



## Food Allergies and /or Intolerances and Other Special Dietary Requirements

Place a tick into the tables below to identify your food allergy or intolerance and/or non-allergen dietary requirement. If your allergy or non-allergen requirements are not included in the tables below, please expand the appropriate 'Other' Section.

**Name:**

**Station(s) / Ship visiting or working on:**

**Start date:**

**End Date:**

Allergen	Allergic	Intolerant
Celery		
Crustaceans		
Eggs		
Fish		
Gluten		
Lupin		
Milk		
Molluscs		
Mustard		
Peanuts		
Sesame Seeds		
Soya		
Sulphur Dioxide		
Tree Nuts		
Wheat		
Other		

Non- Allergen Dietary Requirement	
Vegetarian	
Vegan	
Pescatarian	
Kosher	
Halal	
Other	

I have **no** food allergies, intolerances, or dietary requirements ☐

**Upon arrival at station or ship, please ensure you follow up with your food restrictions with the Chef, Station Leader or Purser (Ship).**