

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

✓	✓
<p>Clothing</p> <p>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. E, H (\$40)</p> <p>Waterproof over pants (Gore-Tex, Millair or PVC coated nylon) E, H (\$20)</p> <p>1 Woollen/polar fleece jumper - must be wool or synthetic fibre E</p> <p>2 Long sleeve thermal tops (polypropylene, wool, polyester power dry, Daymart) E</p> <p>1 Long thermal pants (polypropylene, wool, polyester power dry, Daymart) E</p> <p>2 T-shirts/Long sleeve shirts</p> <p>Warm trousers - wool or synthetic fibre</p> <p>Walking trousers (not jeans)</p> <p>Walking shorts</p> <p>Walking socks - wool or thermal E</p> <p>Warm gloves or mittens E</p> <p>Balaclava or warm beanie E</p> <p>Sun hat E</p> <p>Underwear</p> <p>Footwear</p> <p>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. E</p> <p>Sandals with straps or shoes for the end of the day.</p> <p>Please contact us with any questions.</p>	<p>Equipment</p> <p>Twin Share Tent (we provide) E</p> <p>Inflatable sleeping mat (we provide) E</p> <p>Sleeping bag rated to 3 seasons (we provide) E</p> <p>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) E</p> <p>Day pack with waist harness E</p> <p>Head torch with spare batteries E</p> <p>Sunglasses</p> <p>Water bottles or water bladder - minimum 3 litres E</p> <p>Swimmers and Towel</p> <p>Gaiters (we provide) E</p> <p>Personal Toiletries and First Aid</p> <p>Personal toiletries</p> <p>Insect repellent cream (please do not bring spray repellent)</p> <p>Sunscreen and lip balm E</p> <p>Personal first aid kit with tape for treating and preventing blisters and any personal medication.</p> <p>Optional Equipment</p> <p>Camera</p> <p>Book</p> <p>Binoculars</p> <p>Walking Poles H (\$20)</p>