

RECOMMENDATIONS

TO PREPARE THE TRIP

A MUST-HAVE IN YOUR SUITCASE



Sleeping Bag
Sleeping pad or mat
Raincoat
Complete toiletry bag
Sunscreen
Sneakers or sports shoes
A sweatshirt in case it gets chilly
3 or 4 swimsuits
Shorts and a pair of jeans
T-shirts and underwear
Pajamas
A large towel
A flashlight
Mosquito repellent spray

***You may bring some money if you want for snacks or a small souvenir..

RECOMMENDED SCHEDULE

- Check in between 4pm to 8pm
- Check out from 3pm



Remember to inform us if you have any allergies or intolerances and if you are taking any medication



- ESCUELA CANTABRA DE SURF
- ESCUELA CANTABRA DE SKATE
- ESCUELA CANTABRA DE SUP
- ESCUELA CANTABRA DE BODYBOARD



TELF:
(+34) 942 510 615
(+34) 609 482 823

f /ESCUELACANTABRADESURF
t @ESCUELACANTABRA
i ESCUELACANTABRADESURF
w ESCUELACANTABRADESURF.COM/TV

