

## **Which Alaska Retreat Is Right for you?**

*Please take a few minutes and help me get to know your expectations and experiences better.*

Have you cruised or traveled in Alaska before?

What was your experience?

What has been your best vacation/retreat experience and why?

What is it about Alaska that calls to you?

What is the #1 thing you want to experience?

How comfortable are you on the water? (You can see the shoreline at all times in the Inland Passage)

Is motion sickness a problem for you?

If you have the opportunity to hike or walk, what is your skill level?

(i.e., are you an experienced walker/hiker, just for fun, or don't really like to hike or go for walks)

What is your comfort level in walking or hiking? (Steady on your feet or need help)

Can you swim? (If not, are you willing to wear your lifejacket any time you are on the outside deck?)

Do you have any food allergies or sensitivities?

Are there any foods you dislike a lot?

Is shopping an important part of your Alaska Retreat Experience?

What is your idea of “being in nature?”

How well do you enjoy being with a few people you don’t know at first?

Would you enjoy sleeping on a boat?

Are you willing to wear your lifejacket when asked?

(i.e., going out onto the front of the boat or down on the dock)

When a schedule of events changes, how do you usually respond? (The weather in Alaska is unpredictable, so there may be changes to outside excursions)

Can you allow for flexibility around your home bound flight and/or activities due to weather or unforeseen circumstances?

Thank you for taking the time to help me get to know you. It helps me know what you like and hope for, in this retreat, so I can see if this is a fit for you.

Love, BJ