**This information needs to be submitted 1 month prior to your charter date**

**Email this to goodnews@usa.net**

**Food Information:**

We pride ourselves in having great food! We have a NY strip steak night, BBQ chicken, roast beef and gravy, and a pizza party. We have a lot of fresh vegetables, salads, fruit, pancakes, french toast, sausage, eggs, snacks, and delicious homemade desserts such as chocolate cake, brownies, and cherry cobbler with whip cream. Really good fresh food is an important part of our week! The beverages are drinks like Lemonade, Gatorade, ice-tea, and orange juice. There are NO alcoholic beverages allowed. This is a high energy week and we need to make sure all crew members have the proper food to fortify and keep them going. If any of your crew has food allergies or special dietary requirements please have them complete this information. We are limited to what we can buy in the Bahamas to satisfy some food requirements. If needed, please bring some of your special foods with you. Or if you might need an EpiPen please bring it.

Charter Group:

Charter Week:

Full Name of person with the dietary needs:

Parent’s/Guardian’s Name & Email:

Parent’s/Guardian’s Contact Number:

**Answer the questions pertaining to your needs and please be specific**

1. Are you allergic to any kind of food? If so, please specify in detail
2. Are you gluten intolerant? We are able to get some gluten free foods in the Bahamas such as pasta, cereal, and a mix to make gluten free bread and pancakes. But we cannot get gluten free energy bars, brownie and cake mixes, and cookies. So please plan on bring some of these items with you such as energy bars so you can keep your energy level going.
3. Are you a vegetarian? Do you eat chicken? Do you eat seafood? Do you eat eggs and cheese?
4. Are there any other dietary needs or food preparation requirements we need to know about?

**Flight Information:**

If the whole group is traveling together, only one person needs to complete this form. But if there are more than 1 travel times for various people, we need the itinerary for each. We must have this information 1 month before the group leaves the states.

Charter Group:

Charter Week:

Contact Person:

Contact phone number while traveling:

Email:

**Arrival Information:**

Arrival date & time in Marsh Harbour:

Airline and Flight number:

How many people traveling with you?

**Departure Information:**

Departure date & time out of Marsh Harbour:

Airline and Flight number:

How many people traveling with you?

**We’ll see you soon! Thank you ~**

**Captain Thomas & “Admiral” Linda**