



## NEW ZEALAND CHECKLIST

### TRAVEL & FINANCIAL ARRANGEMENTS

1. Send completed *Booking Form* to *Free Spirit Adventures* & Pay deposit.  
(You will receive a deposit invoice as soon as we receive your *Booking Form*)
2. Contact our Travel Manager – Andrea Turner to book flights & arrange Travel Insurance - Email: [andreat@travelmanagers.com.au](mailto:andreat@travelmanagers.com.au) or Mobile: 0414 596 945.
3. Balance of trip payment due 100 days prior to departure.

### HEALTH REQUIREMENTS

1. Take the *Medical Form* to your Doctor to get a medical check up.
2. Please return the *Medical Form* to *Free Spirit Adventures* as soon as possible but no later than 100 days prior to your trip.
3. Refer to the *NZ Physical Conditioning Guidelines* for guidance on setting goals and an action plan for improving your health and fitness.
4. Participate in group training walks.

### GEAR FOR TREK

1. Do a stock take of what gear you already have (refer to gear list)
2. List any gear that you need to hire or purchase – You will receive a *Free Spirit Adventures Club Card* which entitles you to a 25% discount on gear purchases with affiliated outdoor suppliers.

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