LOCAL EMERGENCY NUMBER

WHO TO CALL FIRST

CHOSEN PERSON — NAME

PHONE

RELATIONSHIP / HOW YOU KNOW THEM

THEY HOLD A SPARE KEY? Y / N

IF YOU CANNOT ACT

MEDICAL PROXY OR HEALTHCARE DIRECTIVE — NAME

PHONE

WHERE THE SIGNED DOCUMENT IS KEPT

DOCTOR, LANDLORD, INSURER

DOCTOR OR CLINIC

PHONE

PHARMACY

PHONE

HEALTH INSURER · POLICY NO.

PHONE

LANDLORD OR BUILDING MANAGER

PHONE

HOME OR RENTER INSURER · POLICY NO.

PHONE

OPTIONAL NOTES A FIRST RESPONDER MAY NEED

Allergies, conditions, or language needs — only what you choose to write. This is not medical advice.

A starter card. The Solo Autonomy Operating System keeps a fuller ICE and medical-directive directory, with a review date, in one place — available at launch at Solo by Choice.

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