



TASSIE CHECKLIST

TRAVEL & FINANCIAL ARRANGEMENTS

- Send completed *Booking Form* to *Free Spirit Adventures*. Once your form is received, you will be sent a deposit invoice which will provide you with details for the payment of a \$500 deposit to secure your spot.
- Book flights & organise travel insurance. (We will provide flight details)
Send copy of flight details and insurance details to:
gabrielle@freespiritadventures.com.au
Mobile: 0414410963
- If you are rafting; please sign and return the *Risk Waiver Form* required by the rafting company.
- Balance of trip payment is due 100 days prior to departure.

Please Return All Forms to Free Spirit Adventures
Fax: 08 83773963 or Email: gabrielle@freespiritadventures.com.au
Or post to: 17 Kent Avenue Seacombe Gardens SA 5047

HEALTH REQUIREMENTS

- Take the *Medical Form* to your Doctor to get a medical check up.
Please return the *Medical Form* to *Free Spirit Adventures* as soon as possible but no later than 100 days prior to your trip.
- Refer to the *Tassie Conditioning Guidelines* for guidance on setting goals and an action plan for improving your health and fitness.

GEAR FOR TREK & RAFTING

- Do a stock take of what gear you already have (refer to gear list for Overland Track & Franklin River depending on whether you are doing one or both options)
- List any gear that you need to purchase – You will receive a Free Spirit Adventures Club Card which entitles you to a 25% discount on gear purchases with affiliated outdoor suppliers in Adelaide. We are happy to assist with gear selection.

For more information, Email: gabrielle@freespiritadventures.com.au or Ph: 0414410963