

ACTIVITY LIST

If you are not able to find your chosen activity - don't worry - we can still cover it.
Give us a call on 0845 2307 155.

| Activity Pack 1 |
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| <p>Covered as standard - Manual Labour, Abseiling, Aerobics, Amateur Athletic Field Events, Amateur Athletic Track Events, Angling, Animal Sanctuary/Refuge Work, Archery, Athletics, Badminton, Ballooning - Hot Air, Bamboo Rafting, Banana Boating, Bar Work, Baseball, Basketball, Beach Games, Biathlon, Billiards, Bird Watching, Body Boarding, Bowling, Bowls, Boxing Training, Bridge, Bridge Swinging, Bungee Jumping, Camel/Elephant Riding/Trekking, Camping, Canoeing, Canoeing (excluding white water), Caravanning, Catamaran Sailing (In-shore), Chess, Clay Pigeon Shooting, Climbing, Cricket, Croquet, Curling, Cycle Touring, Cycling, Dancing, Darts, Deep Sea Fishing, Diving, Driving Any Motorised Vehicle, Elephant Trekking (UK-Booked), Expeditions, Fell Running, Fell Walking, Fencing, Fishing, Fives, Flag football, Flying as passenger (private/small aircraft), Flying ex crew/pilot, Football, Football - Beach Kick Around, Fresh Water/Sea Fishing, Frisbee, Fruit or Vegetable Picking, Glass Bottom Boats, Gliding (learning non competition), Golf, Gorilla Trekking, Gymnastics, Highland games, Hiking/Trekking/Walking, Hill Walking up to 2000m, Historical Research, Horse Riding, Hot Air Ballooning, Indoor Skating, Jet Boating, Jet Skiing, Jet Skiing (non incidental), Jogging, Kayaking (up to grade 2 rivers only), Keepfit, Kiting, Korfbal, Low Ropes, Marathons, Model Flying, Motorcycling with appropriate UK licence, Mountain Biking, Netball, Orienteering, Overland Trips, Petanque, Pigeon racing, Pony Trekking, Pool, Power lifting, Quoits, Rackets, Rafting, Rambling, Rambling under 1,000m, Rap Running/Jumping, Raquet Ball, Re-Enactment, Restaurant Work, Rifle Range, Ringos, River Walking , Rock Scrambling (under 4,000m), Rounders, Rowing, Running, Sprint/Long Distance, Safari (UK Organised), Safari Trekking, Sail Boarding, Sailing, Sailing/Yachting inshore (recreational), Scuba Diving to 18m, Scuba Diving to 30m, Scuba Diving to 9m, Sea Fishing, Shinty, Shooting, Shooting (target range-not hunting), Small Bore Target Shooting, Snooker, Snorkelling, Softball, Squash (amateur), Surfing (amateur), Swim Trekking , Swimming, Swimming with Dolphins, Sydney Harbour Bridge, Table Tennis, Team Games, Ten Pin Bowling, Tennis, Trekking 1000m, Triathlon, Tubing, Tug of War, Volleyball, Walking, Water Skiing (amateur), Waterskiing/Windsurfing/Snorkelling, Weight Lifting, Whale Watching, White Water Rafting + Canoeing (grade 1 to 3), Windsurfing, Working, Yachting (inland and coastal waters), Yoga</p> |
| Activity Pack 2 |
| <p>Additional Premium required - Adventure Racing (up to 6 hours), Airsoft, Cross Country Running, Dragon Boat Racing, Dry Slope Skiing, Elephant Trekking (non-UK booked), Falconry, Football – Amateur, Gaelic Football, Gliding (non competition), Gorge Walking (no ropes), Handball, High Diving, Hobie Catting (In-shore), Hockey, Indoor Climbing (on climbing wall), Iron Man, Judo, Karate, Karting, Kayaking (grade 3 rivers only), Kayaking (In-land waters), Kendo, Lacrosse, Land Yachting, Paint Balling, Parasailing (over water) incidental, Parascending (Over water), Parascending (over water, non incidental), Rambling up to 2,000m, Roller Blading (Line Skating/Skate Boarding), Roller skating, Rugby (training), Safari (non UK Organised), Sand Yachting, Sea Canoeing/Kayaking, Shark Cage Diving, Skateboarding, Soccer, Sphereing, Street Hockey, Taw Kwon Do, Trampolining, Trekking 2000m, Ultimate, up to 1 day Skiing/Dry slope skiing/Snowboarding, War Games/Paint Balling, Water Polo (amateur)</p> |

Activity Pack 3

Additional Premium required - Adventure Racing (up to 12 hours), American Football, Big Foot Skiing, Blade Skating, Bobbing, Breathing Observation Bubble (BOB), Canoeing (White Water), Canyoning, Cat Skiing, Cross Country Skiing, Equestrian, Flying crew/pilot, Flying Helicopter (Pilot), Glacier Walking, Gliding, Go Karting, Harness Racing, Hockey (Ice) With Full Body Protection, Horse Jumping (no Polo, Hunting), Horse Riding (Eventing), Husky Dog Sledding, Hydro Zorbing, Ice Hockey, Ice Skating, Jousting, Kick Sledging, Kite Boarding, Land Skiing, Langlauf, Martial Arts (Training Only), Modern Pentathlon, Mono Skiing, Mountain Boarding, Mountain Walking up to 1000m, Mountaineering up to 1000m, Off Road Motorcycling (up to 250cc), Off-piste skiing, Passenger Sledge, Polo cross, Power Boating, Professional Entertaining, Quad Bikes, River Tubing, Rodeo, Roller Hockey, Rugby (amateur game), Rugby League, Rugby Union, Sand Boarding, Sand Dune Surfing/Skiing, Ski Boarding, Ski Dooing, Skiing, Skiing – Cat, Skiing – Mono, Skiing – Nordic, Sledging, Sledging/Tobogganing, Sleigh riding (reindeer, horses or dogs), Snow Biking, Snow Blading, Snow Bobbing, Snow Mobile/Ski Doos, Snow Mobilizing, Snow Parascending, Snow Scooting, Snow Shoe Walking, Snow Tubing, Snowboarding, Snowcat Driving, Speed Sailing, Speed Skating, Speed Trials/Time Trials, Summer Tobogganing, Telemarking, Tobogganing/Sledging, Tree Top Canopy Walking, Under 17 Driving (not public roads), Water Ski Jumping, White Water Rafting (grade 4 to 6), Winter sports, Wrestling

Activity Pack 4

Additional Premium required - Boardsailing, Cyclo Cross, Devil Karting, Dinghy Sailing, Dirt Boarding, Extreme Sports, Mountaineering up to 2,000m, Paragliding, Parascending (over land), Ski Biking, Skiing – Snowcat, Snow Carting, Snow Go Karting, Trekking 3000m, Winter Walking

Activity Pack 5

Additional Premium required - Buggyng, Caving/Pot Holing, Glacier Skiing, Heliskiing, Hurling, Hydrospeeding, Ice Climbing, Ice Go Carting, Ice Windsurfing, Kite Buggyng, Kite Surfing, Octopush, Outdoor Endurance Tests, Power Gliding, Power Kiting, River Bugging, Rock Climbing (under 2,000m), Skeleton, Ski Blading, Ski Randonee, Ski Touring, Ski Yawing, Skiing – Freestyle, Skiing – Glacier, Snow Kiting, Snow /Terrain Parks, Via Ferratta, Wake Boarding, Wind Tunnel Flying

Activity Pack 6

Additional Premium required - Adventure Racing (up to 24 hours), Assault Courses including High Ropes, Black Water Rafting (Grades 1 to 3), Blowcarting, BMX Freestyle & Racing, Cave Diving, Cycle Racing, Freestyle Skateboarding, Gliding (competition), Hang Gliding, Micro Lighting, MotoCross, Motor Racing/Rallies/Competitions (all types), Mountaineering up to 3,000m, Parapenting/Paraponting, Polo, Scuba Diving to 40m, Ski Flying, Ski Mountaineering, Ski Run Walking, Skiing - Off Piste Without a Guide, Slack-Lining, Wicker Basket Tobogganing, Zip Trekking, Zorbing

Activity Pack 7

Additional Premium required - Adventure Racing (up to 36 hours), Downhill Mountain Biking, Kloofing, Mountaineering up to 4,000m, Solo Climbing, Solo Mountaineering, Solo Scuba Diving, Tandem Skydive (up to 2 jumps maximum)

Activity Pack 8

Additional Premium required - Adventure Racing (up to 48 hours), Airboarding, Aligator Wrestling, Big Game Hunting, Black Water Rafting (Grades 4 to 6), Bobsleigh, Bouldering, Boxing, Bull Running, Cave Tubing, Coasteering, Deer Stalking, Drag Racing, Free Diving, Free Mountaineering, Hunting/Shooting, Ice Diving, Ice Holing, Ice Marathon, Ice Speedway, Luge/Bobsleigh, Martial Arts (Competition), Mixed Gas Diving, Mountaineering up to 5,600m, Parachuting, Potholing, Sailing/Yachting offshore (recreational), Shark Free Diving, Ski Acrobatics, Ski Jumping, Ski Racing, Ski Stunting, Skiing – Heli, Skiing – Para, Sky Diving, Sky Jumping, Sky Surfing, Trekking to Everest Base Camp, Trekking up to 5,600m, Yachting (racing/crewing) - outside territorial waters