

Longstay & Backpacker

extended stay travel insurance

Activity Pack List

valid from 5th October 2022

Note:

All of the activities are covered on a non-professional basis. 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.

Those activities marked with the symbol (†) fall under the category 'Working Abroad Activities' and are also summarised on page 3.

Activity Pack 1.

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

Absailing, Aerobics, Amateur Athletic Field Events/Track Events, Angling, Animal Sanctuary/Refuge Work†, Archery*, Athletics,

Badminton, Ballooning - Hot Air, Bamboo Rafting, Banana Boating, Bar Work†, Baseball, Basketball, Beach Games, Biathlon, Body Boarding, Bowling, Bowls, Bridge, Bridge Swinging*, Bungee Jumping*,

Camel Trekking, Canoeing* (up to grade 2 rivers only), Catamaran Sailing* (inshore), Chess, Clay Pigeon Shooting*, Cricket, Croquet, Cross Country Running, Curling, Cycle Touring/Cycling (under 1,000m),

Dancing, Darts, Deep Sea Fishing, Diving (not deep sea or using scuba equipment), Driving any motorised vehicle on roads or public highways*,

Elephant Riding/Trekking,

Farm 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†,

Glass Bottom Boats, Gliding (learning non competition), Golf, Gorilla Trekking, Gymnastics,

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

Indoor Skating,

Jet Boating*, Jet Skiing*, Jogging,

Kayaking* (up to grade 2 rivers only), Keepfit, Kiting, Korfbal,

Low Ropes,

Manual 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, Motorcycling on roads or public highways* (with appropriate UK licence), Mountain Biking (on road non-racing),

Netball, Non Manual Work†,

Orienteering, Overland Trips,

Paddle Boarding (inshore), Petanque, Pigeon racing, Pony Trekking, Pool, Power Lifting,

Quarts,

Rackets, Rafting* (up to grade 2 rivers only), 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,

Safari (UK organised), Safari Trekking, Sailing*/Yachting* (within 30 miles of the shore), Scuba Diving* (to 10m if qualified or with qualified instructor - not solo), Sea Fishing, Shinty, Shooting (target range-not hunting), Small Bore Target Shooting, Snooker, Snorkelling, 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),

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

Volleyball, Volunteer Work†(see also Manual Work),

Water Skiing* (amateur), Weight Lifting, Whale Watching, White Water Rafting* (up to grade 3 rivers only), Windsurfing*/Boardsailing*/Sailboarding*, WWOOFing†,

Yachting*/Sailing (within 30 miles of the shore), Yoga,

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

Activity Pack 2. Additional premium required.

Adventure Racing (up to 12 hours), Airsoft* (protective face masks must be worn), 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* (up to grade 3 rivers only), Canyoning, Cat Skiing, Cross Country Skiing,

Dragon Boat Racing, Dry Slope Skiing,

Falconry, Fly Boarding*, Football - Amateur,

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

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,

Karate, Karting*, Kayaking* (up to grade 3 rivers only), Kayaking* (within 12 nautical miles of the shore), Kendo, Kick Sledding, 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* (protective face masks must be worn), Parasailing* (over water), Parascending* (over water), Passenger Sledge, Polo Cross, Power Boating* (within 12 nautical miles of the shore),

Quad Bikes*,

Rambling (up to 2,000m), River Tubing*, 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), Sailing*/Yachting* (beyond 30 miles of the shore but limited to European & Mediterranean waters), 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), Sledding, 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),

Taekwondo, Telemarking, Tobogganing, Trampolining, Tree Top Canopy Walking, Trekking (up to 2,000m),

Under 17 Driving* (not public roads),

War Games/Paint Balling* (protective face masks must be worn), Water Polo (amateur), Water Ski Jumping*, White Water Rafting* (up to grade 6 rivers only), Winter sports, Wrestling (organised training),

Yachting*/Sailing* (beyond 30 miles of the shore but limited to European & Mediterranean waters),

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

Activity Pack 3. Additional premium required.

Buggy* (in motorised vehicles),

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

Devil Karting*, Dinghy Sailing*, Dirt Boarding,

Glacier Skiing,

Heliskiing, Hurling, Hydrospeeding,

Ice Go Carting, Ice Windsurfing,

Kite Buggy*, Kite Surfing,

Mountaineering up to 2,000m,

Octopush, Outdoor Endurance Tests,

Parascending* (over land), Power Gliding*, Power Kiting, River Bugging,

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* (up to grade 3 rivers only), Blowcarting, BMX Freestyle & Racing,

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

Freestyle Skateboarding,

Hang Gliding* (tandem - as a passenger only),

Micro Lighting* (tandem - as a passenger only), Motocross*, Motor Racing/Rallies/Competitions* (all types), Mountaineering (up to 3,000m),

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

Scuba Diving* (to 30m 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), Slack-Lining (at a height of less than 2m),

Trekking (up to 5,000m),

Wicker Basket Tobogganing,

Zorbing.

Working Abroad Activities

Activity Pack 1. Automatically covered without an additional premium.

Animal Sanctuary/Refuge Work,

Bar Work,

Farm Work,

Fruit or Vegetable Picking,

Manual 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),

Non Manual Work,

Restaurant Work,

Volunteer Work (see also Manual Work),

WWOOFing.

Activity Pack 2. Additional premium required.

Ski Resort Occupations (Chalet/Bar Work not including Ski Instructing).