

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