



MENU PREFERENCES

PLEASE COMPLETE AND RETURN THIS FORM TO US

In order to be able to prepare our trips in the best possible way for you, we would like to ask you to inform us and our guides of any preferences you may have concerning your daily menu. All our trips are wilderness trips, so some restrictions may apply, but we will do our utmost to meet all your preferences.

Name

Name of Tour

Departure Date

Height

Weight

Date of Birth

Preferred Gender

CM
FT

KG
LBS

1 | Do you have a healthy appetite or do you eat smaller portions generally?

Portion Size: Smaller Average Larger

2 | Are you a vegetarian or vegan?

No Vegetarian Vegan

3 | Do you have other dietary restrictions and/or allergies?

No Yes

If yes, please list below

4 | What kind of beverages do you prefer during meals?

	Cold		Hot			
Breakfast	water	juice	coffee	tea	chocolate	milk
Lunch	water	juice	coffee	tea	chocolate	milk
Dinner	water	juice	coffee	tea	chocolate	milk

5 | And, for quenching your thirst (please bring appropriate container)

Cold		Hot			
water	juice	coffee	tea	chocolate	milk

6 | Do you take sugar and milk in your hot beverages?

Sugar Sweetener Milk

When answering next questions, please note that we can carry limited supplies and have to prepare meals in the field.

Please let us know your preferences for breakfast? e.g.: cereal, bread, etc.

Please let us know your preferences for lunch? e.g.: soup, bread, etc.

Your preferences for dinner? *E.g. rice, pasta, potatoes, meat, fish, veggies etc.*

Please let us know any preferences you may have concerning the following foods:

Coffee	regular	decaf	
Tea	black	green	herbal
Bread	brown	white	whole wheat

Other: please list below

.....
Signature

.....
Date

