

Checklist for 7 lake hike



Clothing

- t-shirt
- long pants
- hiking boots or trainers
- insulated jacket
- long pants
- warm layers
- good shoes


Accessories

- sunglasses
- sunscreen
- ID Card

Food and drink

- snacks
- sandwiches
- 1 l of water

Good to know

- ✓ You don't need any prior experience.
- ✓ Let the guide know if you have any health issues. 
- ✓ The tour operates in most weather conditions. Except, in case of really bad weather (heavy rain/thunderstorms/lightning), it might be cancelled or postponed.
- ✓ If you are under the influence of drugs or alcohol, you are not allowed to join us on the tour.
- ✓ You have to be physically well prepared for the activity (10-12 hours of hiking in total). It is good that you are active in general.
- ✓ Not recommended for pregnant women.
- ✓ If you will meet us in Bled, please note that we do not have our own parking spots.