

# 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 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>	
1 Long thermal pants (wool or synthetic)	Inner sheet (we provide) <b>E</b>	
2 Long sleeve thermal tops (wool or synthetic) <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 <b>E, H (\$30)</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)	
	Sunscreen and lip balm <b>E</b>	
	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	
	Book	
	Binoculars	
	Walking Poles <b>H (\$20)</b>	
Light weight sandals or shoes for around camp	1 lightweight down or synthetic jacket or vest (Cooler trekking months of November/December and March/April)	
<b>Please contact us with any questions.</b>		