

# Checklist for Kayaking



## Clothing

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


## Accessories

- sunglasses
- sunscreen
- ID Card
- towel

## 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.
- ✓ There are no facilities (changing rooms or restrooms) at the starting point or while we are on activity. You can have your swimsuit already on you or you can change your clothes on the spot (open field). You are on the river approximately 1,5 hours.
- ✓ If you are under the influence of drugs or alcohol, you are not allowed to join us on the tour.
- ✓ Not recommended for pregnant women.
- ✓ The minimum age is 15 years (except if you have some prior experience). The activity is performed on the river so basic strength is required.
- ✓ If you will meet us in Bled, please note that we do not have our own parking spots.