

To book a buggy for the day from Scoot-a-long print off, complete and sign the booking form then send it along with your booking donation of £15 per buggy per day to:

**The Secretary**  
**Scoot-A-Long**  
**Penlea**  
**Landdividdy lane**  
**Polperro**  
**Cornwall PL13 2RY**

For longer or shorter periods, or if you have questions, phone John Duckworth 01752480252 or John Seamons 01752 360342 or e-mail: [email@scoot-a-long.org.uk](mailto:email@scoot-a-long.org.uk).

Make sure that you have read and understood the conditions of loan before you sign your booking form.

Organisers of group bookings, please contact John Duckworth for further information.

No booking will be accepted without the appropriate booking donation.

### **What is included?**

- Loan of buggy
- Basic instruction in use of buggy.
- Rucksack on back of buggy.

### **What should I bring?**

- Suitable clothing for the weather conditions. It can be very cold under the tree canopy even in summer.
- Hat & gloves are advisable at all times. Hands can get very cold even in summer.
- Binoculars to watch the many birds and animals.
- Sun protection cream, insect repellent etc.
- Companion(s), friends and family, and make a great day even better.
- A snack will be provided - there are lots of great places to stop.
- Any emergency medication you would normally carry, e.g. spray, puffers or insulin
- A mobile phone, though we can't guarantee that you will get a signal.

Anybody using a Scoot-a-long buggy for the first time will be given a short course of instruction to ensure that they can handle one safely. Should the trainer believe any individual is not safe on the buggy following instruction, they will not be permitted to depart. It is understood that some individuals may require more instruction than others.

Regardless of ability or experience, Scoot-a-long are unwilling to allow people to go out alone with a buggy.

If you have any queries or concerns please do call or e-mail us.