

Adventure sports for residents of Thailand **USD 64- PER HEAD**

Exactly which adventures we will and won't cover varies on the plan and optional cover you choose, depending on your country of permanent residence. We like to think we know most adventures and sports World Nomads love. If a sport or activity is not listed it may have slipped by us or it may not be covered. Check with us if you're not sure.

There are different levels of cover for **sports, activities and working abroad** with different levels of additional premium.

Choose the plan or optional upgrade level to be covered for this activity:

(1) – Standard

(2) – Explorer (also includes cover for Standard sports & activities shown)

- Abseiling (1)
- Aerial safari (1)
- Alpine ski touring (2)
- American football (1)
- Angling (1)
- Badminton (1)
- Ballooning (1)
- Base Jumping * (No cover for this sport for purchases or extensions on or after 1 Feb 2012) (2)
- Baseball (1)
- Basketball (1)
- Bicycle touring (1)
- Biking (incidental to the trip) (1)
- Black water rafting (2)
- Bobsleigh (2)
- Bouldering (1)
- Bowling (1)
- Bungee jumping (1)
- Bushwalking up to 6000m (1)
- Camel riding / trekking (1)
- Canoeing (1)
- Canyon swing (1)
- Canyoning (1)
- Capoeira dancing - non contact (1)
- Cave Diving (2)
- Cavern Diving (2)
- Caving (1)
- Clay Pigeon Shooting (1)
- Cricket (1)
- Cycle touring (1)
- Cycling (incidental to the trip) (1)
- Cycling on an organised tour (1)
- Deep sea fishing (1)
- Dirt boarding (1)
- Dog sledding (1)
- Elephant riding / trekking (1)
- Equestrian activities (1)
- Fell running / walking (1)
- Fencing (1)
- Fly by wire (1)
- Flying/piloting a light aircraft (1)
- Football (1)
- **Glacier walking (2)**
- Gliding (1)
- Go karting (1)
- Golf (1)
- Gymnastics (1)
- Hang gliding (2)
- Heli-skiing/boarding (2)
- Hiking or tramping (1)
- Hiking up to 6000m (1)
- Hockey (1)
- Horse riding (1)
- Hot air ballooning (1)
- Hunting (excluding big game) (1)
- Ice climbing (2)
- Ice hockey (1)
- Ice skating (indoor only) (1)
- Ice skating (outdoor) (1)
- Jet boating (2)
- Jet skiing (2)
- Kayaking (1)
- Kite buggy (1)
- Kite-surfing (2)
- Kiteboarding on land (2)
- Kiteboarding on water (2)
- Kitewing (2)
- Land surfing (2)
- Manual work (2)
- Martial arts - non contact (1)
- Martial arts training (2)
- Moped biking (1)
- Motor biking (1)
- Motor biking on a vehicle under 125cc (1)
- Mountain biking - incidental to the trip (1)
- Mountain biking off track / downhill (1)
- Mountain biking on tracks and trails (1)
- Mountaineering *(No cover for this sport for purchases or extensions on or after 1 February 2012) (2)
- Netball (1)
- Non-manual work (1)
- Orienteering (1)
- Outdoor endurance (1)
- Outward bound (1)
- Paint balling (1)
- Parachuting (2)
- Paragliding * (No cover for this sport for purchases or extensions on or after 1 February 2012.) (2)
- Parasailing (2)
- Parascending (2)
- Passenger in a helicopter (1)
- Passenger in a private, light aircraft (1)
- Quad biking (1)
- Rambling (1)
- Rap jumping (2)
- Rifle range shooting (1)
- Riverboarding (2)
- Rock climbing (2)
- Roller blading (1)
- Roller skating (1)
- Rowing / sculling (1)
- Rugby (1)
- Running of the bulls (2)
- Safari tours (1)
- Sailing (coastal waters only) (1)
- Sailing (outside coastal waters) (1)
- Sandboarding (1)
- Sandskiing (1)
- Scuba diving to 50 metres (2)
- Sea canoeing (1)
- Sea kayaking (coastal waters only) (1)
- Shark cage diving (2)
- Skateboarding (street) (1)
- Skateboarding - ramp / half pipe (1)
- Skateboarding - skate park (1)
- Skidoos (2)
- Skiing / snowboarding (2)
- Skiing / snowboarding - off piste (2)
- Skydiving (2)
- Sleigh rides (1)
- Snorkelling (1)
- Snow mobiling (2)
- Snow rafting (2)
- Soccer (1)
- Speed boating (1)
- Squash (1)
- Stand up paddle surfing (1)
- Stilt walking (1)
- Surf boat rowing (1)
- Surfing (1)
- Swimming (1)
- Table tennis (1)
- Tandem skydiving (2)
- Ten pin bowling (1)
- Tennis (1)
- Trail bike riding (1)
- Trekking (1)
- Trekking up to 6000m (1)
- Tubing (1)
- Tubing on snow (2)
- Ultimate frisbee (1)
- Via Ferrata (1)
- Volleyball (1)
- Wakeboarding (1)
- Walking (1)
- Walking up to 6000m (1)
- War games (1)
- Water skiing (1)
- White water kayaking (2)
- White water rafting (2)
- Windsurfing (1)
- Yachting (coastal waters only) (1)
- Yachting (outside coastal waters) (1)
- Yoga (in class or alone) (1)
- Yoga (Yoga teacher) (2)
- Zip line (1)
- Zorbing (1)

* Some of these activities have specific restrictions. Please check the **policy wording** for details.

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