

Operations Flinders – Exercise Packing List



BLACK – Participants to Bring | **GREEN** – Optional Suggested Item

Items Supplied by Operation Flinders




* Marked items are gifted to participants to keep at the conclusion of the exercise.

			
Backpack	Hutchies (Small shelters)	Sleeping Bags *	Sleeping Mat
			
Water Bottles	Cup Canteen	Spoon	Rain Jacket
			
Wide Brimmed Hat *	Buff/Neck Scarf *	Sock Protectors (Gaiters)	

Footwear

	<ul style="list-style-type: none"> The rugged terrain demands sturdy footwear. Lace-up walking/hiking boots with ankle support and sturdy soles (not sneakers). Worn-in - so blisters are avoided. No need to be expensive - Big W or Kmart have reasonably priced boots. 	
Hiking Boots		I pair of light shoes to wear around camp

Clothing

			
1 – 2 pairs of loose comfortable walking pants/ cargo pants (not jeans)	2 t-shirts/shirts- suitable for walking in the sun (must have collars and long sleeves)	1 t-shirts/shirts (for wearing during downtime at camp)	1 warm jumper/jacket
			
4 – 8 pairs of Undies (cotton, comfortable)	3 – 4 pairs of thick socks	Thermal pants and top (for night time)	1 beanie (for the cold nights)

Personal Items

			
Head Torch (Hand Torches are ineffective)	Spare Batteries for Head Torch	Sunglasses	Hiking Poles
			
Toothbrush & Toothpaste	Sunscreen & Lip Balm	Wet Wipes (Compostable) & Hand Sanitiser	Insect Repellent & Head Net
			
Face Cloth	Chafing Cream & Sports Tape (for Blisters)	Personal Medication	Sanitary Items

Prohibited Items

			
Phones & Other Electronic Devices (no phone coverage and no charging facilities)	Alcohol (illegal and will be reported to local police)	Knives, Sharps or Other Weapons (illegal and will be reported to local police)	Cigarettes & Vapes (illegal and will be reported to local police)
			
Illicit and non-prescribed drugs (illegal and will be reported to local police)	Energy Drinks		