



## KIMBERLEY CHECKLIST

### TRAVEL & FINANCIAL ARRANGEMENTS

- Send completed *Registration Form* to *Free Spirit Adventures* & Pay deposit of \$500 to *W & G Enright* to secure your spot.
- Book flights & organise travel insurance. (Wayne will provide flight recommendations or you can discuss individual arrangements with our Travel Manager) Email: [andreat@travelmanagers.com.au](mailto:andreat@travelmanagers.com.au) Mobile: 0414 596 945
- Complete *Booking Forms* and send to *Free Spirit Adventures* once you have confirmed flights and travel insurance (preferably 6 months prior to your trek)
- Balance of trip payment due 60 days prior to departure.

**Please Return All Forms to Free Spirit Adventures**

Fax: 08 83772415 or Email: [wayne@freespiritadventures.com.au](mailto:wayne@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* no later than 60 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: [wayne@freespiritadventures.com.au](mailto:wayne@freespiritadventures.com.au) or Phone: 08 83772415