

What about Dietary Restrictions?

Please fill out and submit a Dietary Restriction Notification card for each crew member that has a restriction and mail it to the base. These cards **MUST BE RECEIVED** by NLHA no later than **45 days prior** to your trek.

Please keep in mind that while we try to be as accommodating as possible, we will not be able to accommodate all food needs and may ask participants with certain needs to supplement the menu with their own food.

Northern Lights High Adventure Card

Dietary Restriction Notification

We must receive this card 45 days prior to your trek in order to make the necessary substitutions. If this card is not received within the specified time, we cannot guarantee the substitutions. We will do our best to accommodate your needs, but for certain severe allergies or for a person with an allergy to more than 2 types of food, we may ask you to bring your own trail food. Please bring your own medication (ex. Epipen).

*Please fill out **ONE CARD PER INDIVIDUAL** with a dietary restriction. **ALL FIELDS ARE REQUIRED.***

1. Troop/Crew #: _____
2. Dates Attending: _____
3. Name of person with restriction: _____
4. Phone # and Email (of parent if youth or individual if adult):

5. Restriction type (i.e. peanut allergy, vegetarian etc.):

6. Please circle all that apply: If an allergy is it by?
Ingestion Contact Airborne Other _____
7. Severity of Allergy (i.e. anaphylactic): _____
8. Is Allergy controlled or treated by medication?

9. If so, will individual have this medication on the trip?

10. What is the medication? _____
11. Symptoms Experienced (i.e. vomiting): _____
12. Substitution Ideas:

13. Any other information you think would be useful to the food service staff at High Adventure:

Email Form to: Clinton.Stewart@scouting.org

Office Use Only: Contact Date: _____ Initials: _____

Accommodations Made: _____ Bringing Own Food: _____