



## PACKRAFTING BOOKING INFORMATION PACK UP

Thanks for choosing to take part in our Packrafting Adventure! At Tirio we're passionate about enabling your adventures. We want you to discover more, do more, see more and feel more. Packrafting is a new and exciting way to journey, it will revolutionise how you travel in Snowdonia and beyond. We want to ensure you have the best possible experience and to leave us with the same passion for Packrafting as we have!

To start you on your adventure we've created the following information Pack up. Please read it and if you are unsure or require clarification on anything just get in touch! Once you're done complete the forms and return it to us as soon as you can.

### Individual Equipment

A list of equipment is included later in this pack up. The environment in North Wales can change quickly and so we must prepare accordingly. To that end participants need to have the items on the list below with them. The lists are minimums so feel free to bring extra, BUT, carrying additional items will increase the weight of your pack and may well reduce your enjoyment! So try to keep weight down if you possibly can, without skimping! Don't despair if there's something you don't have, just give us a call, we'll do our best to help out!

### Packrafting, Group and Safety Equipment

All group safety equipment required for the trip will be provided by Tirio at the start of the trip.

### Timings and Meeting Location

Once we have your booking form back we will send you clear details of where to meet up. We use locations with plenty of parking and where a good café is close by - so you can get that coffee! Snowdonia can be busy at times so try and get there early.

Packrafting is a physically demanding activity, so eat well before starting. It's also a good idea to bring *a hot flask as well as a pack lunch for the trip.*

### Paperwork and Insurance

No one likes paperwork! So we've tried to keep it to the minimum without omitting any important information. You need to read and complete the "BOOKING FORM AND CONSENT FOR PACKRAFTING ACTIVITIES" and the "ACKNOWLEDGMENT OF RISK" forms and forward them to us with your booking. Once we have these we will send you meet up details.

Tirio holds full public and professional liability insurance. Details are available on request.

Sometimes things go wrong; you breakdown en-route to us, or severe weather stops play. So we strongly recommend that you have adequate cancellation insurance to cover any losses that may be incurred by the unforeseeable cancellation of your activity.

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## **ACKNOWLEDGEMENT OF RISKS – Packrafting**

**Please read the following carefully and sign in the appropriate place.**

At Tirio we take your safety seriously and, whilst we don't want to cause you unnecessary concern, we do feel it is important that we make you aware of the inherent risks associated with these adventurous activities. Please take the time to read the following information; of course, please contact us if you wish to discuss anything!

### **GENERAL HAZARDS**

Packrafting activities - Open water and rivers can be hazardous. The water can be deep, cold with the prospect of long swims in cold water. Many hazards may be present such as rocks, trees, other water users, water hazards and bank debris.

Rugged Terrain- Reaching the Water and trekking may require walking on uneven rugged ground. Hazards include steep or slippery ground and bad weather.

The nature of the terrain may also lead to damage to personal property; such as phones becoming wet and clothing torn.

### **SAFETY CONSIDERATIONS**

#### **Physical Fitness and Medical Conditions**

Due to the strenuous nature, all participants must be physically able to participate in sessions. Anyone with a medical condition or injury that may impede their ability to participate should consult their medical practitioner to assess their ability to participate prior to the activity. To that end, you must declare to us any medical conditions that you or your participating dependants may have and you must bring with you any medication that you may require, this must be shown to us prior to the trip and kept to hand throughout the activity.

Packrafting participants must be able to easily swim 25m and be confident in open water (defined as 25 metres from land).

#### **Physical Limits**

Unfortunately, our packrafts are unable to accommodate anyone over 140kg.

The usual minimum age for packrafting is 8 years.

Children may, subject to the discretion of our instructor and with the consent of their parent or legal guardian, paddle a solo craft where their parent or legal guardian is fully participating in another packraft.

Spectacles can be a hazard to you whilst participating in sessions. If you choose to wear spectacles you must accept that injury may occur and accept full responsibility for any such injury. Participants may wear contact lenses.

Tirio staff reserve the right to refuse participation to anyone considered to be under the influence of alcohol or drugs.

Tirio Staff may require any participant to leave the trip if that person acts in any such manner as to endanger him/herself or any other person.

Tirio Staff may require any participant to leave the trip if the participant is threatening or abusive to any other person, including public, Tirio staff or other clients.

## Acknowledgement

- 1) I am aware Packrafting has, in addition to the dangers and risks mentioned above, certain additional dangers and risks and despite appropriate leadership and equipment all risk cannot be removed.
- 2) I acknowledge that the strenuous nature of the activities involved may aggravate any medical condition I may have. In undertaking this activity I take full responsibility for my health.
- 3) I am 18 years of age or older and I accept, on behalf of my dependant or myself, all of the dangers and risks of Packrafting and the possibility of damage and loss of my dependant's or my own property, and of personal injury.
- 4) I acknowledge, on behalf of my dependant or myself, that the enjoyment and excitement of Packrafting is derived in part from the wild, demanding and remote environment of mountain, forest, open water and rivers or myself. The inherent risks of Packrafting contribute to such enjoyment and excitement.
- 5) I confirm that the participant or myself is confident in water and can swim a minimum of 25 meters fully clothed.
- 6) I agree to notify the instructor of any illness or injury that may impair my or my dependent's participation prior to the booking and course commencement.
- 7) I acknowledge that any medication that my dependant or I may require must be carried throughout the activity.
- 8) I agree that I will fully and effectually compensate for any damage that the participant or I may cause on the adjoining land and/or to the equipment used by the group in the Packrafting activity.
- 9) Tirio, its staff nor landowner will not be under any liability whatsoever, to my dependants or I for any injury, inconvenience, damage or loss that I may suffer in the visited areas or whilst on adjoining land, how so ever caused.
- 10) I confirm that I am over 18 years old and have read, understood and agree to the whole document before signing it.

I accept that the above terms and conditions are reasonable and that I have voluntarily chosen to take part in Packrafting under the guidance of Tirio Staff.

**I have read and understood the above, and I am aware of the risks in the ACKNOWLEDGEMENT OF RISK and GENERAL HAZARDS AND SAFETY CONSIDERATIONS sections.**

**Signature of Participant (or parent/legal guardian if participant is under 18.)**

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Dated this                      (day)                      (month)                      (year)

Name (Block Letters)

## BOOKING FORM AND CONSENT FOR PACKRAFTING ACTIVITIES

Name of participant:

Date:

Age:

\* Home Address:

Tel:

Email:

\* If participant is under 18 years please give name and address of Parent or Legal Guardian above:

### EMERGENCY CONTACT DETAILS

Name:

Contact Tel:

Relationship:

Address:

### MEDICAL DECLARATION

Does any of the following apply to you or your dependant?

Ever been told by a physician that you have a heart condition or you should only do physical activity recommended by a physician?	Yes	No
Upon doing physical activity, feel pain in the chest?	Yes	No
When you were not doing physical activity, have you had chest pain in the last month?	Yes	No
Ever lose consciousness or do you lose your balance because of dizziness?	Yes	No
Do you have a joint or bone problem that may be made worse by undertaking physical activity?	Yes	No
Is a physician currently prescribing medications for your blood pressure or heart condition?	Yes	No
Pregnant or post-partum?	Yes	No
Have diabetes?	Yes	No
Suffered from any form of seizures, fits or epilepsy?	Yes	No
In the last 6 months not undertaken regular physical exercise?	Yes	No
Do you know of any other reason why you should not undertake strenuous physical activity?	Yes	No
Do you have any severe allergies or Anaphylaxis? To what? _____	Yes	No

**If you answer 'Yes' to any of the above questions please contact us to discuss your suitability to undertake the activity.** We *may* need a letter from your Physician stating you are able to undertake the activity – this will need to be supplied to us in writing prior to booking.

By signing, I confirm that I have answered all questions honestly and to the best of my knowledge. I accept, on behalf of my dependant or myself, the Tirio booking conditions and I have read and understood and I am content to abide by the Tirio Terms and Conditions. See <https://www.tirio.co.uk/terms-and-policies> . I confirm I am over 18. I understand and accept, on behalf of my dependant or myself, that the risks inherent in adventure activities such as walking, camping and packrafting, cannot be completely eliminated, and even if reduced to a seemingly acceptable level, there will remain the chance of unpredictable occurrences resulting in injury or death. I authorise Tirio to deliver appropriate first aid and medical treatment as deemed necessary in an emergency and/or in accordance with the recommendations of a qualified medical practitioner / paramedic.

**Signature of Participant or of accompanying parent/legal guardian if participant is under 18.**

\_\_\_\_\_

Date: \_\_\_\_\_

## MAKING PAYMENT

**Payment**                      Amount:                                      As Deposit/Full (Delete as appropriate)

Full payment is required for all bookings within next 30 days.

BACS:	Bank	HSBC, Tirio Cyf
	Account #	51325930
	Sort Code	40-30-18
	Reference	Please state your last name and the date of the activity as the reference i.e. "Smith 010118"

PAYPAL: Please give us your Email address for PayPal. \_\_\_\_\_

We will send you a payment request.

**Please note payments through PayPal will incur an additional 3.5% surcharge.**

Cheque: To "Tirio Cyf" must be received and cleared in prior to activity. Please leave at least 10 days.

We collect this information to manage you booking and to ensure you have the best possible experience with us. We do not share this information with other people or companies, unless it is has been agreed by you or it is for legal or insurance purposes. Please see <https://www.tirio.co.uk/terms-and-policies> for more information.

## Equipment List

Please read this carefully and ensure you have all the equipment and clothing listed. Your adventure may not be able to go ahead if you do not have enough equipment.

### Single and Half Day Trips

- A warm fleece top or insulated jacket.
  - Wicking base-layer.
  - Insulating mid-layer
  - 'Outdoor' type trousers (Not denim - synthetic track suit bottoms are fine).
  - Thermals (carried or worn).
  - Warm hat.
  - Gloves.
  - Waterproof Jacket.
  - Waterproof trousers.
  - Walking shoes or boots.
  - \*Spare lightweight shoes or sandals (these will get wet! Neoprene shoes are great if you have them)
  - \*A rucksack to carry your gear (it will need to carry your safety gear and boat too – so make sure its has plenty of space! 30-40l rucksacks are normally more than adequate.
  - \*A watertight liner or dry bag for inside your rucksack
  - A warm change of clothes (carried).
  - Food and drink for the day. A hot sweet drink in a small flask is a good idea.
  - Sunglasses, sun hat, sun screen (as required).
- **Personal medication.** You must take any medication you may require with you!

Please do not wear cotton tops or bottoms as the material stays cold and heavy when wet.

### Overnight Trips As above plus the following:

- Additional change of clothes.
- \*Rucksack - should be 40l-50l.
- Wash kit including a small towel.
- \*#Shelter – Tarp and groundsheet, tent or Tarp and hammock.
- Sleeping bag suitable for the season.
- Sleeping mat.
- #Cooking Stove and fuel.
- #Cooking pots and eating implements.
- Food and drink for evening meal and breakfast.
- Torch and spare set of batteries.
- Any addition personal Medication.
- A small bag for rubbish.
- Sufficient toilet paper and sanitary products.
- Lighter or matches.
- Small bottle of alcohol hand sanitizer.

Items marked # can be shared if there's more than one in your group.

Items marked \* are available from us, if you require.

***It is well worth having another set of dry warm clothes and a snack available in the car for afterwards.***