

# 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

		✓	✓
<b>Clothing</b>		<b>Equipment</b>	
Rain jacket with storm hood attached. Must be seam sealed waterproof breathable fabric (Gore-Tex or equivalent 3 layer membrane). We recommend mid thigh length with full front zip opening which must have a storm flap. <b>E, H (\$50)</b>		Twin Share Tent (we provide) <b>E</b>	
Waterproof over pants (Gore-Tex equivalent 3 layer membrane or PVC coated nylon) <b>E, H (\$20)</b>		Inflatable sleeping mat (we provide) <b>E</b>	
1 medium weight /thick woolen/polar fleece jumper - must be wool or good quality synthetic fibre <b>E</b>		Sleeping bag rated to 3 seasons (we provide) <b>E</b>	
2 Long sleeve thermal tops (polypropylene, wool, polyester power dry, Daymart) <b>E</b>		Inner sheet (we provide) <b>E</b>	
2 Long sleeve thermal tops (polypropylene, wool or polyester) <b>E</b>		Day pack (approx 25Litres) with good waist harness <b>E</b>	
2 T-shirts/Long sleeve shirts (must be wool or synthetics outdoor material - NO Cotton		Good quality head torch with spare batteries <b>E</b>	
Warm trousers - wool or synthetic fibre		Sunglasses with secure neck strap	
Walking trousers (not jeans)		Water bottles or water bladder - minimum 3 litres <b>E</b>	
Walking shorts		Swimmers and lightweight pack towel	
Walking socks - 3 pairs wool or thermal <b>E</b>		Gaiters (we provide) <b>E</b>	
Warm / Waterproof gloves or mittens <b>E</b>		We provide all catering equipment including cutlery, cups, plates, bowls <b>E</b>	
Wide brimmed sun hat with secure chin strap preferable <b>E</b>		<b>Personal Toiletries and First Aid</b>	
Balaclava or warm beanie <b>E</b>		Personal toiletries	
Underwear		Insect repellent cream (please do not bring spray repellent)	
<b>Footwear</b>		Sunscreen and lip balm <b>E</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>		Personal first aid kit with tape for treating and preventing blisters and any personal medication.	
Light weight sandals, thongs, or shoes for around camp		<b>Optional Equipment</b>	
<b>Please contact us with any questions.</b>		Camera	
		Book	
		Binoculars	
		Walking Poles <b>H (\$20)</b>	
		1 lightweight down or synthetic jacket or vest (Cooler trekking months of November/December and March/April)	