

Checklist for Extreme/Ultimate Canyoning



Clothing

- t-shirt
- short pants
- swimming shorts
- flip flops



Accessories

- sunglasses
- towel
- sunscreen
- ID Card

Food and drink

- snacks
- 1 l of water

Good to know

- ✓ You don't need any prior experience, but you must be able to swim
- ✓ The jumps in the canyon are from 4-10 m (extreme) and 4-17m (ultimate) but an easy alternative is possible, if you don't like jumping.
- ✓ If you wear glasses or contact lenses, please tell us in advance.
- ✓ We advise you to leave valuable things at your accommodation or in the office.
- ✓ It is 90 min of driving to the starting point. 
- ✓ At the starting point there are no facilities (changing rooms or restrooms), therefore we recommend that you have the swimming-costume already on you.
- ✓ Let the guide know if you have any health issues. 
- ✓ In case of high-water level, the guide can change the canyon or cancel the activity because of safety reasons.
- ✓ If you are under the influence of drugs or alcohol, you are not allowed to do canyoning.
- ✓ Water can be cold, but 7mm thick wetsuits will keep you warm
- ✓ The tour operates in most weather conditions. Except in case of thunderstorms it might be postponed or cancelled.
- ✓ Not recommended for pregnant women.
- ✓ If you will meet us in Bled, please note that we do not have our own parking spots.