

Destination Dining and Dietary Needs Checklist

Use this printable checklist to plan your meals, document dietary restrictions, and research safe dining options for your upcoming destination.

1. Traveler & Trip Information

Traveler Name:

Destination City/Country:

Travel Dates:

Emergency Contact & Phone:

2. Dietary Restrictions & Severity

Specify any food allergies, intolerances, or religious/lifestyle dietary needs. Use the text box to indicate severity (e.g., Mild, Severe, Anaphylactic).

Peanuts / Tree Nuts (Severity):

Dairy / Lactose (Severity):

Gluten / Celiac (Severity):

Shellfish / Seafood (Severity):

Lifestyle / Religious Diets (e.g. Vegetarian, Halal, Kosher):

Other Allergies / Specific Ingredients to Avoid:

3. Pre-Trip Preparation Checklist

Type "YES", "NO", or "N/A" to track your progress for each task.

Translated Chef Cards / Allergy Cards prepared:

Extra medication & prescriptions packed (EpiPens, Antihistamines, etc.):

Travel insurance purchased (covering medical emergencies/allergic reactions):

Safe, non-perishable travel snacks packed for the flight/transit:

Hotel / Accommodation notified of dietary needs in advance:

Airline special meal requested (at least 24-48 hours before flight):

4. Destination Dining Research & Safe Options

Identify vetted restaurants, grocery stores, and local dishes that are generally safe.

Safe Local Dishes to try:

Risky Local Dishes / Ingredients to watch out for:

Safe Restaurant 1 (Name, Address, Notes):

Safe Restaurant 2 (Name, Address, Notes):

Local Grocery Stores / Health Food Stores nearby:

5. Key Phrases & Emergency Translation

Write down key phrases in the local language to show your server or chef.

"I am allergic to..." (Translation):

"Does this contain..." / "Is there cross-contamination?" (Translation):

"Please call an ambulance / take me to the hospital" (Translation):

6. Additional Notes

Specific instructions, transit notes, or secondary contacts: