

THE FREYCINET EXPERIENCE WALK

FRIENDLY BEACHES LODGE

GEAR CHECKLIST INFORMATION SHEET



FRIENDLY BEACHES LODGE is an environmentally sustainable lodge. Water is collected from rainwater tanks and all power comes from photovoltaic solar panels. We encourage guests to charge batteries for digital cameras before they embark on the journey. The property does not have mobile phone coverage.

Our two accommodation lodges are called North and South and these branch off from the main lodge. North and South have both double and twin rooms to suit everyone's accommodation needs. Each lodge contains: a lounge area with fireplace, a shared bathroom with a claw-foot bath, two toilets and a shower room.

MEETING POINT

Reception Area, The Old Woolstore Apartment Hotel, 1 Macquarie Street, Hobart by 8.15 am. Guides and guests will be introduced before leaving at 8.30 am sharp for a 3-hour drive to Coles Bay.

FITNESS AND TRACK CONDITIONS

Overall the walk is graded as moderate – anyone who is medically fit and healthy will enjoy it. Please note, however, that those who choose the Mt Graham route on Day 2 can look forward to a more challenging walk and guests will need to be relatively fit. The tracks are all formed tracks in the National Park.

WEATHER

The Freycinet National Park is on Tasmania's East Coast. The weather is usually settled and mild.

GEAR (also refer to GEAR LIST)

Hiking boots must have ankle support and a treaded sole. It is company policy to only allow guests with ankle support boots to climb Mt Graham on Day 2. New boots need to be broken in (at least 2–3 months in advance for your personal comfort). For those guests wearing new hiking boots you may wish to purchase a Spenco Blister Kit to protect those areas that will be affected by the friction of new shoes prior to the walk commencing.

INSURANCE

Freycinet Experience strongly recommends the purchase of travel insurance.

Thank you for booking with Freycinet Experience. This information will assist you in preparing for the walk. If we can provide further information or assistance, please do not hesitate to contact us.

GEAR LIST

We provide these items.

You **DO NOT** need to bring:

- Pack/or bring your own comfortable day pack
- Waterproof jacket
- First aid kit (guides carry these)

You **DO** need to bring:

- Hiking boots (refer to info under heading GEAR)
- Shorts x 1
- Long sleeve shirt x 1 (optional – refer T-shirts)
- Thermal/warm long sleeved top x 1
- T-shirts x 2 (T-shirt x 1 if you choose to take the long sleeve shirt for sun protection)
- Long pants x 1 (jeans are not recommended for walking in)
- Warm jumper or fleece jacket
- Socks to wear with boots x 3 pairs
- Sunglasses
- Sunscreen
- Swimwear
- Sun hat
- Small beach towel
- 1 litre water bottle (it is essential it has a 1 litre capacity or greater)
- Toiletries
- Insect repellent

For evening

- Change of clothes
- Lightweight sandals/shoes

Optional

- Dressing gown
- Small binoculars

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