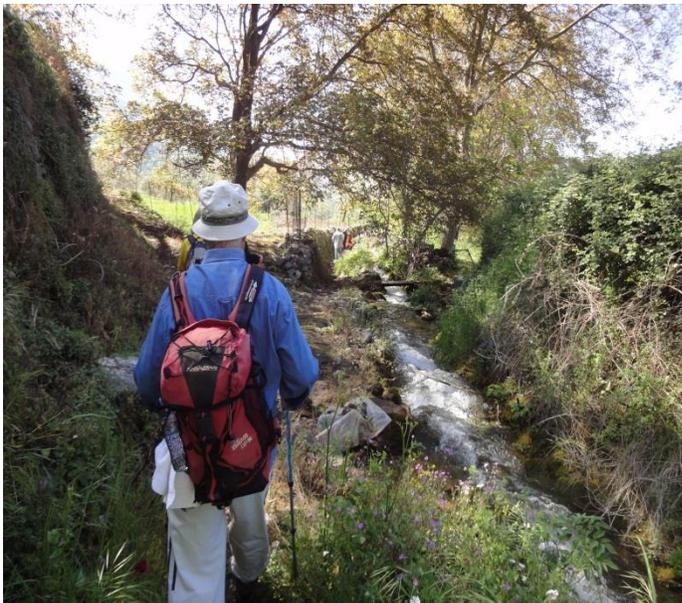


## Multi-Activity Holidays: what to take with you



*Congratulations! If you are reading these lines, it means that you are almost ready to live an authentic activity experience joining our multi-activity holidays in Peloponnese, Greece. However, the success of every trip is first of all to avoid any kind of trouble or inconvenience during your stay with us. Even though we show maximum responsibility and professionalism in safety and we will do our best to offer you relaxing and carefree holidays, it is very important to carry with you the essential equipment for all activities and be well organized for all parts of your trip. You must know that everyone who participates in outdoor*

*activities has always to deal with unpredictable factors such as weather conditions that can easily ruin our excursion. For example a small sense of cold during an activity can be enough to not let you enjoy it. Please read the lines below carefully so that you will be well prepared and ready to live and enjoy every single moment of your holidays!*

The most important thing during your holidays is....to be able to arrive at your destination! However, more travelers insist in underestimating it, paying much more attention to clothing and giving to their travel documents low priority. **It is absolutely your responsibility to have all necessary documents with you** such as passport (be careful to be valid), flight tickets, reservation voucher, VISA (if needed), health documents etc. **Being careful with all the above may save your from lots of time and trouble.** You must also take and be very careful with your wallet, money, credit cards etc. Medicines, in case you take some, are a very important matter, too.

## General clothing and equipment

Before deciding what kind of clothing you will take with you during your holidays with us, have in mind two things:

- you are going to participate in activity holidays
- in Greece, temperatures are in general high

The clothing that you must take has to be athletic and do not forget your running shoes/snickers! You must also consider that you will probably get sweat or dirty so you must look ahead to have enough clothes with you to change. Especially during June, July and August, temperature can touch even 40 C! That means that you should care to take mainly light clothing like T-shirts, shorts, sandals or flip-flops for your free time etc, and of course your swimsuit and towel!

No question also about taking blouse/footer for the evening when temperature falls a little bit. You will also need trousers or light dress for women and shoes to wear during the evening/night as you will have the chance to enjoy the famous Greek nightlife or just go for a walk with your family.

Beyond clothing, you must have maximum protection against the Greek sun. You must take with you hat, sunglasses and sunscreen (SPF over 30 is recommended). Of course you can buy the sunscreen from Greece if you prefer. The Greek sun can be dangerous especially in types of skin that are not used to it.

It is strongly recommended to avoid taking with you unnecessary things or too much of everything! This will make your trip tiring and will not leave you room in your luggage to have a little shopping!

Finally, just to remind you: camera, ipod/MP3 player, chargers...to remember this experience for ever...

## Special clothing/equipment

During your multi-activity holidays you will participate in several activities that need special clothing and equipment. Even though most of them will be provided by us, there are some things that it is your responsibility to have with you.

**Rucksack:** each participant must have one. You will need it in biking and trekking to carry clothing equipment, water and food.

**Second pair of shoes:** During rafting you will be wearing your athletic shoes. You must have with you a second dry pair to change coming out of the water and as long as your first pair is wet. In addition, there is a chance to deal with rain in any activity so a second pair of shoes might save you from big trouble.

**Waterproof jacket or windbreaker:** During sailing, biking and trekking there is a possibility of getting wet because of the waves (sailing) or raining. It is essential to carry a waterproof jacket with you just in case...It will also make you feel warmer during sailing in case of strong winds, and let you enjoy the ride!

## **Optional equipment**

You can take with you anything else you might believe it will make your life easier or happier (especially if you already have it) and doesn't occupy a lot of space in your suitcase (recommended) such as waterproof trekking shoes, biking gloves, biking shorts, sailing gloves, snorkeling equipment etc. Finally, a good book in your language could also be a great way to relax in your free time

***Enjoy the action...!***

