

# Longstay & Backpacker

extended stay travel insurance

## Activity Pack List valid from 22nd February 2021

### **Note:**

All of the activities are covered on a non-professional and non-competitive basis, unless otherwise stated. For full details please refer to the Policy Wording.

Those activities marked with an asterisk (\*) do not have Accidental Death & Disability Benefit or Personal Liability cover.

### Activity Pack 1

This is a selection of activities automatically covered without an additional premium.

**A**bsailing, Aerobics, Amateur Athletic Field Events/Track Events, Angling, Animal Sanctuary/Refuge Work, Archery\*, Athletics,

**B**adminton, Ballooning - Hot Air, Bamboo Rafting, Banana Boating, Bar Work, Baseball, Basketball, Beach Games, Biathlon, Body Boarding, Bowling, Bowls, Boxing Training, Bridge, Bridge Swinging\*, Bungee Jumping\*,

**C**amel Trekking, Canoeing\* (excluding white water), Catamaran Sailing\* (inshore), Chess, Clay Pigeon Shooting\*, Cricket, Croquet, Cross Country Running, Curling, Cycle Touring/Cycling (under 1,000m),

**D**ancing, Darts, Deep Sea Fishing, Diving, Driving any motorised vehicle on roads or public highways\*,

**E**lephant Trekking (UK-booked),

**F**arm Work, Fell Running, Fell Walking, Fencing, Fishing, Fives, Flag football, Flying as a passenger\* (private/small aircraft/helicopter), Football - Beach Kick Around, Fresh Water/Sea Fishing, Frisbee, Fruit or Vegetable Picking,

**G**lass Bottom Boats, Gliding (learning non competition), Golf, Gorilla Trekking, Gymnastics,

**H**andball (practice & training), Highland Games, Hiking (up to 1,000m), Hill Walking (up to 1,000m), Historical Research, Horse Riding (no jumping), Hot Air Ballooning\*,

**I**ndoor Skating,

**J**et Boating\*, Jet Skiing\*, Jogging,

**K**ayaking\* (up to grade 2 rivers only), Keepfit, Kiting, Korfbal,

**L**ow Ropes,

**M**anual Labour (work that involves the lifting or carrying of heavy items less than 25kg, work at below the level of 2 storeys high but excluding any form of work underground), Marathons, Model Flying, Model Sports, Motorcycling on roads or public highways\* (with appropriate UK licence), Mountain Biking (on road non-racing),

**N**etball,

**O**rienteering, Overland Trips,

**P**addle Boarding (inshore), Petanque, Pigeon racing, Pony Trekking, Pool, Power Lifting,

**Q**uarts,

**R**ackets, Rafting\*, Rambling (up to 1,000m), Rap Running/Jumping, Racquetball, Restaurant Work, Rifle Range\*, Ringos, River Walking, Rock Scrambling (under 4,000m), Rounders, Rowing\*, Running Sprint/Long Distance,

**S**afari (UK organised), Safari Trekking, Sailing\*/Yachting\* (inshore), Scuba Diving\* (to 30m if qualified or with qualified instructor - not solo), Sea Fishing, Shinty, Shooting (target range-not hunting), Small Bore Target Shooting, Snooker, Snorkelling (inside marked areas and/or with lifeguard present), Soccer, Softball, Squash (amateur), Stoolball, Stoopball, Surfing\* (amateur), Swimming (inside marked areas and/or with lifeguard present), Swimming off a Boat (with a qualified supervisor in attendance ie a lifeguard), Swimming with Dolphins (inside marked areas and/or with lifeguard present), Swimming Pool (with lifeguard present), Swim Trekking, Sydney Harbour Bridge Climbing (professionally organised and supervised),

**T**able Tennis, Team Games, Tennis, Trekking (up to 1,000m), Triathlon, Tubing\*, Tug of War,

**V**olleyball,

**W**ater Skiing\* (amateur), Weight Lifting, Whale Watching, White Water Rafting\* (grade 1 to 3), Windsurfing\*/Boardsailing\*/Sailboarding\*,

**Y**achting\* (inshore), Yoga,

**Z**ip Lining/Zip Trekking (booked pre-trip - requires appropriate trekking altitude pack).

## Activity Pack 2

### Additional premium required.

**Adventure Racing** (up to 12 hours), **Airsoft\***, **American Football** (training or amateur match, organised & with safety equipment), **Assault Courses** (no high ropes),

**Big Foot Skiing**, **Blade Skating**, **Bobbing**, **Breathing Observation Bubble (BOB)**,

**Canoeing\*** (white water grade 1 to 3), **Canyoning**, **Cat Skiing**, **Cross Country Skiing**,

**Dragon Boat Racing**, **Dry Slope Skiing**,

**Elephant Riding/Trekking** (non-UK booked),

**Falconry**, **Fly Boarding\***, **Flying crew/pilot\***, **Flying Helicopter\* (pilot)**, **Football - Amateur**,

**Gaelic Football** (training or amateur match), **Glacier Walking**, **Gliding** (non competition), **Go Karting\***, **Gorge Walking** (no ropes),

**Handball**, **Harness Racing**, **High Diving** (indoor/outdoor swimming pools only), **Hobie Catting** (inshore), **Hockey**, **Horse Jumping** (no polo, hunting), **Horse Riding** (eventing), **Husky Dog Sledding**, **Hydro Zorbing**,

**Ice Fishing**, **Ice Hockey** (with full body protection), **Ice Skating**, **Indoor Climbing** (on climbing wall), **Iron Man**,

**Judo**, **Jousting**,

**Karate**, **Karting\***, **Kayaking\*** (grade 3 rivers only), **Kayaking\*** (inshore), **Kendo**, **Kick Sledging**, **Kite Boarding**,

**Lacrosse**, **Land Skiing**, **Land Yachting**, **Langlauf**,

**Martial Arts** (training only), **Modern Pentathlon**, **Mono Skiing**, **Mountain Biking** (off road non-racing), **Mountain Boarding**, **Mountain Walking** (up to 1,000m), **Mountaineering** (up to 1,000m), **Motorcycling - Off Road\*** (up to 250cc),

**Off piste Skiing** (guided or within recognised ski resort boundaries),

**Paint Balling**, **Parasailing\*** (over water), **Parascending\*** (over water), **Passenger Sledge**, **Polo Cross**, **Power Boating\*** (inshore), **Professional Entertaining** (acrobats, dancing and the like),

**Quad Bikes\***,

**Rambling** (up to 2,000m), **River Tubing\***, **Rodeo**, **Roller Derby** (safety equipment must be worn), **Roller Blading/Line Skating/Skate Boarding**, **Roller Hockey**, **Roller skating**, **Rugby** (amateur match), **Rugby League**, **Rugby** (training), **Rugby Union**,

**Safari** (non UK organised), **Sand Boarding**, **Sand Dune Surfing/Skiing\***, **Sand Yachting**, **Sea Kayaking/Canoeing\***, **Shark Cage Diving\***, **Skateboarding**, **Ski Boarding**, **Ski Dooing**, **Skiing**, **Skiing - Mono**, **Skiing - Nordic**, **Ski Resort Occupations** (Chalet/Bar Work not including Ski Instructing), **Sledging**, **Sleigh riding** (reindeer, horses or dogs), **Snorkelling** (outside marked areas and/or without lifeguard present), **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** (amateur - organised not public roads), **Sphereing**, **Street Hockey**, **Surfcasting**, **Summer Tobogganing**, **Swimming** (outside marked areas and/or without lifeguard present), **Swimming off a Boat** (unsupervised and/or no lifeguard),

**Taw Kwon Do**, **Telemarking**, **Tobogganing**, **Trampolining**, **Tree Top Canopy Walking**, **Trekking** (up to 2,000m),

**Under 17 Driving\*** (not public roads),

**War Games/Paint Balling**, **Water Polo** (amateur), **Water Ski Jumping\***, **White Water Rafting\*** (grade 4 to 6), **Winter sports**, **Wrestling** (organised training),

**Zip Lining/Zip Trekking** (booked during trip - requires appropriate trekking altitude pack).

## Activity Pack 3

### Additional premium required.

**Buggyng\***,

**Caving/Pot Holing**, **Climbing** (rock & ice - harnessed up to 3,000m), **Cyclo Cross**,

**Devil Karting\***, **Dinghy Sailing\***, **Dirt Boarding**,

**Glacier Skiing**,

**Heliskiing**, **Hurling**, **Hydro speeding**,

**Ice Go Carting**, **Ice Windsurfing**,

**Kite Buggyng\***, **Kite Surfing**,

**Mountaineering** up to 2,000m,

**Octopush**, **Outdoor Endurance Tests**,

**Parascending\*** (over land), **Power Gliding\***, **Power Kiting**, **River Buggyng**,

**Ski Biking**, **Ski Blading**, **Ski Randonee**, **Ski Terrain Parks** (excluding Freestyle), **Ski Yawing**, **Skiing - Glacier**, **Skiing - Snowcat**, **Snow Carting**, **Snow Go Karting\***, **Snow Kiting**, **Trekking** (up to 3,000m),

**Via Ferratta**,

**Wake Boarding**, **Wind Tunnel Flying**, **Winter Walking** (poles & special shoes).

## Activity Pack 4

### Additional premium required.

**Adventure Racing** (up to 24 hours), **Assault Courses** (including high ropes and harnessed),

**Back Country Skiing**, **Black Water Rafting\*** (grades 1 to 3), **Blowcarting**, **BMX Freestyle & Racing**,

**Cave Diving**, **Climbing** (rock & ice - harnessed up to 4,000m), **Cycle Racing**,

**Freestyle Skateboarding**,

**Gliding\*** (competition),

**Hang Gliding**,

**Micro Lighting**, **Motocross\***, **Motor Racing/Rallies/Competitions\*** (all types), **Mountaineering** (up to 3,000m),

**Paragliding\***, **Paramotoring\***, **Parapenting/Paraponting\***, **Polo**,

**Scuba Diving\*** (to 40m if qualified and with qualified instructor - not solo), **Skeleton**, **Ski Flying\***, **Ski Mountaineering**, **Ski Run Walking**, **Ski Touring**, **Skiing** (Off piste without a guide), **Skiing - Freestyle**, **Sky Dive - Tandem\*** (maximum of 2 jumps per trip), **Sky Dive - Solo\*** (maximum of 1 jump per trip), **Slack-Lining**,

**Trekking** (up to 5,000m),

**Wicker Basket Tobogganing**,

**Zorbing**.