

# Dietary Restrictions and Traveler Profile Sheet

Please complete this profile sheet prior to departure. This document is designed to be printed and kept on hand during travel.

## 1. Traveler Information

Full Name (as it appears on passport):

Date of Birth (DD/MM/YYYY):

Nationality:

Passport Number:

Phone Number (including country code):

Email Address:

## 2. Trip Details

Trip Name / Destination:

Travel Dates (Departure - Return):

## 3. Dietary Restrictions and Food Allergies

Specific Diet (e.g., Vegetarian, Vegan, Halal, Kosher, Gluten-Free):

Severe Food Allergies (e.g., Peanuts, Shellfish, Dairy):

Severity of Allergy (e.g., Mild, Severe, Anaphylactic):

Required Treatment/Medication if Exposed (e.g., EpiPen, Antihistamines):

Disliked Foods / Strong Preferences:

## 4. Medical and Emergency Contact Information

Emergency Contact Person:

Relationship to Traveler:

Emergency Contact Phone:

Other Relevant Medical Conditions:

Travel Insurance Provider & Policy Number:

## **5. Additional Notes**

Any other information for your tour leader or hosts: