



KIMBERLEY CHECKLIST

TRAVEL & FINANCIAL ARRANGEMENTS

- **Send completed *Booking Form*** to *Free Spirit Adventures*.
*You will be sent an invoice for a deposit of \$500.
- **Pay deposit of \$500** to *W & G Enright* to secure your booking.
- **Book flights & organise travel insurance.** (FSA will provide flight recommendations or you can discuss individual arrangements with our Travel Manager) Email: andreat@travelmanagers.com.au Mobile: 0414 596 945
- **Balance of trip payment** 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 *Kimberley Conditioning Guidelines* for guidance on setting goals and an action plan for improving your health and fitness.

GEAR FOR TREK & PADDLE

- Do a stock take of what gear you already have (refer to gear list))
- 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.

For more information, Email: gabrielle@freespiritadventures.com.au or Phone: 0414 410 963