

## CONGRATULATIONS ON BOOKING YOUR ABSEIL SPOT!

We are thrilled that you have taken on the abseil challenge! Whether this is your first time taking the step of faith or you're a seasoned pro, we are here to keep you safe and make sure you have a great time.

This document, created by experienced activity provider, Big Bang Experiences, aims to give you all the information you need to be best prepared for your upcoming abseil!



### EVENT NAME: Port of Leith Distillery Abseil

9<sup>TH</sup> AND 10<sup>TH</sup> OF MAY 2026

PORT OF LEITH DISTILLERY, 11 WHISKY QUAY, LEITH, EDINBURGH, EH6 6FH

Please note: All information is correct at time of writing, details may be subject to change prior to the event.

## Abseil Provider: Big Bang Experiences

### Who Are We?

We are an adventure tourism and activity provider specialising in creating lifetime memories through our thrilling experiences and events. We offer an array of adventure activities, including zip wires, abseils and bungee jumping, under our renowned brand The UK Bungee Club.

### What is our Experience?

Our well-established business boasts a strong global presence. Beyond the UK, we have brought our exciting activities to Australia, South Africa, Dubai, Saudi Arabia, Brazil, and numerous European countries. From bungee jumping to abseiling and zip wires, Big Bang Experiences has made a memorable impact worldwide.

### Safety

Safety is central to everything we do. You can take part in your abseil with full confidence, knowing that we have taken every possible measure to ensure a safe and enjoyable experience. Competence, Independently Inspected Equipment, Informed Participation and Redundant Backups, make up our core values, read more about these on our website.

### Our Involvement

We provide and manage the abseil activity on behalf of your charity or event organiser. Our team ensures the setup, safety, and smooth running of the abseil on the day.

**Look on our social media to look at our previous events and make sure to tag us in your posts too!**



Click the icons above to see our online pages and sites



## Information



### Checklist for before you arrive:

**Confirmation of your booking** - This may be via your charity, over the phone or email, but ensure you have booked your slot and you know the time you are expected to arrive.

**Health Warning notice** – Read the Health Warning Notice which can be found attached to this pack.

**Plan your journey** - We have included directions and helpful guidance on where to arrive on the next page, but it is always a good idea to check your travel time and route.

**Dress Appropriately** – We have included a section below with what to wear and tips to make your registration as smooth as possible. Read this before you set off.

### What to wear

- Comfortable clothes that you can move freely in. Long trousers are recommended.
- Comfortable, grippy footwear such as trainers.
- Dress for the weather! You may be outside and in the elements for a while.
- Long hair will also need to be tied up and out of the way, avoid using any hair clips or styles that prevent the helmet from properly fitting as they will need to be adjusted.

### Fancy dress and costumes

We welcome creative outfits and character costumes for abseilers, it can add an extra level of excitement and fun! However, we must make sure that the clothing or costume doesn't restrict movement and that all safety gear, including helmet, harness and gloves can be securely fitted. Capes, padding, and hats are all items that pose an issue to this, but we will try to work around the outfit. Please be aware we may have to ask you to remove some items, and it is a good idea to bring a spare change of clothes, just in case.

### Jewellery and loose items

For safety reasons, we will ask you to remove all jewellery before getting harnessed up. This includes watches, rings, piercings, necklaces, anklets and bracelets.

All pockets (including zipped ones) must be completely empty.

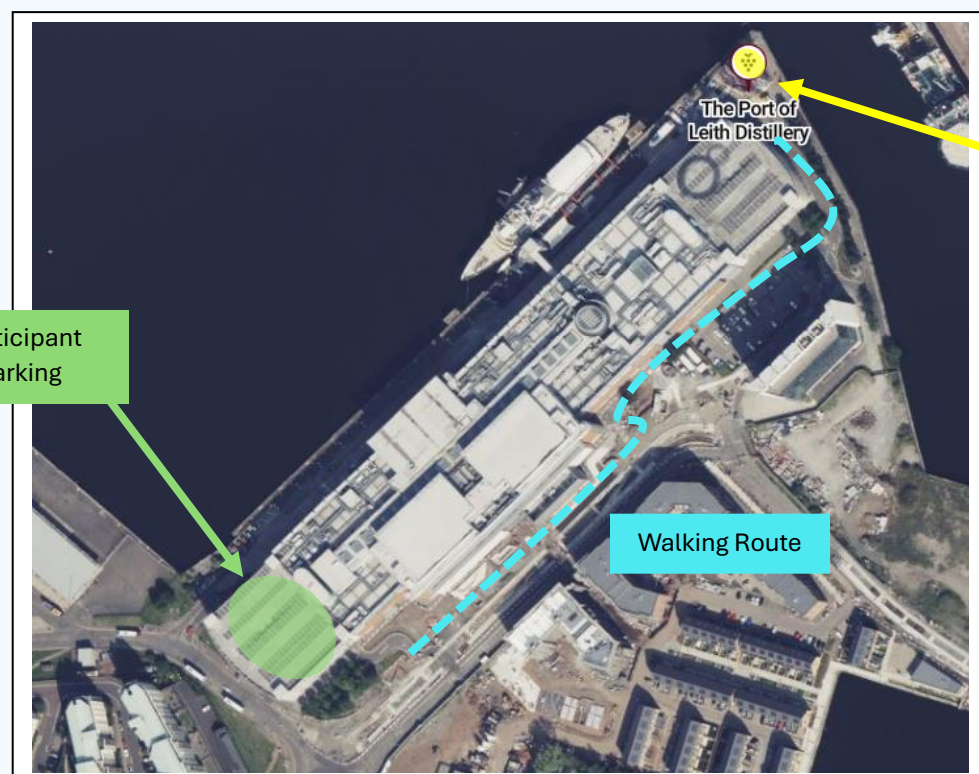
It will save time and ease the registration process, if you can leave these at home or with a friend before you arrive.



## Location

**Address:** Port of Leith Distillery, 11 Whisky Quay, Leith, Edinburgh, EH6 6FH

**General site What 3 Words:** ///clips.saints.foster



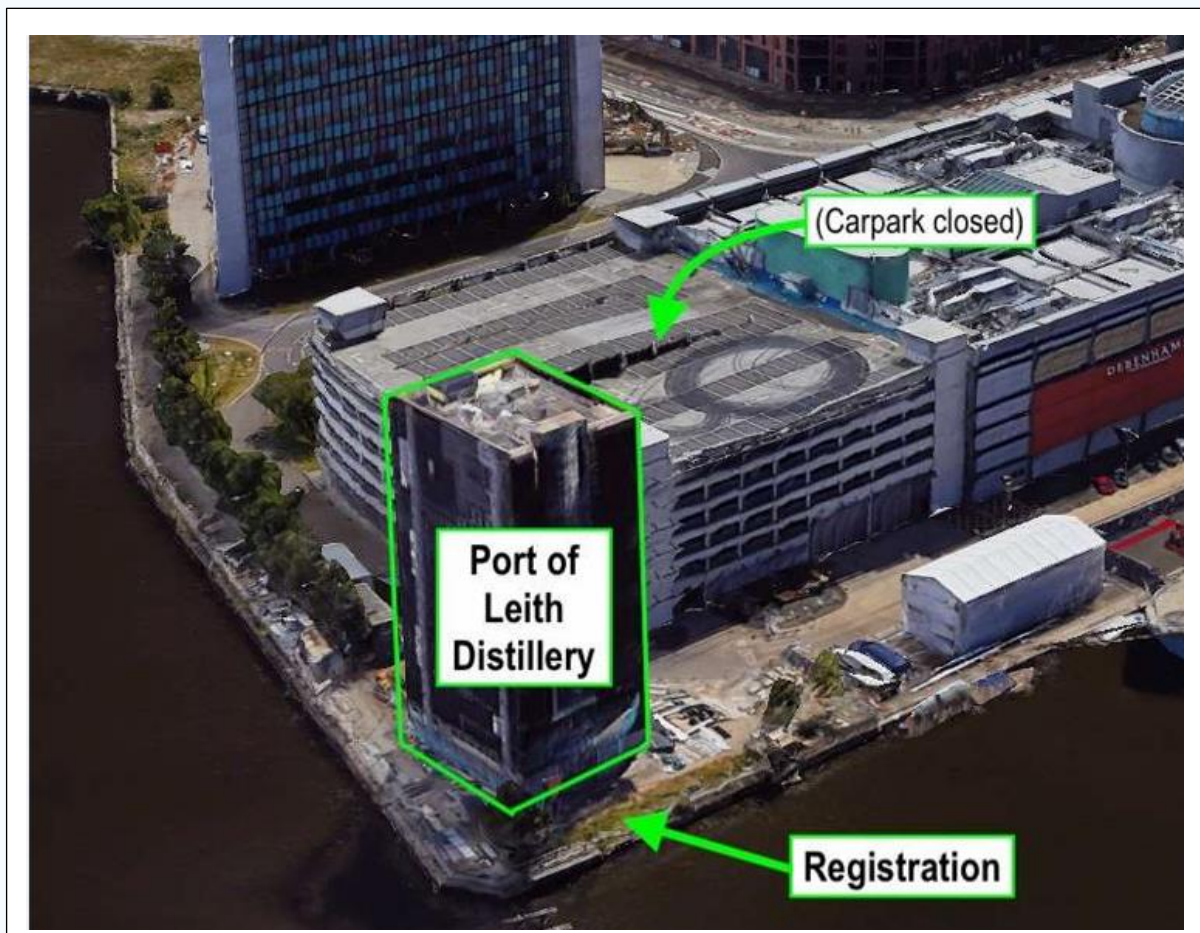


## Where to go on arrival

When you arrive, head to the registration canopy, which is located on the grass area in front of the main building of the distillery.

Here you will complete all the necessary paperwork, and have it signed by our office crew member who will run through the next steps.

You will then head straight to the harnessing area where a full body harness, gloves and helmet will be fitted to you by our expert crew. Then it's time to take the journey up to the top!



## Route to the Abseil Station

There is a lift to the top floor, after which you will need to climb a short but vertical ladder (approx. 3m, high) and climb out of a hatch onto the roof – our team will be on hand to guide you at the ladder.

Once on the roof (which is surrounded by a wall, so don't worry!) you'll be called up onto the abseil station (which is another ladder-climb of 3m) our wonderful instructors will check all your equipment and guide you through the full abseil process.

Then, it's over to you!!



## FAQs

### **Can I use my phone or Go-Pro to take footage of the abseil?**

We encourage you to take plenty of photos and videos during the day, but phones and other devices, including GoPro's, are not allowed at the top of the abseil. This is due to safety concerns, as devices cannot be securely attached to an abseiler, and they are not covered by our insurance. This rule applies regardless of any attachments or straps on your device.

### **How can I prepare myself on the run-up?**

We will take care of all the processes on the day and be there to support you! Plan your route to the venue beforehand, read this pack and make sure you are fit enough by checking against the health warning notice.

### **I have a disability and I'm not sure if I'll be able to take part.**

Please read the attached health warning notice. If you have any physical or sensory requirements, please contact your event organiser. While we cannot guarantee everyone can complete the abseil, we are committed to making our events as inclusive as possible.

### **What happens if it is rainy or windy on the day?**

In the unlikely event of extreme weather, the event will be rescheduled for a new date. We closely track and monitor weather on the run up to events and will contact your event organiser in plenty of time. If we believe the event is unsafe to go ahead with. We will operate in rain and medium winds.

### **How do I know what time to arrive?**

Please refer to your event organiser for this information. You are expected to arrive 30-minutes before your abseil time, to complete your registration and harnessing. This allows for a continuous flow of abseils, and means you have less time waiting around!

### **How long will I be at the event for?**

Allow for at least 2 hours with us at the event.

### **What if I'm late or can't make it on the day?**

If you're running late or can no longer attend, please contact your event organiser as soon as possible so they can inform our team. We'll do our best to fit you in when you arrive, ensuring you still have the chance to abseil.

### **What if I don't know where to go on the day?**

Refer to the information in this pack. If you are still struggling, please contact your event organiser.

### **I'm very nervous, should I still take part?**

Nerves are a normal part of trying something new and different and taking on an big challenge! This is what we believe helps to make taking part so much more rewarding and exciting. We will take care of all the safety and processes on the day so you can enjoy your time.



# HEALTH WARNING NOTICE

## IF IN DOUBT - **DON'T PARTICIPATE**

If you are not in good health, you should **NOT** participate.

You can **NOT** participate if you are:

- Under 12 years old
- Pregnant
- Under the influence of alcohol or illegal drugs

If any of the following apply, **you must seek professional medical advice before abseiling** and sign a non-standard waiver:

- High blood pressure
- Heart condition
- Suffer from dizziness or epilepsy
- Damage to neck, back, spinal column, legs, or eyes
- Asthma
- Medication – if you are taking any form of prescribed medication, please inform us of how this may affect you
- Aged 50 years or above: we strongly advise that you seek medical advice prior to taking part.

The following points apply to **ALL** participants:

- 12 to 15 year olds require a parent or guardian to be present, sign permission and will be required to complete a non-standard waiver
- If you have long hair, please be prepared to tie it up and out of the way
- Minimum participant weight is 35 kg (4.7 stone)
- Maximum participant weight is 120 kg (18.9 stone)
- Waist harnesses fit waist size of 40cm (15.7 inches) to 125cm (49.2 inches)



## STAY CONNECTED

We're so excited to have you joining us. Whether you're nervous, hyped, or somewhere in between – you're now part of an amazing community of thrill-seekers making a real difference.



We'd love to see your photos, videos, and stories from the day! Tag us and use our official event hashtag so we can celebrate with you and feature your content.

[#AbseilChallenge](#) [#CharityAbseil](#) [#SpinabifidaAbseil](#) [#PortofleithAbseil](#)

### Tag Us:

- Instagram: [@bigbangexperiences](#)
- Facebook: [Big Bang Experiences](#)
- LinkedIn: [Big Bang Experiences](#)

This might be just the beginning!  
Explore our other adrenaline-fuelled events at:

 [www.bigbangexperiences.com](http://www.bigbangexperiences.com)