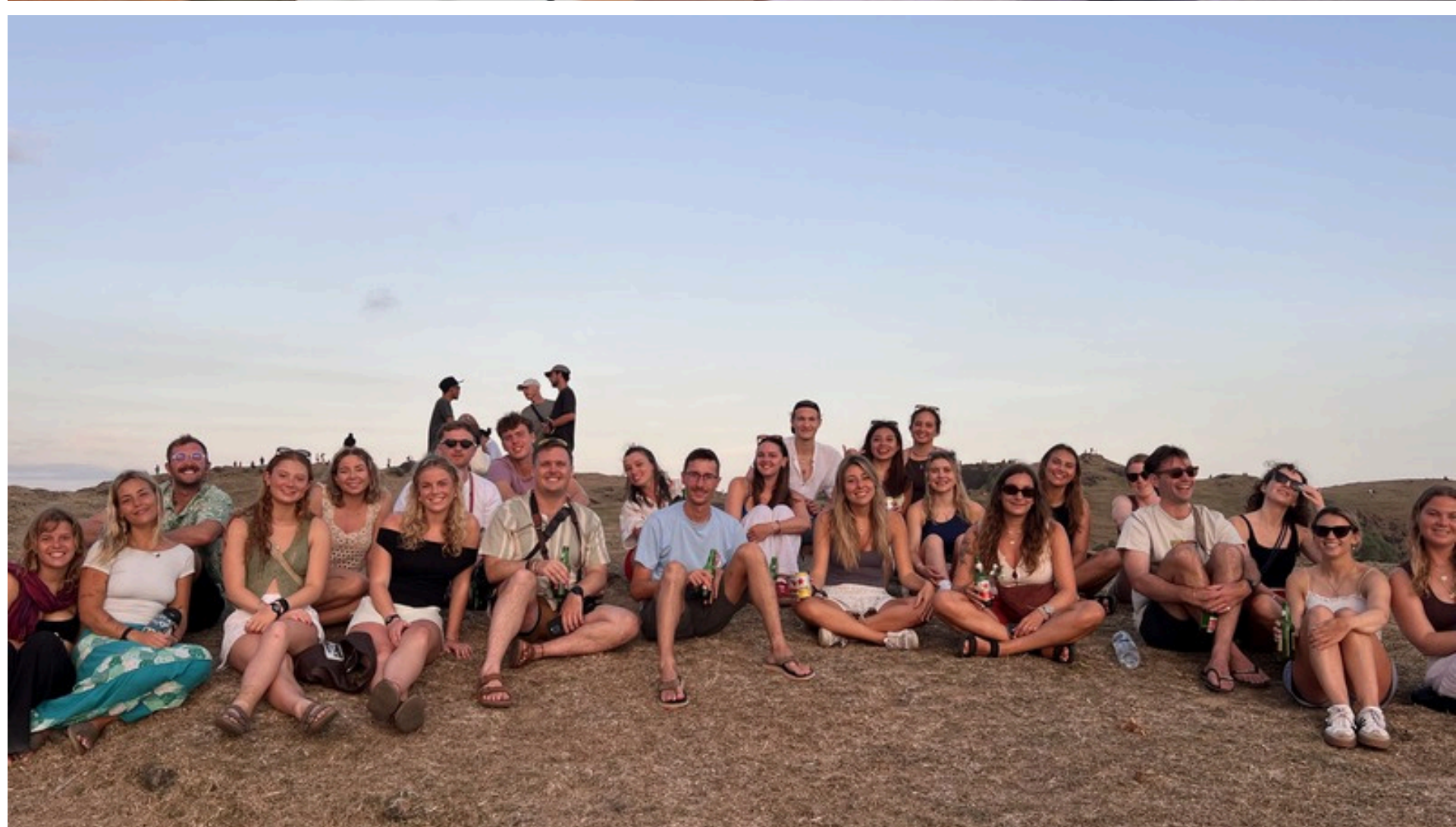




Imbok

SURF HOUSE INDONESIA

Information Guide
2026





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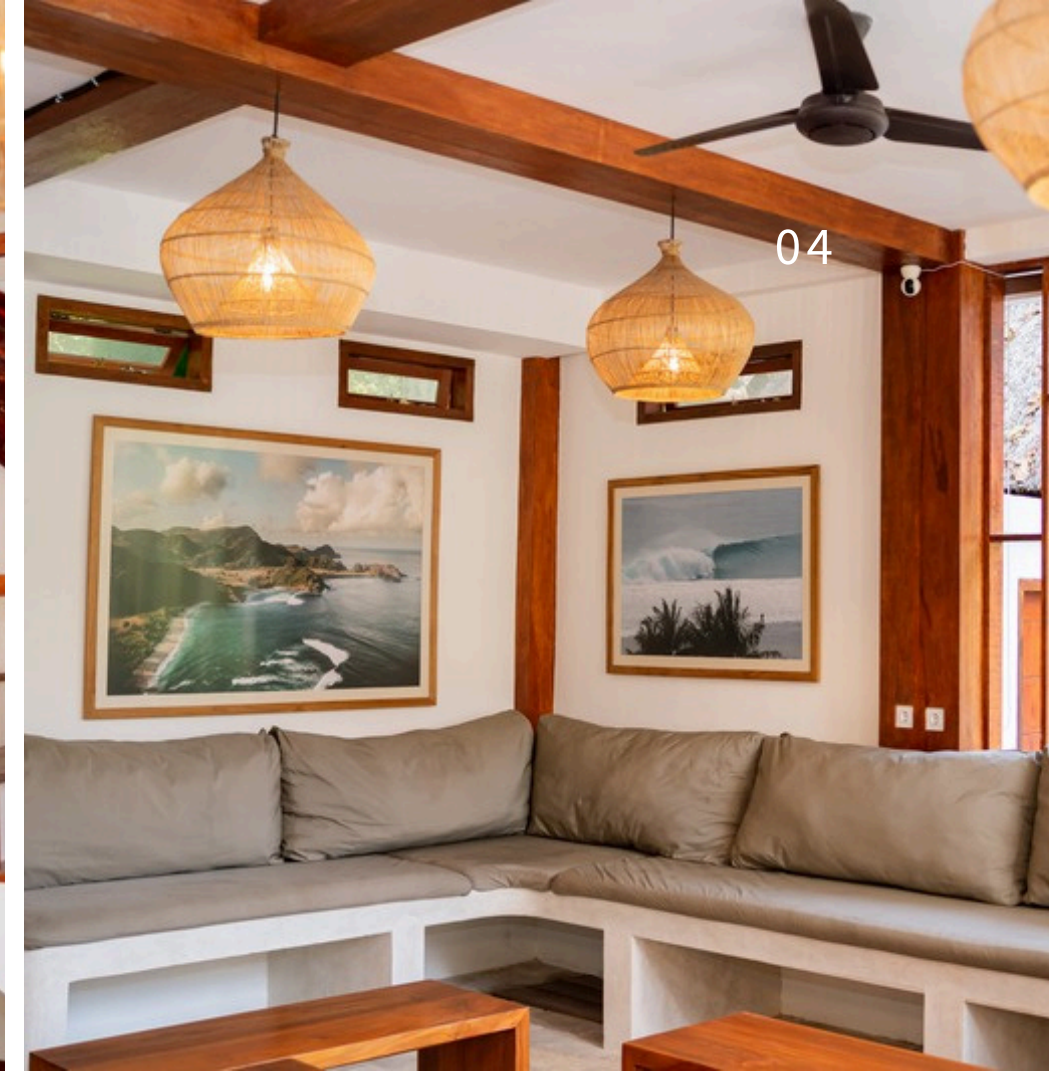
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Your Home in Lombok

Centrally located in Kuta, Lombok, our beautiful property is a calm oasis to recharge, relax and connect before a full week of surfing the best waves in Lombok.

Every day you will have the opportunity to surf with our world class instructors. There will never be more than two students per instructor and we create groups based on skill level, so you will always be surfing waves suitable for your skill level and surfing goals. Throughout the week, our guides will instruct you in and out of the water, with coaching, surf theory lessons, and photo analysis reviews. Whether you've been surfing for years or catching your first wave, our goal at LMBK is to set you up for future success and increase your overall confidence in surfing.

At LMBK we bring the community together to advance the sport of Surfing and make the experience better for all those who love the ocean.



What's Included in a week at LMBK?

Included in the surf package is daily breakfast, guided surf instruction, daily coaching, photo analysis, video analysis, surfboard rental, surfboard insurance, transportation for surfing (boat and car), surf theory, surf recovery yoga, surfskate, surf fit class, family dinner, a welcome drink, a welcome tote bag, and gym membership at Xeno Fit (full access to the gym and group classes during your stay). And each room type has wifi, air conditioning, terrace, and hot water. We also have parking and airport pick up included.

Within the package, three days per week we surf twice a day and four days per week we surf once a day as we have other activities. There will be maximum two students per one surf coach in the water, and we create groups based on skill level, so you will always be surfing waves suitable for your skill level and surfing goals.

Please be aware that the activities included in the surf package are scheduled throughout the week. If you book for less than a week, we cannot guarantee participation in all activities. However, we will make every effort to ensure you have the best possible experience during your stay.

LMBK SURF HOUSE

WEEKLY SCHEDULE

MON	Breakfast 	Surf 	Surf Recovery Yoga 	Surf Theory 	Surf Briefing for New Guests 
TUE	Breakfast 	Surf + Photos 	Second Surf 	Sunset Trip 	Surf Briefing for New Guests 
WED	Breakfast 	Surf 	Surf Skate 	Surf Briefing for New Guests 	Family Dinner 
THU	Breakfast 	Surf + Photos 	Second Surf 	Surf Briefing for New Guests 	Photo Analysis 
FRI	Breakfast 	Surf 	Surf Fit Class 	Sunset Trip 	Surf Briefing for New Guests 
SAT	Breakfast 	Surf 	Surf Skate 	Surf Briefing for New Guests 	Family Dinner 
SUN	Breakfast 	Surf + Drone 	Second Surf 	Surf Briefing for New Guests 	Video Analysis 

All activities including surfing, photos, drone, surf skate, sunset trips, etc. are weather and condition permitting. We appreciate your understanding with Mother Nature

Also included in the surf and stay package:

- Airport pickup
- Board rentals for free surfs
- Transport for surfing (car and boat)
- Surf Board Insurance for your entire stay

Not included, but we can also help you arrange (please see reception):

- Transportation such as scooter rental
- Laundry service
- Pick up at alternative locations (such as the harbor)
- Transport around Kuta and surrounding Lombok area
- Day trips (waterfalls, pink beach, etc)

A Typical Day at LMBK

The times that we surf in the morning and afternoon depend on the tides and conditions for the day, so each day is a little different. Surfing the best waves is our number one priority! We set up our surfing schedule the day before to get the most accurate forecast. We also have unique activities spread throughout the week as well as time to relax and explore Lombok.

Here's an example of what a typical Tuesday at LMBK can look like:

7:30 AM – Breakfast at LMBK

8:00 AM – Head out for the first surf session, with photos included during your surf

12:00 PM – Lunch at a nearby local beach café (warung)

2:00 PM – Second surf session of the day

5:00 PM – Surf briefing at LMBK for newly arrived guests

5:30 PM – Leave for a sunset trip and watch the sunset with the crew at one of Lombok's sunset spots

7:00 PM – Return to LMBK, with free time to head out for dinner and relax for the evening

Food and Drink

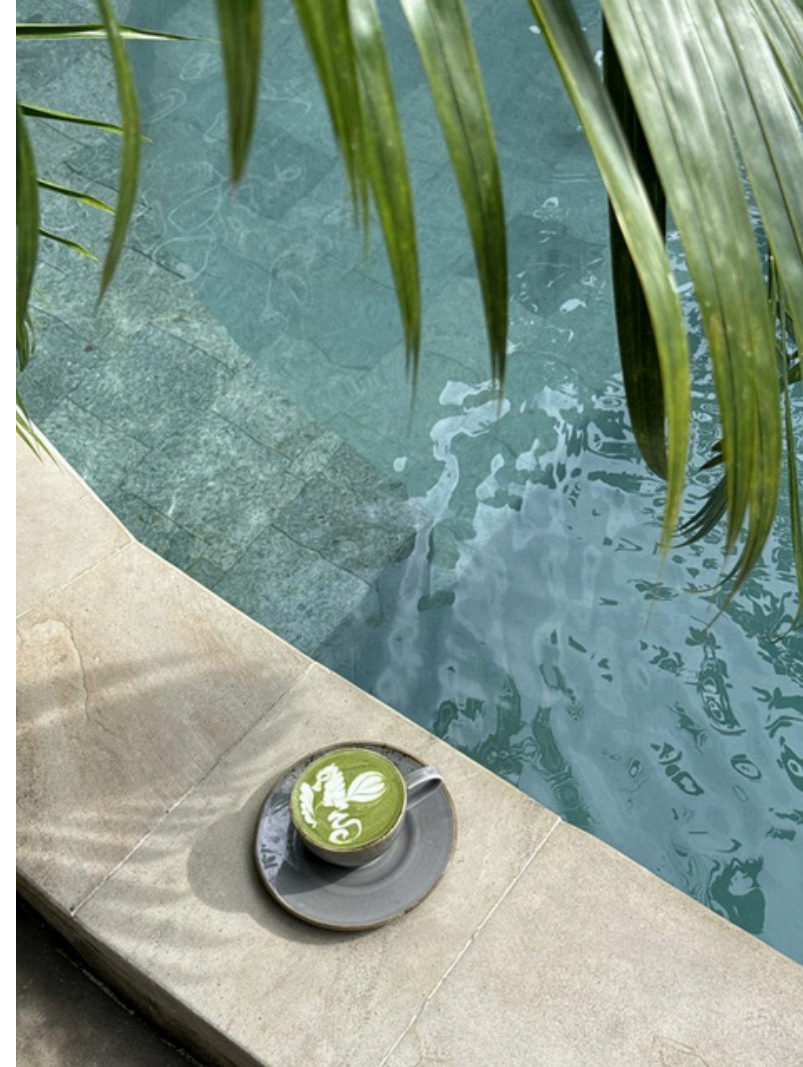
At LMBK, we serve hearty and healthy breakfast made to order daily. Breakfasts include smoothie bowls, breakfast wraps, scrambled tofu, eggs your way, and more. Every Wednesday and Saturday LMBK hosts a family dinner for all guests.

At LMBK, we take pride in offering a full-service bar that operates daily. Guests can indulge in a variety of options, including barista-crafted coffee, refreshing cold beverages such as coconuts and kombucha, as well as an assortment of soft drinks. For those seeking a more spirited experience, our bar also serves up cold beers and expertly crafted cocktails.

Kindly be informed that these beverages are not included in your package, but will be added to your tab at the conclusion of your stay.

LMBK is also centrally located in Kuta, close to many popular cafes and restaurants just a short walk into town.

Please let us know if you have any dietary restrictions. We're happy to make adjustments as needed for our guests.







Surfing Safety

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Your surf guides will review surfing safety with you as well as surfing etiquette. Here is a simplified list for you to refer back to. If you have any questions, please talk with your surf guide.

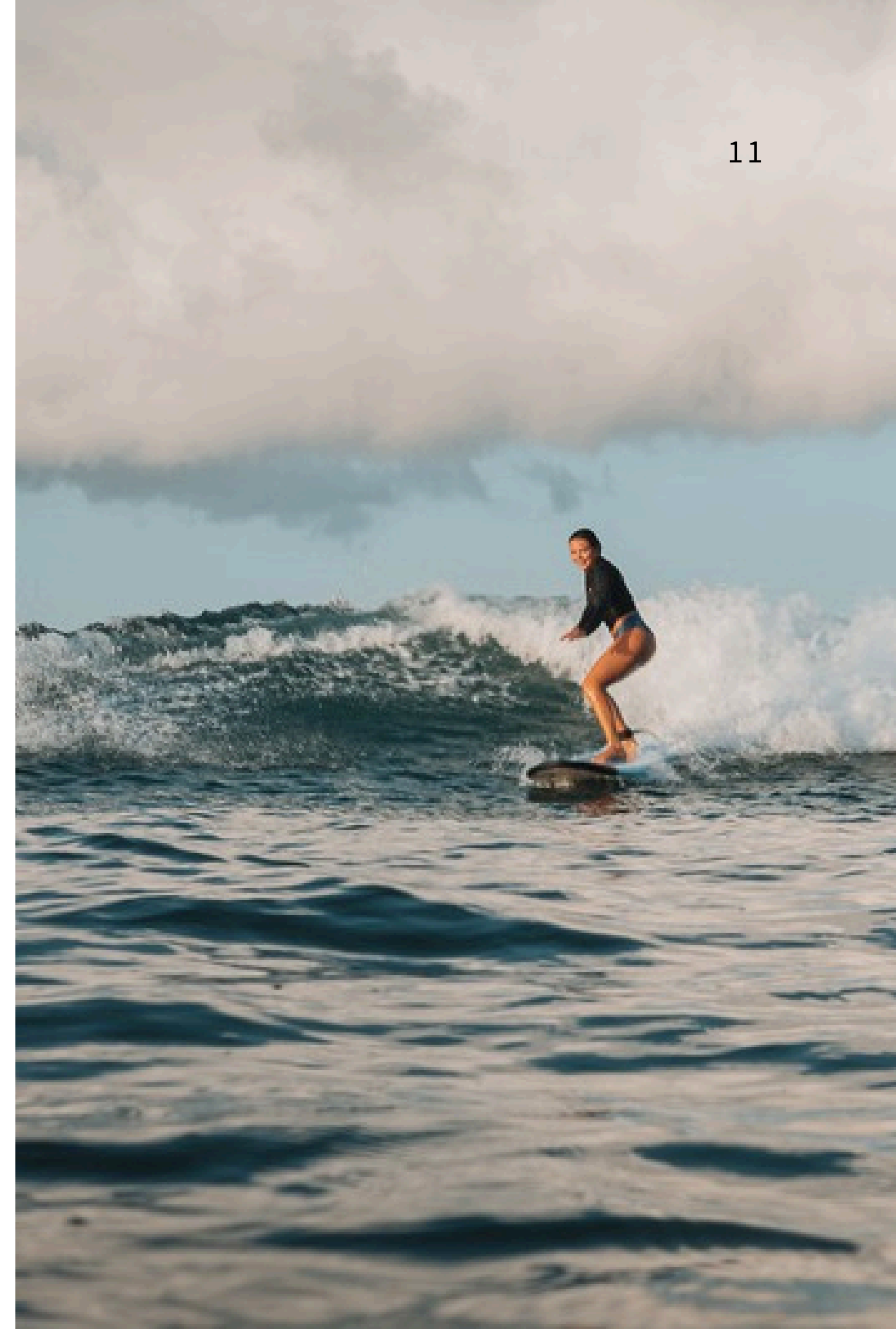
- It's very important to hold onto your board while in the surf.
 - Turtle roll or duck dive. This is the safest way to avoid hitting others or yourself with your board.
- Where to paddle - Always paddle towards the channel. Do not paddle through the middle of the surf to get back into the line up, this is harder for you and dangerous for yourself and others.
- If you see someone on a wave, please paddle 45 degrees to get over the wave, or 45 degrees into the wave. Do not go straight.
- If you're surfing a wave, going straight and avoiding someone is better than turning and hitting them
- Wipe out checklist:
 - Fall backwards
 - Remain calm
 - If you find yourself a little panicked underwater, grab your leash and follow to find the surface
 - Wait a few seconds before you surface or put hand above head
 - When you surface look around - be aware of other boards or surfers
 - If all clear, paddle to channel
- If it's shallow, fall flat and don't kick your feet down. Usually you won't be in super shallow conditions, but it's good to be aware for future surfing

Surfing Etiquette

Surfing etiquette refers to the code of conduct and respect among surfers while in the water (it is essentially waiting in line). Following proper surfing etiquette helps maintain a safe and enjoyable experience for all surfers in the lineup. Here are some key principles of surfing etiquette:

- **Right of Way:** The surfer closest to the peak of the breaking wave has the right of way. This means that the surfer who is closest to where the wave is breaking has priority to catch the wave. Avoid "dropping in" on another surfer's wave, as it can be dangerous and disrespectful.
- **Wait Your Turn:** Respect the lineup and take turns. Don't constantly paddle to the front of the lineup or "snake" other surfers, as it disrupts the flow and can lead to conflicts.
- **Share Waves:** Be willing to share waves with other surfers. Avoid hogging all the waves and allow others to catch their fair share of waves. Surfing is a communal activity, and sharing waves promotes a positive and inclusive atmosphere in the water.
- **Paddle Around the Break:** When paddling out to the lineup, go around the breaking waves instead of paddling through them. This avoids collisions and maintains the integrity of the waves for other surfers.
- **Respect Locals and Local Rules:** If you're surfing at a new spot or in a different community, respect the local surfers, their customs, and any specific rules or regulations of the area. Some surf spots may have local rules or protocols that you should be aware of and follow.
- **Communicate:** Use clear communication with other surfers in the water. Use eye contact, hand signals, or simple verbal cues to communicate your intentions and avoid collisions. Smiling at other surfers is also a great way to maintain positive vibes!
- **Safety First:** Always prioritize safety in the water. Be aware of your surroundings, other surfers, and potential hazards. Respect the power of the ocean and be prepared for changing conditions.

Remember, surfing is a shared experience, and respecting others in the water creates a positive environment for everyone. By following proper surfing etiquette, you can enjoy a safer and more enjoyable surfing experience while showing respect for other surfers and the ocean environment.



Meet the LMBK Crew



Andrew
Co - Owner



Matt
Co - Owner



Wanwan
Assistant Manager



Riska
Assistant Manager



Maddy
General Manager



Mika
Surf Manager



Lan
Head Surf Guide



Nicole
Social Media Manager



Ojeng
Security



Pendi
Head of Security



Roni
Lead Surf Guide



Ali
Lead Surf Guide



Nady
Lead Surf Guide



Hakim
Lead Surf Guide



Win
Lead Surf Guide



Salim
Lead Surf Guide



Ajar
Surf Guide



Robin
Surf Guide



Nurwan
Surf Guide



Zul
Surf Guide



Supar
Surf Guide



Ade
Lead Surf Guide



Rahmat
Surf Guide



Bahri 2
Lead Surf Guide



Eyden
Surf Guide



Ree
Surf Guide



Lean
Surf Guide



Toyib
Lead Surf Guide



Desi
Cook



Yayak
Cook



Gilang
Drone Pilot



Tari
Reception



G Man
Gardener



O'Day
Head of Drivers



Angga
Driver



Haysin
Cook



Dion
Head Chef



Nuuk
Reception



Tommi
Head of Reception



Mujib
Head of Housekeeping



Eno
Housekeeping



Raine
Housekeeping



Ramli
Housekeeping



Murdan
Housekeeping



Suzi
Reception



Kyan
Head of Bar



Adink
Barista



Haris
Bartender



Zaki
Cook

Your Stay at LMBK

Your booking includes the activities on your days booked. On the day of your check in, regardless of your level, we will have a short surf briefing for new guests in the evening at 5 PM (please note out policies on the next page). For beginners, this will include a surf theory lesson. For intermediate to advanced surfers, we will set goals and review board sizes and with you and your surfing experience.

The times that we surf in the morning and afternoon depend on the tides, conditions, and levels of our surfers. Therefore, the times that we surf differ, and we set up our surfing schedule the day before to get the most accurate forecast. Please see our daily surfing times and schedule posted in our group chat. Please join our WhatsApp group for daily reminders and scheduled times (QR code available upon check in).

If there are any issues that arise during your stay, please do not hesitate to talk to us! Please let one of the staff members know immediately so we can help work out a solution together.

We hope you have the best stay possible, and we look forward to having you surf and stay at LMBK Surf House!





Policies to Note

- **Check-In Day Surfing Restrictions - New Guest Surf Briefing:** Surf briefing is scheduled at 5 PM daily for new guests. Guests can choose to either participate in activities or attend the briefing. The briefing will not be delayed to accommodate late arrivals, such as those returning from a sunset trip. While attendance is optional, we highly recommend guests join the briefing.
- **No Surfing or Activities on Check-In Day, Only on Check-Out Day Policy:**
 - Check-in day is designated for guests arriving and engaging in the surf briefing scheduled at 5 PM. It is important to note that guests are not permitted to commence surfing until they have successfully completed their surfing briefing. This ensures a comprehensive understanding of safety protocols and guidelines before venturing into the surfing activities.
 - As surfing is not scheduled on check-in days, guests are encouraged to take advantage of surfing on check-out days. However, it is essential to plan travel arrangements accordingly. Please be aware that the departure and return times for surfing activities are contingent upon tides and conditions, and they may not align with your preferred departure time. In situations where scheduling conflicts arise, LMBK cannot be held responsible, and pricing remains unchanged. We appreciate your understanding and cooperation in adapting to the dynamic nature of surfing schedules.

Please also kindly note our cancellation policy, holiday policies, and our other terms and conditions which can be found on our website.

FAQ

Do I need surf experience to join?

Not at all! We welcome beginner, intermediate, and advanced surfers. During your surf briefing, we'll use the information you provide to place you into groups based on your level, helping make sure you get the best experience possible.

How many people are in each group?

We keep our surf groups small, with a maximum of around 7 surfers per group. We also maintain a 2:1 surfer-to-guide ratio in the water for close support and coaching. This means if there are 7 surfers in your group, there will be 4 surf guides in the water with you.

Can I skip activities if I want free time?

Of course! All activities are optional, so you can join as much or as little as you'd like. Please note that package pricing remains the same whether you participate in all activities or not.

Can I book surf lessons only without accommodation?

LMBK is a Surf & Stay surf camp, so we focus on guests staying with us as part of the full experience. We do not currently offer accommodation-only or surf-lesson-only options.

What time is check-in?

Standard check-in is from 2:00 PM. If you arrive earlier, feel free to come by, we'll let you know as soon as your room is ready, and you can check in earlier if possible.

Can groups stay together?

Yes! We welcome groups of friends, couples, and larger group bookings. We'll always do our best to keep groups together where possible, and our dorm rooms are perfect for group stays.

Please note that if guests in your group are at different surf levels, you may be split into different surf groups during sessions to ensure everyone gets the best experience and coaching.





What's the average age of guests?

Most of our guests are usually between their early 20s and mid-30s, but we regularly host both younger and older travellers as well. As long as you're keen to surf and have a good time, you'll fit right in. Please note that guests must be 18 years or older to stay at LMBK Surf House.

Will I feel out of place if I come alone?

Not at all! Many of our guests travel solo, and most people end up making friends within the first day or two.

Is LMBK more of a party camp or a relaxed vibe?

We're more of a social and relaxed surf camp rather than a party hostel. Guests definitely go out together for dinners, drinks, and sunset sessions, but the main focus is surfing, progression, and good vibes.

Do I need travel insurance?

Yes, we highly recommend having travel insurance that covers surfing and travel-related activities.

We also kindly recommend obtaining travel insurance as a precaution in case of any unforeseen circumstances. This may help you recover expenses or claim refunds through your provider if needed.

Please also take note of our cancellation policy for situations where refunds may not be possible.

You can check out SafetyWing travel insurance here:

https://safetywing.com/?referenceID=26309962&utm_source=26309962&utm_medium=Ambassado



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