

Paris, 1^{er} arrondissement

Sample hotel area · Rue de Rivoli, 75001 Paris · Mon 19 – Sat 24 Oct 2026 · not a real booking

British nationality

2 adults · 1 aged 70+

Limited stairs

Insulin — keep cool

No car

Current situation — checked 19 Oct 2026, evening UK time. About half a million people joined cost-of-living protests on Sat 17 Oct, with violence in Paris. The Louvre entrance was blocked on Mon 19 Oct. More protests are called for **Sat 24 Oct, the departure day on this sample**. France 24 reported a partial curfew that night, 23:00–06:00, for Place de la République and the streets around Les Halles, next to this area. Roads to CDG and Orly were disrupted on 17 Oct while flights operated. Use rail.

Official pages, not copied here: the FCDO France page was updated 19 Oct at 18:40; its change note refers to local curfews. The US advisory is still Level 2, issued 28 May 2025. Playbook p.4 · Airports p.6 · Sources p.12.

France 24/AFP, 19 Oct 2026 · France 24 live, updated 19 Oct 20:18 · TravelTourister, 17 Oct 2026 · FCDO Content API, 19 Oct 2026 · US State Dept page, checked 19 Oct 2026.

EMERGENCY NUMBERS — FRANCE

112

All emergencies · works across the EU · free

15

Ambulance (SAMU)

17

Police

18

Fire (pompiers)

114

SMS, chat or app if deaf or hard of hearing

service-public.gouv.fr F33954, page reviewed 25 Aug 2026, checked 19 Oct 2026 · 114 also F33953. Calls are free. In a life-threatening emergency, call 15 or 112 rather than a hospital switchboard.

YOUR EMBASSY

British Embassy Paris

35 rue du Faubourg Saint-Honoré,
75008



Visits by appointment only. 24/7 help: scan for the FCDO contact page. No public counter number was on the embassy page we checked.

SHOW THIS TO A DRIVER

« Pouvez-vous m'emmener à cette adresse ? »

Rue de Rivoli, 75001 Paris

"Can you take me to this address?" A paid plan prints the full hotel name. This sample uses the street only, on purpose.

Embassy: gov.uk/world/organisations/british-embassy-paris, checked 19 Oct 2026. Contact QR: contact.service.csd.fcdo.gov.uk.

RALLY POINTS — AGREE THESE TONIGHT

A · Hotel lobby

If you are separated nearby, or the phones die. Text "Safe at A".

B · About 1 km away, off the main avenues

If Rivoli or the Louvre side is cordoned. Write it here: _____

IN THIS PLAN

- | | |
|-------------------------------|-------------------------------|
| 1 Essentials | 4 Protests, strikes, curfews |
| 7 Nearby help & Run Hide Tell | 10 Offline essentials |
| 2 Your first hour | 5 Medical & insulin |
| 8 Lost passport, cards, phone | 11 Wallet card |
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If protests or a strike come near you

Only the hazard that is live for these dates is in the first hour. Heat and flood are on p.7, and only if vigilance changes.

First 10 minutes

1. Move away from crowds, police lines and smoke. Side streets, not the avenues.
2. Go back to the hotel (rally point A) if you can do it calmly. Otherwise step into a large shop or café.
3. Text the group: "Safe at A" or "Safe at B".
4. If anyone is hurt or in danger: **112**.

First hour

1. Stay indoors. Keep away from windows that face the street.
2. Check RATP before you move again. Do not go and look.
3. Charge the phones. Confirm the offline map is on the phone.
4. Insulin: hotel fridge, not the freezer. Carry one day with you.

First day

1. Re-plan around rail, not the road.
2. Tell the airline if the plan changes. Keep every receipt.
3. If a curfew is in force, follow it. Carry the passport. The FCDO page covers identity checks — read it, we do not copy it.

GETTING TO THE AIRPORT WHEN ROADS ARE BLOCKED

TO	FIRST CHOICE	BACKUP	AVOID IF ROADS ARE BLOCKED
CDG	RER B direct from Châtelet–Les Halles or Gare du Nord. CDG 1 serves T1 & T3. CDG 2–TGV serves T2.	Roissybus from Opéra, or buses 350 / 351. They use the road.	Taxi and VTC queues · the A1
Orly	Metro 14 from Pyramides (in the 1st) or Châtelet, direction Aéroport d'Orly. The line is step-free.	RER B to Antony, then Orlyval. Or tram T7 from Villejuif–Louis Aragon.	Orlybus · taxis · the A6
Eurostar	Gare du Nord on RER B or D, or metro to there.	Walk only if the streets between you and Châtelet are calm.	Leave extra time for EES checks. See the FCDO entry page.

Routes: Île-de-France Mobilités, checked 19 Oct 2026. RER B hours from Châtelet–Les Halles roughly 05:26–00:11, RATP page modified 27 Feb 2026. Orlyval about 06:00–23:35. Ticket: Paris Region–Airports, €14 full / €7 reduced from 1 Jan 2026, valid on metro, RER and Orlyval, not on buses or trams. "Le Bus Direct" no longer runs.



RATP live status

Metro and RER. Check lifts before you leave — stairs are limited on this sample.



UK FCDO — France

Read it. Summary of what changed is on p.3. We do not reprint the advice.

SHELTERING AT THE HOTEL

1. Tell reception you are staying in. Ask which door is in use.
2. A room off the street side, if they can move you.
3. Water, a snack, insulin and chargers in the room for 24 hours.
4. Passports and this plan by the door.

OFFLINE — DO TONIGHT

1. Offline map of Paris, and this PDF, on the phone.
2. Photos of passports and the insurance schedule, sent to a family email. We never store scans.
3. Some cash in euros, separate from the cards.
4. Power bank charged. Boarding passes saved offline.

SAY IT IN FRENCH

J'ai besoin d'aide.

zhay buh-zwan ded
I need help.

Où est la station ?

oo eh la sta-syon
Where is the station?

La rue est bloquée.

la rew eh blo-kay
The street is blocked.

Je suis diabétique.

zhuh swee dee-ah-bay-teek
I am diabetic.

Pronunciation is an English spelling guide, not a phonetic alphabet. More phrases on p.9. Shelter steps are our playbook, dated 19 Oct 2026, grounded in the France 24 and US "shelter in place" pattern for unrest — follow the police if they say otherwise.

What is live, and what is not

Mid-October, 1st arrondissement, this household. A blank line would be a failure, so low risks are labelled low.

Unrest	Live. Protests since 17 Oct, Louvre blocked 19 Oct, another call for Sat 24 Oct, curfew reported beside Les Halles on the night of 19–20 Oct.	Playbook p.4. Do not go to look. Rail, not taxi.
Terrorism	Background. The US advisory lists it. This sample has no specific attack to describe.	Run, Hide, Tell on p.7. Call 17 or 112, not 999.
Heat	Low in mid-October. Not a current warning in this edition.	If Météo-France raises vigilance, p.7. The person over 70 feels it first.
Flood	The Seine can flood Paris, more often in winter and spring. Not the story this week.	Upper floors, no underpasses, if vigilance says flood. p.7.
Earthquake	Very low for Paris. Not in the first hour.	Nothing to do tonight for this.

Judgement for this sample, 19 Oct 2026, from the news sources on p.1 plus the hazard being out of season. Earthquake “very low” is our label for central Paris, not a ThinkHazard extract — a paid plan would cite the hazard dataset.

UK FCDO — France

Checked via the Content API on 19 Oct 2026.



public_updated_at 18:40 UK time. The change note says the update is about local curfews on the Warnings and insurance page. The alert flag was empty. The 11 Aug 2026 note was about the EU Entry/Exit System. Read the page. This plan does not reprint it.

US State Department

Level 2 — exercise increased caution. Date issued 28 May 2025. Reasons on the page: terrorism and unrest. Still Level 2 when we opened it on 19 Oct 2026. The page also describes pickpocketing in crowds. One line from us: zip the phone away on the metro and at the museum.



FIVE THINGS THAT CATCH PEOPLE OUT HERE

- Identity.** Carry the passport. The FCDO France page explains local identity checks. A photo on the phone is a backup, not a substitute.
- A police order.** A curfew, a cordon or an instruction to leave is followed exactly. France 24’s 19 Oct report is a news report of the prefecture’s order, not the order itself. If an officer says something different, the officer wins.
- Crowds.** Phones and wallets go missing where people are packed together. The US advisory describes this. Do not film a police line from close up.
- Medicines.** Insulin stays with you, in hand luggage on the way home, cool and not frozen. This is storage, not a dose. Needles: carry the prescription and ask the pharmacist. We do not rule on what is legal to import.
- The wrong number.** 999 does not run the French services. 112 does. 15, 17, 18 and 114 are on p.1.

FCDO link above, checked 19 Oct 2026, text not copied. US advisory link above. Curfew: France 24 live, 19 Oct 2026. Insulin storage is general practice — confirm with your own clinician. Last checked 19 Oct 2026.

Registration.

British nationals can sign up for FCDO travel advice emails on the France page. Do it before Saturday. A paid plan would also print STEP, ROCA or Smartraveller for other nationalities. This sample is British only.

gov.uk/foreign-travel-advice/france — use the email signup on that page. Checked 19 Oct 2026.

Civil unrest, without the drama

For this address and these dates. The point is to be indoors, or on a train, not in the picture.

Tonight

1. Agree rally points A and B. Write B on the wallet card.
2. Offline map, PDF, passport photos sent home, euros, power bank, boarding passes saved.
3. Know the rail line. CDG is RER B. Orly is metro 14. p.6.
4. Passport in a zipped pocket. The person who struggles with stairs should not be the one carrying both bags.

When it is near you

1. Leave the crowd. Do not film it. Do not cross a police line.
2. Hotel if you can. Otherwise a shop or café, then the hotel when the street is quiet.
3. Room away from the street. Water, food, insulin for 24 hours.
4. Hurt or trapped: 112. Then do what the operator says.

If a curfew is on

1. Be inside for the hours in the order. France 24, updated 19 Oct at 20:18, reported 23:00–06:00 for République and the streets around Les Halles, and a ban on demonstrations in several neighbourhoods from 20:00.
2. We do not have the prefecture map. Treat “around Les Halles” as close enough to Rivoli that you stay in until you have checked.
3. Orders get extended. Look again in the morning.

Playbook written 19 Oct 2026 from France 24/AFP, the France 24 live blog, and the US advisory's shelter guidance. Not a quote of any of them.

SATURDAY 24 OCTOBER — DEPARTURE DAY

1. Another protest day has been called. Assume the Louvre and Rivoli side may be crowded. Leave from a door that does not face that side if reception can arrange it.
2. Rail, not a taxi. Orly: metro 14, which has lifts. CDG: RER B. Check the lift status in the RATP app the night before. If the lifts are out and the stairs are too much, ask the hotel on Friday night about a pre-booked car — and expect the roads to be slow.
3. For a morning flight, be at the airport three hours before departure, which means leaving the 1st earlier than a normal Saturday.
4. Check in online tonight so the airport has one less queue.
5. If you cannot reach the airport, that is usually an insurance “missed departure” question, not an automatic payout from the airline. Keep receipts. If the airline cancels, p.6.

Protest call: France 24/AFP, 19 Oct 2026. Rail: p.6 sources. Missed-departure vs airline cancellation is our distinction so the two are not mixed up — confirm the policy schedule you actually bought.

WHAT WE ARE NOT TELLING YOU TO DO

- Do not join a march to “see it from the edge”.
- Do not argue a cordon. Walk the way you are pointed.
- Do not treat this PDF as newer than the officer in front of you, or newer than the FCDO page if that page has moved on since 19 Oct.

Strikes are a separate problem from marches. On 17 Oct the roads to both airports were the failure, not the runways. Flights can operate while the taxi rank is empty and the motorway is slow. Check the airline app and the RATP app as two different questions.

TravelTourister, 17 Oct 2026, on the taxi and road-transport disruption. France 24/AFP, 19 Oct, on taxi drivers at CDG warning arriving passengers. Checked 19 Oct 2026.

Medical help near the 1st

Call 15 or 112 first if someone is seriously ill. Do not walk to A&E in that case. These are adult emergency departments.



Hôtel-Dieu AP-HP — closest Adult A&E, 24 hours. Entrance: **7 rue de la Cité, 75004**. Hospital: 1 place du Parvis Notre-Dame. Île de la Cité, a short walk from the Louvre side of the 1st if you can walk.

Metro Cité (line 4) or Châtelet. Secretariat listed on the AP-HP page: 01 42 34 82 34. That number is not a substitute for 15.

Hôtel-Dieu: aphp.fr/hotel-dieu/service-d-accueil-des-urgences, checked 19 Oct 2026. A search snippet showed a different accueil number (01 42 34 82 32); we printed the secretariat number that was on the page we opened. This is not a full list of every clinic.

PHARMACIE DE GARDE



Paris runs an on-duty rota for nights, Sundays and holidays. **Mon Pharmacien** (monpharmacien-idf.fr) is the Île-de-France finder, run with the regional health agency and the pharmacists' union. In Paris itself, the night pharmacy is open and you can walk in. Elsewhere in the region, the night address is often given out by the local police station, with ID and a same-day prescription. Daytime pharmacies are dense around Rivoli and Les Halles — look one up before you need it, because the duty pharmacy moves.

3237 is a private phone lookup, about €0.35 a minute, not the official Paris finder. Prefer the website.

monpharmacien-idf.fr and ARS Île-de-France page "Trouver la pharmacie de garde", dated 18 Sep 2026, both checked 19 Oct 2026. 3237.fr presentation page for the tariff.

INSULIN ON THIS TRIP

- Hotel fridge, not the ice box. Heat and freezing both spoil it.
- One day of supply in a pocket, the rest in the room. Hand luggage on the flight home, not the hold.
- A copy of the prescription. Tell reception you have medicine that must stay cold if you leave the room for a day.
- This is not a dose and not a change to anyone's regimen. If a dose is missed or someone is unwell, call 15.

Storage practice for this sample, 19 Oct 2026. Confirm with your clinician. Not a citation of a dosing guideline.

GHIC, AND 3114

A UK GHIC covers medically necessary state care in France on a similar basis to a resident. That can still mean a payment a resident would pay. It does not replace travel insurance, does not cover a private clinic, and does not fly you home. Show the card. Keep receipts.

3114 is the French national line for psychological distress, 24 hours. It is not 112. If there is immediate danger, call 112.

NHS GHIC page, last reviewed 12 Dec 2023, checked 19 Oct 2026. 3114.fr, checked 19 Oct 2026.

Airports, then the airline's duty

Two different problems: you cannot reach the airport, or the airline does not fly you. Do not use one set of rules for the other.



From this area. Pyramides (1st, lines 7 and 14) and Châtelet–Les Halles are the useful stations. Metro 14 to Orly is step-free end to end — the better choice for limited stairs. RER B to CDG is direct; lifts exist and also fail, so check RATP the night before. End-to-end, metro 14 from Saint-Denis to Orly is about 40 minutes, so Châtelet is less. Orlyval from Antony is about 8 minutes on top of the RER, and the whole RER-plus-Orlyval ride from central Paris is often 30–45 minutes. Buy a Paris Region–Airports ticket (€14, or €7 reduced, from 1 Jan 2026) on a Navigo Easy pass or the Île-de-France Mobilités app. It does not work on the tram or the bus.

Île-de-France Mobilités airport page and ticket page; RATP airport-links page modified 27 Feb 2026; Bonjour RATP Orlyval page. All checked 19 Oct 2026. Minute counts are those operators' descriptions, not a promise for Saturday.

IF THE FLIGHT IS CANCELLED OR YOU LAND MORE THAN THREE HOURS LATE



UK261 — flights leaving the UK, and flights into the UK on a UK airline. Care (food, and a hotel if you are stuck overnight) can be due even when money is not. If compensation is due, the CAA's figures are £220 under 1,500 km, £350 for 1,500–3,500 km, and for over 3,500 km £260 if you arrive 3–4 hours late or £520 if later. A delay over five hours: you can choose not to travel and take a refund.



EU261 — a departure from Paris is in scope, whoever the airline is. Arrivals into the EU are in scope when the airline is European. Euro amounts are on Your Europe; we are not restating them. A cancellation should come with a choice of refund or a new flight.

CAA delays page and "Am I entitled to compensation?", checked 19 Oct 2026. Your Europe air passenger rights, checked 19 Oct 2026.

Extraordinary circumstances. The UK CAA treats political or civil unrest, and strikes by people who do not work for the airline (airport staff, air-traffic control, border force), as the sort of event where compensation is often not due. Care and the refund-or-reroute choice on a cancellation are separate questions. An airline's own staff strike is a different case. Claim to the airline, keep boarding passes and receipts, and read the reason they give you. A road block that makes *you* miss a flight that still departed is the insurer's "missed departure" clause, if you have one.

CAA extraordinary-circumstances examples, checked 19 Oct 2026. The missed-departure sentence is our distinction, not a quote.

What the embassy will not do on a travel day. Consular staff can help with an emergency travel document (there is a fee), point you to police, doctors and lawyers, and with your consent tell family at home. They do not pay the hotel, buy the new ticket, or get you out of a lawful police matter. You do not have a legal right to assistance. Read the guide rather than this sentence if it matters.

gov.uk/guidance/consular-assistance-how-the-foreign-commonwealth-development-office-provides-support, checked 19 Oct 2026. Summary only.

Where things are — a sketch, not a map

Not to scale. Not for navigation. Download an offline map tonight. © not OpenStreetMap — this drawing is ours.



A&E

Hôtel-Dieu, 7 rue de la Cité. Lariboisière if you are already towards Gare du Nord. Details p.5. Call 15 if it is serious.

Rail

Pyramides for metro 14 to Orly. Châtelet–Les Halles for RER B to CDG. Rally point B is yours to choose, off the avenues.

Embassy

35 rue du Faubourg Saint-Honoré, 75008. Not a walk from Rivoli with luggage. Metro to Madeleine or Concorde, and only with an appointment. p.1.

RUN, HIDE, TELL — IN FRANCE

Run

If there is a safe route away from a firearms or weapons attack, take it. Leave bags. Do not film. Do not wait for someone who is frozen — tell them once, then go.



Steps summarised from Counter Terrorism Policing, Run Hide Tell, and ProtectUK (publication date 21 May 2026), checked 19 Oct 2026. The number is adapted using service-public: 17 and 112. The code opens the ProtectUK page.

Hide

If you cannot run, get behind something solid. Lock and barricade. Silence the phone, including vibrate. Stay until the police come to you.

Tell

When it is safe, call **17** or **112**. Say where you are, what you saw, who is hurt. UK advice says 999 because it was written for Britain. You are in France.

HEAT AND FLOOD — ONLY IF THE WARNING CHANGES

Météo-France vigilance. Mid-October is not heatwave season, and this edition has no heat or flood warning to apply. If the map goes orange or red for heat: a cool room, water, check the person over 70, and do not change insulin without a pharmacist or doctor. If it goes orange or red for rain or flood: upper floors, stay out of underpasses and basements, do not walk through floodwater.



Shelter in place, in one line.

Go inside, stay inside, listen to the authorities. Close windows if there is smoke or a chemical smell. Do not collect children from a school that is already sheltering them unless the school asks. Call 18 or 112 if you smell gas or see fire. This is a generic card, not a Paris industrial plan.

Our card, 19 Oct 2026. Vigilance link checked as the official Météo-France warning map.

Passport, cards, phone

British nationals. Do the police report and the online form. The embassy door is not the first step.

Emergency travel document

Apply online. You can apply if you are a British national, outside the UK, you need to travel within 6 weeks, the passport is lost, stolen, damaged, full, recently expired or held elsewhere, you cannot get a replacement in time, and you have held a UK passport issued on or after 1 January 2006. Without that passport history you usually apply for a full passport, unless the trip is urgent and exceptional — the official page gives examples such as a funeral of a close relative, not a holiday. The document is usually one single or return journey, through at most five countries. There is a fee.



Order of steps

1. If it is happening now: **17 or 112**.
2. When it is safe, report the theft at a commissariat. Ask for the written report. Say: « Je voudrais porter plainte. »
3. Apply on the gov.uk page. The QR opens it.
4. Embassy visits are by appointment. For a 24-hour emergency use the contact page on p.1.

gov.uk/emergency-travel-document, checked 19 Oct 2026. Steps paraphrased, not a copy of the guide. Police phrase is ours.

CARDS

1. Freeze the card in the bank's app if you still have a phone that can do it.
2. Visa, if you cannot reach the bank: from France, Visa's Global Customer Assistance list (updated 10 Dec 2025) gives **0800 90 1179**. If that free number will not connect, the same list gives a collect call to **+1 303 967 1096**. A hotel phone may still charge you. Visa says it is not responsible for those fees.
3. Mastercard and other networks: use the number in the banking app or on that network's own lost-card page. This sample does not print a Mastercard number, because we did not confirm one on Mastercard's own page for this edition.
4. Keep some euros apart from the wallet. The embassy is not a cash machine.

visa.co.uk GCAS toll-free PDF, updated 10 Dec 2025, and visa.co.uk lost-or-stolen page, checked 19 Oct 2026. Mastercard omitted on purpose.

PHONE

1. From another phone, ask your UK carrier to block the SIM. This sample has no carrier, because none was given — save that number before you travel.
2. iPhone: icloud.com/find. Android: google.com/android/find. Mark it lost.
3. The IMEI was under ***#06#**, or on the box. Give it to the carrier.
4. Change email and bank passwords from a different device if the phone was unlocked.

Still get to the airport.

Re-download the boarding pass on the other phone, or ask the hotel to print it. The passport problem and the phone problem are separate queues. Identity for the airline may be the emergency travel document, which takes time — start the gov.uk form the hour you notice, not the morning of the flight.

Practical sequence for this sample, 19 Oct 2026. Find-my links: icloud.com/find and google.com/android/find.

Say it, or point at it

The italic line is a rough English guide to the sound. It will not satisfy a linguist. French speakers will still understand the words in Fraunces.

J'ai besoin d'aide.

zhay buh-zwan ded
I need help.

Aidez-moi, s'il vous plaît.

ay-day mwah, seel voo play
Please help me.

Appelez les secours.

ah-play lay suh-koor
Call emergency services.

Je suis diabétique.

zhuh swee dee-ah-bay-teek
I am diabetic.

J'ai besoin d'insuline.

zhay buh-zwan dan-su-leen
I need insulin.

Où est l'hôpital ?

oo eh lo-pee-tal
Where is the hospital?

Où est la pharmacie de garde ?

oo eh la far-mah-see duh gard
Where is the on-duty pharmacy?

Pouvez-vous m'emmener à cette adresse ?

poo-vay voo mahm-nay a set a-dress
Can you take me to this address?

La rue est bloquée.

la rew eh blo-kay
The street is blocked.

Où est le métro ?

oo eh luh may-tro
Where is the metro?

Je suis britannique. Mon passeport a été volé.

zhuh swee bree-tah-neek. mon pass-por a ay-tay vo-lay
I am British. My passport was stolen.

Je ne comprends pas.

zhuh nuh kom-prahn pah
I do not understand.

Phrase list written for this sample, 19 Oct 2026. Not taken from a published phrasebook. Pronunciation is an aid, not a standard.

SHOW THIS CARD — POINT, DON'T TRANSLATE**HÔPITAL**

hospital

POLICE

police

PHARMACIE

pharmacy

AMBASSADE

embassy

GARE

station

Address to point at, with the first phrase.**Rue de Rivoli, 75001 Paris**

Add the hotel name in pen when you have it. A generated plan would already have printed it. Rally point B: _____

If speech is hard. 114 by SMS, the Urgence 114 app, or urgence114.fr. Free, 24 hours, for people who are deaf, hard of hearing, deafblind or aphasic. It reaches 15, 17 and 18. Give your name, the address, and what happened.

service-public, F33953 and the 114 guidance, checked 19 Oct 2026. Same source as p.1.

Do this before Saturday

Scaled to two adults, one over 70, insulin, limited stairs, no car. Ignore anything that does not fit a different household.

IN THE DAY BAG

- Passports, GHIC, insurance schedule, this plan.
- One day of insulin and any other daily medicine, plus the prescription copy.
- A little cash in euros. One card, not all of them.
- Phone, power bank, a pen for rally point B.
- A layer you can walk in. Comfortable shoes — Rivoli is long if the metro is closed.
- Glasses, hearing aids, the thing you cannot replace at a pharmacy tonight.

LEAVE IN THE ROOM

- The rest of the insulin, in the fridge, labelled.
- A spare card, hidden, not in the same bag as the passport.
- Water and something to eat that does not need a kitchen.
- The paper copy of this plan if the phone is the only other copy. Two copies is the point.

DOCUMENTS — PAPER, PHONE, AND A PERSON AT HOME

1. Photograph the passport photo page, the GHIC, the insurance schedule and the boarding passes.
2. Email them to someone who is not on the trip. We do not want the photos. This product never asks you to upload a scan.
3. Write the insurer's assistance number on the wallet card. It was not in the inputs for this sample, so the line is blank on purpose.
4. ICE — a person to call. Name and number, on p.11. Not stored anywhere else.

Checklist written for this sample household, 19 Oct 2026. Not a quoted government list.

QUESTIONS FOR THE INSURER, BEFORE YOU NEED THEM

- Does "missed departure" cover a road closure or a curfew, and what receipts do they want?
- Is unrest excluded? Some policies say so in a schedule nobody reads.
- What is the medical assistance number from France, and do they want you to call them before A&E when the situation is urgent? If it is urgent, call 15 first anyway.
- Will they pay a pharmacist for a replacement supply of insulin?

Questions, not answers. Your policy decides. 19 Oct 2026.

Stairs. Prefer metro 14 over a long RER interchange. If a lift is broken, do not start a flight of stairs with insulin and two suitcases because a timetable looks shorter. Friday night is when you find out, not Saturday at 6am.

Tied to Île-de-France Mobilités: line 14 is step-free. p.6. Checked 19 Oct 2026.

Keep this with the passport

The large card is for the phone screen. The small one is credit-card size. Print this page at 100% if you cut it out.

WALLET CARD · SAMPLE

PARIS · BRITISH PASSPORT

112

15 SAMU · 17 police · 18 fire · 114 SMS if deaf or hard of hearing

British Embassy Paris
35 rue du Faubourg Saint-Honoré, 75008
Appointment only. Scan for 24/7 contact.



Rally A: hotel lobby
Rally B: _____

Insulin — keep cool. Not a dose.
Insurer: _____
ICE: _____

Show a driver
Rue de Rivoli, 75001 Paris

Sample — not a real booking. Generated 19–20 Oct 2026. In danger call 112.

CUT ON THE DASHED LINE — 85 × 54 MM

STAY SAFE ANYWHERE

SAMPLE

112 · 15 · 17 · 18 · 114

Embassy: 35 rue du Faubourg St-Honoré, 75008 · QR on the large card
Rue de Rivoli, 75001 · Rally A lobby · B _____
Insulin, keep cool · ICE _____ · Call 112

The dashed card is the print size from the product spec (85 × 54 mm). The phone version above is the one to screenshot. A generated plan would also export a tall PNG for the lock screen; this sample keeps both on one A4 page.

Numbers: p.1 sources. Embassy: p.1 sources. Address is the sample area, not a private residence. 19 Oct 2026.

Sources and last checked

Every fact in this sample points here. “Checked” means we opened the page on that date. It does not mean the world stayed still afterwards.

FACT	SOURCE	CHECKED
112, 15, 17, 18 free and 24/7; 112 works across the EU	service-public.gouv.fr/particuliers/vosdroits/F33954 (page says reviewed 25 Aug 2026); masecurite.interieur.gouv.fr numeros utiles	19 Oct 2026
114 SMS, chat, app, for deaf, hard of hearing, deafblind, aphasic	service-public.gouv.fr/particuliers/vosdroits/F33953	19 Oct 2026
Embassy address, appointment-only visits, 24/7 via the contact form	gov.uk/world/organisations/british-embassy-paris · contact.service.csd.fcdo.gov.uk/posts/france/british-embassy-paris	19 Oct 2026
Emergency travel document rules	gov.uk/emergency-travel-document	19 Oct 2026
FCDO France updated; change note on local curfews; no alert flag; text not copied	gov.uk/api/content/foreign-travel-advice/france — public_updated_at 2026-10-19T18:40:21+01:00. Human page: gov.uk/foreign-travel-advice/france	19 Oct 2026
US Level 2, terrorism and unrest, issued 28 May 2025	travel.state.gov/en/international-travel/travel-advisories/france.html	19 Oct 2026
~500,000 on 17 Oct; Louvre blocked 19 Oct; further call for 24 Oct	france24.com/en/live-news/20261019-stay-home-tourists-find-themselves-in-a-france-convulsed-by-protests (AFP)	19 Oct 2026
Partial curfew 23:00–06:00, République and streets around Les Halles; demo ban from 20:00 in several neighbourhoods	france24.com/en/france/20261019-live-french-pm-lecornu-calls-for-partial-curfews-in-cities-hit-by-riots-and-looting — updated 19 Oct 2026, 20:18	19 Oct 2026
Road access to CDG and Orly disrupted 17 Oct; flights operating	traveltourister.com taxi-strike report, 17 Oct 2026; France 24/AFP on taxi warnings at CDG	19 Oct 2026
Hôtel-Dieu adult A&E, 7 rue de la Cité; secretariat 01 42 34 82 34	aphp.fr/hotel-dieu/service-d-accueil-des-urgences	19 Oct 2026
Lariboisière, 2 rue Ambroise-Paré; 01 49 95 64 45 / 01 49 95 64 43	hopital-lariboisiere.aphp.fr/urgences	19 Oct 2026
Pharmacie de garde in Paris; Mon Pharmacien; 3237 at about €0.35/min	monpharmacien-idf.fr · iledefrance.ars.sante.fr pharmacie de garde page, 18 Sep 2026 · 3237.fr	19 Oct 2026
RER B, metro 14, Orlyval, T7, hours, €14 ticket, line 14 step-free	iledefrance-mobilites.fr airport access and ticket pages · ratp.fr airport links, modified 27 Feb 2026 · bonjour-ratp.fr Orlyval	19 Oct 2026
Run, Hide, Tell. Call 17 or 112 in France, not 999	counterterrorism.police.uk/runhidetell · protectuk.police.uk Run Hide Tell, 21 May 2026 · service-public for 17/112	19 Oct 2026
UK261 care, amounts, extraordinary circumstances; EU261 scope	caa.co.uk delays and compensation pages · europa.eu/youreurope air passenger rights	19 Oct 2026
Visa France 0800 90 1179; collect +1 303 967 1096	Visa GCAS toll-free PDF, updated 10 Dec 2025, via visa.co.uk	19 Oct 2026
GHIC is state care, not insurance, not repatriation	nhs.uk GHIC page, last reviewed 12 Dec 2023	19 Oct 2026
3114 psychological distress line	3114.fr	19 Oct 2026
Weather warnings	vigilance.meteofrance.fr	19 Oct 2026
What consular staff can and cannot do	gov.uk/guidance/consular-assistance-how-the-foreign-commonwealth-development-office-provides-support	19 Oct 2026

Not in this edition, on purpose. A Mastercard France number — not confirmed on Mastercard’s own page. A named on-duty pharmacy — the rota changes tonight, use Mon Pharmacien. A prefecture map of the curfew — we only have France 24’s description. FCDO and US advice text — linked, not republished. Earthquake risk from a hazard dataset — a paid plan’s job. Le Bus Direct — the service has ended, so it is not a backup.

Sample for a generic hotel area on Rue de Rivoli, 75001. British couple, one over 70, limited stairs, insulin, no car, 19–24 Oct 2026. Information only. Not an emergency service. Always follow local authorities. In danger in France call 112.