



Coasteering with Freddie

Hello!

Thank you for booking on to one of our coasteering sessions. We really hope that your child has a fantastic time and will make sure that we do everything we possibly can to ensure that they have an adventure to remember!

Meeting point

Meet at the Kids Adventure Company van, Baggy Point National Trust car park, Croyde, EX33 1PA. You will need to pay to park, but if you are a National Trust member, remember to bring your card as it is free.

Here's a few tips to make sure you enjoy your session!

- Come with your swimsuit under your clothes and then we can just give you one of our wetsuits to put on over it. You are welcome to wear your own **full length, thick** wetsuit.
- Please bring an old pair of shorts to wear over the wetsuit to protect it when sitting on the rocks.
- Wear trainers with good grip that you are happy to swim in and that the laces are tied up tightly so they don't come off. Do not wear wet suit boots, beach shoes or pumps with flat soles.
- Bring some warm clothes and dry shoes to wear when you get out (remember your undies!)
- Remember a large towel to get changed under
- Plastic bag for wet stuff
- Bring any medication including asthma inhalers
- There is a toilet in the car park but you cannot use it to get changed
- Lastly and most importantly, come ready for a challenge with a smile on your face 😊

There will be a consent form to fill out on the day, but if there are any medical or dietary requirements that you think we need to know beforehand, then please just let us know on the booking form.

Thank you for booking and get ready for a Great Adventure!

Jo and Mike