



Backpacker and Longstay activities covered free of charge

We are pleased to be able to cover the following activities free of charge.

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| Abseiling | Mountain Biking |
| Aerobics | Netball |
| Angling | Orienteering |
| Animal Sanctuary/Refuge Work | Pony Trekking |
| Archery | Rafting |
| Badminton | Rambling under 1,000m |
| Bamboo Rafting | Racquet Ball |
| Banana Boating | Restaurant Work |
| Bar Work | Rifle Range |
| Baseball | Ringo's |
| Basketball | Rock Scrambling (under 4,000m) |
| Beach Games | Rounder's |
| Bowls | Rowing |
| Bungee Jumping | Running, Sprint/Long Distance |
| Camel/Elephant Riding/Trekking | Safari (UK Organized) |
| Canoeing (excluding white water) | Safari Trekking |
| Clay Pigeon Shooting | Sail Boarding |
| Climbing | Sailing |
| Cricket | Sailing/Yachting inshore (recreational crewing) |
| Croquet | Scuba Diving to 9m |
| Curling | Sea Fishing |
| Cycle Touring | Shinty |
| Cycling | Shooting |
| Deep Sea Fishing | Small Bore Target Shooting |
| Fell Running | Snorkeling |
| Fell Walking | Softball |
| Fencing | Squash (amateur) |
| Fishing | Surfing (amateur) |
| Flying as passenger (private/small aircraft) | Swimming |
| Football - Beach Kick Around | Swimming with Dolphins |
| Fresh Water/Sea Fishing | Sydney Harbour Bridge |
| Fruit or Vegetable Picking | Table Tennis |
| Glass Bottom Boats | Ten Pin Bowling |
| Golf | Tennis |
| Gorilla Trekking | Triathlon |
| Gymnastics | Tubing |
| Hiking/Trekking/Walking | Tug of War |
| Hill Walking up to 2000m | Volleyball |
| Indoor Skating | Walking |
| Jet Boating | Water Skiing (amateur) |
| Jogging | Windsurfing |
| Kayaking (up to grade 2 rivers only) | Weight Lifting |
| Manual Labour | Whale Watching |
| Marathons | White Water Rafting + Canoeing (grade 1 to 3) |
| Motorcycling with appropriate UK license | |



Backpacker and Longstay activities covered by paying for the Activity Extension

The policy can be extended to cover the following additional activities at an additional premium, which will be shown on the options page whilst purchasing your policy. If your activity is not listed, please contact us so we can look to add your activity to the cover.

- American Football
- Ballooning - Hot Air
- Flying crew/pilot
- Football - Amateur
- Gliding
- Hand Gliding
- Hockey
- Hockey (Ice) With Full Body Protection
- Hot Air Ballooning
- Martial Arts (Training Only)
- Micro Lighting
- Mountaineering up to 3,000m
- Parachuting
- Paragliding
- Rugby (amateur game)
- Scuba Diving to 30m
- Skiing
- Sky Diving
- Trekking 3000m