

# Checklist for Paragliding



## Clothing

## Accessories



## Food and drink

- underwear & socks
- t-shirt
- trainers
- insulated jacket
- long pants
- base layer
- warm layers

- sunglasses
- sunscreen
- ID Card

- snacks
- 1 l of water

## Good to know

- ✓ You don't need any prior experience.
- ✓ Let the guide know if you have any health issues. 
- ✓ It is 30 min of driving to the starting point. 
- ✓ There are no facilities or restrooms while we are on activity.
- ✓ Paragliding is highly weather dependent. In case of a bad weather conditions (rain or strong wind), we cancel or postpone the tour because of the safety reasons. Sometimes it happens that the activity is cancelled on the spot.
- ✓ The guide will record a GoPro video of your flight for additional payment. If you would like to buy a video, please let the guide know before the flight.
- ✓ The guide can't influence on the time in the air, it all depends on the wind. The flying time could be from 8 min to 35 min.
- ✓ The activity is not suitable for pregnant woman in the last 3 months of pregnancy.
- ✓ If you will meet us in Bled, please note that we do not have our own parking spots.