

Getting ready for the adventure



CLOTHES



which you do not mind getting dirty

- Long trousers
- Long shirt (belly covered)
- Sweater / Hoodie / Polar
- Waterproof jacket (October to June)
- Gloves that allow you to move your fingers freely
- Warm hat (October to June)
- Cap (July to September)
- Scarf (October to June)

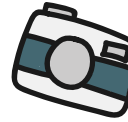
SHOES



which take you up high

- Sport shoes / Mountain boots
(closed, comfortable and well-fitting footwear)

EXTRAS



which complete your adventure

- Long hair tied or covered (compulsory)
- Clean and dry clothes for afterwards
- Small backpack or belt pouch
- Sunscreen
- Water bottle or canteen
- Snack (no food services available)
- Photo or video camera with accessories and/or leashes
- Medicines in case you suffer any relevant condition (always make the personnel aware upon arrival)

RECOMMENDATIONS



- If you require viewing glasses, equip them with a fun leash
- You do not need sunglasses in the forest
- Avoid wearing earrings, watches, wristbands or piercings
- Avoid bringing unnecessary expensive objects
- There is no cell coverage in the park so bringing your phone might deem unnecessary
- Entering the park while wearing flip-flops, sandals or high-heels is forbidden
- Selfie sticks are not allowed



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#TENERIFEADVENTURE



www.forestalparktenerife.es/en