



LARAPINTA CHECKLIST

TRAVEL & FINANCIAL ARRANGEMENTS

- Send completed *Booking Form* to *Free Spirit Adventures*.
* You will receive an invoice for a \$500 deposit.
- Pay deposit of \$500 to *W & G Enright* to secure your spot.
- 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 *Larapinta Conditioning Guidelines* for guidance on setting goals and an action plan for improving your health and fitness.

GEAR FOR TREK

- 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