

Shake Stir & Mingle

Traveler Intake & Experience Profile

ZERO-PROOF · ALLERGY-AWARE · SENSORY-FRIENDLY · FIVE-STAR TRAVEL

Welcome — we're honored to plan for you. The more you share, the more precisely we can curate. Answer what applies and skip what doesn't; every question exists because it changes what we book. Health and dietary details are voluntary, kept confidential, and used only to design your experience.

01 About You

So we know who we're designing for.

Full name *

Preferred name / pronunciation

Email *

Phone *

City & state you'll travel from

Preferred departure airport(s)

Best way to reach you

Email

Phone call

Text

Video chat

Best time of day to reach you

How did you find Shake Stir & Mingle?

Birthday / anniversary (optional)

We love arranging celebration touches.

02 The Trip You're Dreaming Of

The shape of the journey.

What kind of trip is this? (check all that apply)

Couples getaway

Family vacation

Multi-generational

Solo travel

Friends / group trip

Honeymoon

Babymoon

Milestone celebration

Wellness retreat

Business + leisure

Cruise

Other

Are you celebrating anything? Even the small wins count.

Destination(s) in mind — or 'open to suggestions!'

Places you've loved before

Anywhere you do NOT want to go, or have already done?

Ideal travel dates

Trip length (nights)

Are dates flexible?

Fixed — must be these dates

Flexible by weeks

Flexible by a few days

Totally open — best value wins

Total travelers (adults / children + ages)

Valid passports (6+ months beyond travel)?

03 Your Investment

So every recommendation is realistic.

Comfortable budget range (total, excluding flights)

Under \$3,000

\$3,000–\$5,000

\$5,000–\$10,000

\$10,000–\$20,000

\$20,000+

Guide me

Should flights be included in our planning?

Yes — book everything

No — I'll handle flights

Using points/miles — advise me

Interested in a payment plan?

Yes

No — paying in full

Tell me the options

Where should we splurge, and where should we save?

04 Alcohol-Free & Zero-Proof Living

The good life doesn't require a pour.

Which best describes your party's relationship with alcohol? (check all that apply)

Alcohol-free by choice

In recovery / sober

Sober-curious / cutting back

AF for health, faith, or pregnancy

Mixed — some travelers drink

Prefer not to say

How important is a genuine zero-proof menu (not just soda) where you stay and dine?

Essential — it's the trip

Very important

Nice to have

Not a factor

Comfort level around alcohol-forward environments

Fine anywhere — I just don't drink

Prefer to avoid party/club scenes

Avoid wine-centric venues & tastings

No pushy drink upsells, please

Zero-proof touches we can arrange — check any that delight you

Empty/replace the minibar before arrival

AF sparkling for celebration toasts

Zero-proof pairing dinners

Mocktail / mixology classes

Dedicated AF bars & bottle shops nearby

AF welcome amenity in-room

Anything else about how alcohol (or its absence) shapes your ideal trip?

05 Food Allergies & Dining Needs

We navigate this in our own family.

Allergies or intolerances in your party (check all that apply)

Peanut	Tree nuts	Dairy / milk	Egg
Wheat / gluten	Soy	Shellfish	Fish
Sesame	Corn	FODMAP-related	Other (below)

Who has each allergy, and how severe?

e.g., 'Daughter (8): peanut — anaphylaxis, carries EpiPen. Me: gluten intolerance.'

Cross-contamination sensitivity

Strict — dedicated prep required	Careful kitchens preferred
Trace amounts okay	Not applicable

Helpful supports (check any)

In-room fridge for medication (EpiPen, insulin)	Translated chef cards for the destination
Pre-trip call with the hotel chef	Kitchen / kitchenette to self-cater
Grocery or safe-snack delivery before arrival	Know the nearest hospital / urgent care
Airline allergy protocols & special meals	

Dietary lifestyles in your party

Vegan	Vegetarian	Pescatarian
Halal	Kosher	Diabetic-friendly
Low-sodium	Keto / low-carb	Selective eaters (kids or adults!)

Foods your family LOVES — so we can plan joy, not just safety

06 Sensory Needs & Accessibility

No explanation needed — just tell us what helps.

Does anyone have sensory sensitivities, autism, ADHD, or anxiety that shapes travel?

Yes	Somewhat / situational	No — skip this section
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Common triggers to plan around (check all that apply)

Loud noise	Crowds / lines	Bright / flashing lights
Strong smells	Food / fabric textures	Transitions & schedule changes
Long waits	Heat / weather	Water sounds / splash zones
Fireworks / sudden sounds		

Supports that make travel easier (check any)

Certified Autism Centers / certified resorts & cruise lines
 Sensory rooms & low-stimulation spaces on property
 Hidden Disabilities Sunflower lanyard programs
 Attraction accessibility passes (skip-the-line)
 Same foods / restaurant available daily (predictability)
 Quiet pool hours or low-crowd swim times

Quiet room location (end of hall, away from elevators)
 Early boarding / TSA Cares screening assistance
 Visual schedules & social stories before the trip
 Built-in daily downtime — never over-scheduled
 Room safety: door alarms / high locks
 Warn us in advance before loud events

Mobility, medical, or other accessibility needs

Wheelchair / scooter accessible rooms & transport
 Elevator access essential (no walk-ups)
 Blind / low-vision accommodations
 Medical equipment (CPAP, oxygen, refrigerated meds)

Limited walking distance / frequent rests
 Deaf / hard-of-hearing accommodations
 Traveling with a service animal

What does a GOOD day of travel look like for your family — and what tends to derail one?

07 Where You Stay

The room is the sanctuary.

Accommodation styles you love

Luxury resort	Boutique hotel	All-inclusive
Private villa / home	Condo / apartment-style	Cruise ship
Lodge / nature retreat	Adults-only property	Family-focused resort

Minimum comfort level

5-star / ultra-luxury only	4-star and up	Character & service — stars flexible
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Hotel brands or loyalty programs you belong to

Room must-haves (check all that apply)

Connecting rooms / multi-bedroom suite	King bed
Separate beds for kids	Crib / toddler needs
Bathtub (not just shower)	Walk-in / roll-in shower
Balcony or terrace	NO balcony (child safety)
Kitchenette / full kitchen	In-room refrigerator
Laundry access	Blackout curtains
Away from elevator / ice machine / noise	High floor with a view
Low floor (easy exit)	ADA-accessible room

View preference

Early check-in / late check-out important?

A hotel you've LOVED — and one that disappointed you (tell us why)

This teaches us your taste faster than anything else.

08 Neighborhood & Location

Walkable and lively, or gated and serene?

Which sounds more like you?

Walkable — restaurants & sights outside the door

Secluded — the resort IS the destination

A mix — quiet base near the action

Comfortable walking distance for your party

Love long walks (1+ mile easy)

10–15 minutes max

A few blocks

Door-to-door transport preferred

Getting around — check what you're comfortable with

Walking

Private drivers / transfers

Rideshare / taxi

Public transit

Rental car

Boats / ferries

Neighborhood priorities

Feels safe walking in the evening

Away from bar / club / party districts

Allergy-friendly dining within walking distance

Grocery / pharmacy nearby

Direct beach access

Parks / green space for decompressing

Place of worship nearby

Close to medical care

Max transfer time from airport you'll tolerate

Under 30 minutes

Up to 1 hour

Up to 2 hours

Any drive for the right place

Motion sickness in the party (cars, boats, flights)?

Yes — plan around it

Mild

No

09 Flights & Getting There

The journey sets the tone.

Cabin preference

First / business

Premium economy

Economy — save for the destination

Depends on flight length

Nonstop flights only?

Nonstop only

One easy connection okay

Whatever's best value

Preferred airlines / airline loyalty

TSA PreCheck / Global Entry / CLEAR?

Flight timing & comfort notes

No red-eyes

Morning departures preferred

Flights timed to kids' naps / sleep

Guarantee seats together

Extra legroom / bulkhead

Nervous flyer — gentle routing please

10 Experiences & Pace

The right things — not all the things.

Your ideal pace

Restful — pool, spa, long meals

Balanced — one anchor activity a day

Full — see and do everything

What lights you up? (check all that apply)

Culinary & food tours	Spa & wellness	Beach & pool days
Museums & culture	History & architecture	Nature & wildlife
Light adventure	Shopping & markets	Live music & shows
Photo-worthy moments	Faith & reflection	Kids' clubs & childcare

Guided tours or independent exploring?

Private guides	Small groups okay
Independent with your recommendations	Mix of both

Comfortable using kids' clubs / babysitting for adult time?

Yes — build in date time	Only vetted / certified programs
No — we stay together	N/A

Non-negotiable must-do for this trip

Absolute deal-breakers — things that would ruin it

11 Protection & Peace of Mind

Luxury includes never worrying.

Travel insurance

Yes — include a quote	Interested in Cancel-For-Any-Reason coverage
I have annual coverage	No thank you

Any travelers with medical conditions we should plan around? (optional)

Emergency contact (name, relationship, phone)

12 The Finishing Touches

The answers that make it YOUR trip.

How involved do you want to be in planning?

Handle everything — surprise & delight me

Show me 2–3 curated options to choose from

Collaborate closely on every detail

Describe the feeling you want to have on day 3 of this trip.

Rested? Spoiled? Connected as a family? Proud you finally did it?

Tell us about a past trip that went wrong — what happened?

We design specifically so it never happens again.

Anything else we didn't ask that we should know?

Privacy promise: Health, dietary, and family details shared on this form are voluntary, kept confidential, and used solely to design and book your travel experience. We never share your information.

I understand this information will be used to curate my travel experience, and I consent to being contacted about my trip. *

Signature (type your name)

Date

That's everything — beautifully done. Save this file and email it to:

sonya.crew@fora.travel

We'll reach out within 1–2 business days to begin curating.

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