



## USEFUL ADVICE FOR SAFE KAYAK TOUR

- 1- DO NOT GOING TOO FAR OFF THE COAST
- 2- ALWAYS FOLLOW THE SUGGESTED ROUTES
- 3- PROVIDE YOURSELF WHIT WATER SUPPLIES OR ANY OTHER SPORT DRINKS
- 4- BE IN GOOD PHYSICAL CONDITIONS(SUITABLE FOR THIS ACTIVITY)AND BE WELL TRAINED IN SWIMMING
- 5- CARRY YOUR MOBILE PHONE
- 6- IT'S ADVISABLE TO WEAR A HAT
- 7- PAY GREAT ATTENTION TO ANY OTHER PRIVATE OR PUBBLIC BOAT
- 8- ALWAYS PAY GREAT ATTENTION TO THE WEATHER CONDITIONS AS THEY CAN CHANGE SUDDENLY
- 9- BE CAREFUL WHIT THE WIND
- 10- IN CASE OF EMERGENCY REACH THE NEAREST SHORE AS SOON AS POSSIBLE

YOU MUST WEAR YOUR LIFE JACKET DURING THE TOUR

---

[www.bellagiowatersports.com](http://www.bellagiowatersports.com) - [info@bellagiowatersports.com](mailto:info@bellagiowatersports.com)

mobile:(+39)3403949375 - mobile:(+39)334192930

**facebook** [www.facebook.com/bellagiowatersport](http://www.facebook.com/bellagiowatersport)

**LinkedIn** [it.linkedin.com/in/bellagiowatersports](http://it.linkedin.com/in/bellagiowatersports)

**Referral Key** [www.referralkey.com/bellagiowatersports](http://www.referralkey.com/bellagiowatersports)

