

Traveler Dietary Restrictions and Food Allergy Form

Please fill out this form to notify tour operators, kitchen staff, and guides of your dietary requirements. This document is designed to be printed and kept on hand during your travels.

1. Traveler Profile

Full Name:

Trip Name / Group Booking Number:

Contact Phone Number:

2. Emergency Contact Information

Emergency Contact Name:

Relationship to Traveler:

Emergency Contact Phone Number:

3. Food Allergies

List any specific food allergies (e.g., Peanuts, Tree Nuts, Shellfish, Fish, Dairy, Eggs, Wheat, Soy):

Diagnosed Food Allergens:

Reaction Severity (e.g., Mild, Moderate, Severe/Anaphylactic):

Do you carry an Epinephrine Auto-Injector (EpiPen)? (Yes / No):

4. Dietary Restrictions and Preferences

List any religious, lifestyle, or medical dietary needs (e.g., Vegetarian, Vegan, Gluten-Free, Halal, Kosher, Diabetic):

Dietary Restrictions:

5. Additional Notes and Special Instructions

List any cross-contamination concerns, ingredient avoidance details, or special meal handling instructions:

Additional Details: