

# WHAT EQUIPMENT TO BRING ON YOUR FLINDERS ISLAND TREK

The following list sets out all the clothing and equipment you are required to bring for you to participate in the Flinders Island Trek.

**E** indicates essential item of equipment

**H** indicates available for hire

| Clothing  | Equipment  |  |
|---|--|--|
| Rain jacket with storm hood attached. Must be seam sealed waterproof breathable fabric (Gore-Tex, Millair or Hydronaute). We recommend mid thigh length with full front zip opening which must have a storm flap. <b>E, H (\$40)</b>              | Day pack with waist harness <b>E</b>   |  |
| Waterproof over pants (Gore-Tex, Millair or PVC coated nylon) <b>E, H (\$20)</b>  | Sleeping bag rated to 3 seasons (we provide). <b>E</b>   |  |
| 1 Woollen/polar fleece jumper - must be wool or synthetic fibre <b>E</b>  | Sleeping inner sheet for extra warmth and keeping your sleeping bag clean. Also suitable for warmer nights when your sleeping bag is adequate as a blanket (we provide). |  |
| 2 Long sleeve thermal tops (polypropylene, wool, polyester power dry, Daymart) <b>E</b>   | Head torch with spare batteries <b>E</b>   |  |
| 1 Long thermal pants (polypropylene, wool, polyester power dry, Daymart) <b>E</b>   | Sunglasses   |  |
| 2 T-shirts/Long sleeve shirts   | Water bottles or water bladder - minimum 3 litres <b>E</b>   |  |
| Warm trousers - wool or synthetic fibre   | Swimmers and Towel   |  |
| Walking trousers (not jeans)  | Gaiters (we provide) <b>E</b>  |  |
| Walking shorts  |  |  |
| Walking socks - wool or thermal <b>E</b>  | <b>Personal Toiletries and First Aid</b>   |  |
| Warm gloves or mittens <b>E</b>   | Personal toiletries  |  |
| Sun hat <b>E</b>  | Insect repellent cream (please do not bring spray repellent)   |  |
| Balaclava or warm beanie <b>E</b>   | Sunscreen and lip balm <b>E</b>  |  |
| Underwear   | Personal first aid kit with tape for treating and preventing blisters and any personal medication.   |  |
|   |  |  |
| <b>Footwear</b>   | <b>Optional Equipment</b>  |  |
| Boots must be lace up, ankle high, leather or leather/fabric construction with a sturdy rubber sole. Ideally boots will have a waterproof lining or for full-leather have been waterproofed. They must be well worn in but not worn out. <b>E</b> | Camera   |  |
| Sandals with straps or shoes for the end of the day.  | Book   |  |
|   | Walking Poles <b>H (\$20)</b>  |  |
| <b>Please contact us with any questions.</b>  | Binoculars   |  |