



Student Personal Preparedness Checklist

My Personal Information

NAME:

PHONE:

EMAIL:

Travel Information – Plane

AGENCY/AIRLINE #:

WAY TO AIRPORT:

Travel Information – Car

CONTACT INFO FOR RIDE:

ALTERNATE ROUTE:

Place to Stay if I Can't Get Home

NAME:

PHONE:

Items I Need if Classes are Held Remotely/Online:

- Books
- Research materials
- Laptop with internet access
- Syllabi for each class (faculty contact info)
- Contact info for students in classes
- Individual course plans (if campus is evacuated)
- Email access

Healthcare Information

MY DOCTOR:

DOCTOR'S PHONE:

INSURANCE CO. NAME:

POLICY #:

GROUP #:

PHONE:

NURSE LINE
866-751-2723
 (AU insurance)
866-900-7162
 (non-AU insurance)

Personal Emergency Kit

- Contact information for family/friends
- Medications
- Health and hygiene items
- Food and water

HELPFUL WEB SITES

AU Emergency Preparedness Website: www.prepared.american.edu

AU Student Health Center: www.american.edu/ocl/healthcenter

AU Counseling Center: www.american.edu/ocl/counseling

AU Portal: www.my.american.edu

Centers for Disease Control & Prevention: www.cdc.gov

Traffic Updates and Road Conditions: www.wtopnews.com