



6-DAY FLINDERS ISLAND KAYAK ADVENTURE TRIP ESSENTIALS

Getting to Flinders Island

When you book your Flinders Island Kayak Adventure you will have the option of purchasing a return flight with Sharp Airlines from Launceston to Flinders Island as part of your package. This flight will depart Launceston on the Sunday at 1.50pm and arrive on Flinders Island 2.25pm. The return flight will depart Flinders Island on Friday at 2.55pm and arrive in Launceston at 3.30pm. You will need to meet at the Sharp Airlines terminal at Launceston Airport at 1pm on the first day of your tour.

Sharp Airlines also have flight options direct from Melbourne (Essendon Airport) and up to three flights a day from Launceston. If you would prefer to fly direct from Melbourne, or you would like to choose different flights so you can extend your time on Flinders Island, please contact Sharp Airlines direct on 1300 55 66 94 or sharpairlines.com.

NOTE: Sharp Airlines has a 15kg baggage limit

Day One

Roaring 40's Kayaking staff will meet you on the first day of your tour at Launceston Airport at 1pm, or at Flinders Island Airport at 2.30pm if you choose to book your own flights. We will provide transfers to the Sawyers Bay Beach Shacks, which will be our home for the next few days. After a light snack we will jump in the kayaks for a relaxing evening paddle around Sawyers Bay before enjoying some Flinders Island produce for dinner.

Meals and Food

All meals, snacks and drinks, including all cooking equipment and eating utensils, are provided from dinner on day 1 to lunch on the last day. We can cater for most dietary requirements, (e.g. vegetarians, lactose/gluten intolerant etc). If you have a dietary requirement please let us know when you book.

A glass of Tasmanian wine or beer is provided with dinner each evening. If you would like to purchase additional alcohol there will be opportunity to stop at a local bottle shop during the trip.

Safety and Medications

Flinders Island has a resident doctor, pharmacy and emergency services. These services are some distance from our accommodation so we recommend bring all medication you will require for your trip.

If you are taking any medications please be sure to let your guide know and to include an extra supply, packed separately, in case it gets wet. It is also important that you let us know if you have any pre-existing medical conditions or injuries. Our supplies of non-prescription medications are limited. If this is a concern, feel free to bring your own. All Roaring 40's Kayaking's trip leaders hold sea kayaking and wilderness first aid qualifications. We carry an extensive first aid kit, satellite phone, location beacon, marine radio, flare kits and towing equipment in case of emergencies.

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Kayaking Equipment

We pride ourselves on providing participants with high-quality sea-kayaking equipment. In practical terms it means that you will have a PFD that fits, a quality spray deck, a light paddle, good-quality paddle jacket and pants, pogies (paddling mitts) and a well-maintained sea kayak. Of course, you are welcome to bring your favourite paddling accessories, such as split paddle, PFD, dry bags and paddling jackets, but please ensure they fit within the weight allowance of your flight to Flinders Island.

Weather

Flinders Island is generally mild (by Tasmanian standards) as the sea has a moderating effect protecting the islands from extremes of temperature. Cooler than Melbourne in the summer and unexpectedly warmer than Melbourne in winter, they also have more sunny days than the Gold Coast! Expect average temperatures in March and April between 12° to 22° degrees and at least one day of rain or drizzle. Flinders is also situated on the 40th parallel with the Roaring 40's winds crossing the island.

Swimming

With the warmer weather on Flinders Island, swimming is definitely an option most days. Bring goggles or a mask and snorkel if you enjoy swimming.

Biosecurity

The greatest threat to Tasmania's land plants is an introduced plant disease called root rot (*Phytophthora cinnamomi*). Root rot is spread on the muddy boots and camping gear of visitors. Once root rot infects an area, it cannot be removed. **Before you pack, please CHECK, CLEAN AND DRY all clothing and equipment**, paying particular attention to boots and velcro on clothing.

Itinerary

Due to the variability of the weather (including those Roaring 40's winds), and the range of options available to us on Flinders Island, we have no fixed schedule. Whilst we do our best to fulfil the wishes and aspirations of our participants, our first priority is participant safety. The number of days paddling, and the number of hours in the kayaks on each of those days, is highly variable and dependent upon both participants and conditions. Our guides are experienced at optimising each day's plan to make the most of prevailing conditions.

On a typical day we will aim to kayak for approximately 2-3 hours in the morning and 2-3 hours in the afternoon. Kayaking speed is relaxed (i.e. it is like going for a relaxed walk rather than a sprint).

There may also be days when kayaking is not possible due to strong winds. Bring footwear and clothing suitable for walking on these days.

Extending your stay on Flinders Island

For information on accommodation, car hire and things to do, we recommend the Visit Flinders Island website. Find them at <http://www.visitflindersisland.com.au/>.

Power and phones

There will be power to charge mobiles and cameras at Sawyers Bay Shacks. Mobile coverage is very patchy at Sawyers Bay Shacks and across Flinders but is available depending on your carrier. We recommend turning phones off during your tour for your enjoyment and that of others.

Deposit and Final Payments

Deposit and payment conditions apply as follows:

- For all bookings made more than 60 days prior to the departure date, a deposit of \$400 per person is required to secure the booking. The balance is payable no less than 60 days prior to the departure date.
- Bookings made 60 days or less prior to departure are required to make full payment to secure the booking.
- Payment can be made by direct deposit, cheque or credit card (a credit card surcharge of 1% applies to payments over \$400 per person).
- Children: This kayaking expedition is not recommended for children under 18 unless they have experience kayaking (please contact us to discuss suitability). No child discount applies.

Cancellation Policy and Travel Insurance

The following cancellation policy applies:

- Bookings cancelled more than 60 days prior to departure will be charged a fee of \$400.
- Bookings cancelled between 60 and 30 days prior to departure will be charged 50% of the full booking.
- Bookings cancelled inside 30 days prior the departure will be charged the full value of the booking. No refund will apply.

Roaring 40's Kayaking reserves the right to cancel any trip due to weather conditions, insufficient numbers or other circumstances outside of its control. In such a case, participants will be given a choice of:

- Transferring payments towards another trip date; or
- Receiving a full refund; or
- If insufficient numbers, payment of an additional fee to have the trip run as scheduled.

Roaring 40's Kayaking will not be responsible for reimbursement of cost of flights, accommodation, hire car, meals or any other incidental costs which are or may be incurred in relation to the cancelled trip.

Roaring 40's Kayaking strongly recommends purchasing travel insurance that covers losses due to unforeseen events that result in cancellations.



GEAR LIST FOR FLINDERS ISLAND

KAYAKING EXPLORATIONS

Essential Clothing

- Lightweight thermal long sleeve top for paddling
- Lightweight thermal long johns for paddling
- Lightweight fleece for paddling
- Quick drying shorts
- Quick drying long trousers
- 2 or 3 lightweight quick drying t-shirts
- Outfit for a casual dinner out
- Warm polar fleece or down jacket
- Quality breathable rain jacket with hood for walking
- Swimwear
- Sleepwear

- Footwear for paddling that can get wet (sandals, wet suit booties, Crocs)
- Trail walking shoes/runners or lightweight hiking boots if you prefer ankle support (Note: tracks may be muddy, rutted and overgrown)
- Shoes/sandals for around the shack

- Sun hat
- Sun glasses
- 1 beanie or woolly hat
- Pair of gloves (just in case)
- 1 pair of warm socks
- 1 pair of walking socks
- Underwear for 6 days

Essential Personal Items

- Water bottle / hydration system (minimum 1 litre capacity)
- Personal toiletries including any medications you may need
- Beach towel or pack towel
- Sunscreen
- Insect repellent
- Headlamp with spare batteries

Optional Items

- Swimming goggles or mask and snorkel
- Short or long sleeved rash vest
- Long sleeved quick drying shirt for sun protection
- Sarong
- Paddling gloves
- Gaiters
- Camera
- Book
- Journal
- Small frameless daypack
- Extra wine or spirits (we supply a glass of wine/beer with dinner each evening but there will opportunity to purchase extra supplies at the local pub)

What we provide:

- Transport on Flinders Island
- Kayaks and all kayaking equipment including PFD, spray skirts and paddle
- 1x dry bag for your personal belongings while kayaking
- Waterproof paddling jacket and pants
- Pogies (paddling mitts)
- All linen and bath towels
- All meals, drinks and snacks including a glass of wine/beer each evening
- All cooking equipment including cups, plates and eating utensils
- Toilet paper and toilet kit
- Antibacterial hand gel
- Small book library with a variety of reference books including field guides
- Comprehensive first aid and emergency safety equipment
- Two professional sea kayak guides

What's not included:

- Flights to Flinders Island (you can book these separately or through us)
- Accommodation in Tasmania or on Flinders Island prior to and after your trip
- Insurance (we strongly recommend you purchase travel insurance)

GEAR NOTES

Thermals

Synthetic or wool thermals are a critical element to comfort in cooler and wet weather. The synthetic or wool material wicks water away from the skin, keeping the layer closest to you warm and dry. We strongly recommend you bring at least one set of thermals for paddling. Garments that are any type of cotton, cotton blend or silk are not suitable (once these fabrics get wet they will become cold on your skin).

Rain gear

We supply a waterproof paddling jacket and waterproof pants for kayaking. The jacket has velcro around the wrist to help stop water from running along your arms when kayaking. The pants we provide are non-breathable, but great for stopping the wind when you get out of the kayak.

We recommend you bring your own breathable waterproof jacket for walking opportunities.

Footwear

Kayakers have to be prepared to get their feet wet! You can either opt for water sandals (like Tevas/Keens), light neoprene booties or Crocs (most of our guides wear Crocs!).

We plan to also do some walking, and if we have strong winds we may also look at some longer walks. Trail walking shoes or runners are ideal, or lightweight hiking boots if you prefer ankle support. Note the trails can be muddy and rutted so your shoes can get wet and dirty.

It is also great to have a dry pair of shoes for around the shack. Sandals, runners or crocs are good options.

Water bottle/hydration system

You will require at least 1 litre of water carrying capacity. Each morning and night, and at lunch, you will be able to re-fill your water bottles. Each kayak will have a deck bag where you can store either your water bottle or hydration pack. Our PFDs also have the ability to zip a hydration pack into the back.

Bag weight limitations on Sharp Airlines

Remember there is a 15kg checked weight limitation on Sharp Airlines. You can also take up to 6kgs with you as cabin luggage.