



# WHAT TO BRING ON YOUR SURF TRIP

**Whatever you bring, make sure you to pack light & within the baggage restrictions on your air ticket. Airlines are becoming more stringent & do impose hefty charges for excess baggage!**

## TRAVEL ESSENTIALS

- **Passport** valid for at least 6 months from date of departure and must have at least 1 completely blank page (no stamps, nothing) upon arrival in Indonesia for Indonesian Immigration to attach the visa on arrival. Otherwise, you will be denied entry into Indonesia
  - **FOR MENTAWAI TRIPS:** The Padang Harbor master requires a photocopy of each traveller's passport. They will impose a fine for non-compliance. We suggest you take a minimum two (2) copies of your passport. ALSO, from August 2016 all foreigner surfers travelling to the Mentawais will be required to pay Rp 1,000,000 (currently approx. AU\$100) to the Tourism Department. Ground handling staff will assist you with this.
- **Tickets, itinerary** and any travel vouchers. Most tickets are now e-tickets so you need to bring your itinerary showing your flight code(s). All tickets (international and domestic) now include departure taxes.
- **Travel insurance policy (mandatory)** - If you have taken out motorbike cover on your chosen travel insurance policy, please note that you must have an international drivers license for a motor bike + your own country's motorbike license. For travel insurance purposes, a car license is not sufficient to cover you for motorbike riding. Engine capacities vary with insurers – please check your policy limits.
- **Visa** (if necessary) – for Australia a 30-day tourist visa is issued **free on arrival** into Indonesia.
- **Money** – change some cash into Indonesian Rupiah **before you leave home, at the airport or city when you arrive in Indonesia**. There are ATM's at all major airports, cities and main towns in Indonesia and some smaller towns (e.g. Krui in South Sumatra). Change AU\$500 minimum per two weeks stay, less for boat trips. **Travellers cheques are not recommended as they are becoming more and more difficult to change outside major centres**, so cash, preferably new 50 or 100 dollar notes and a credit or cash card enabling you use ATM's are the go.
- Ticket or document wallet to store your valuables.
- **A sense of humor and an open mind** – Indonesia has a very different culture to us and things don't always go to plan. These two qualities will ensure you get the most from your travel experience and they don't weigh anything!

## SURFING EQUIPMENT

- Surfboards (2-4, 3 is best). Pack whatever you feel most comfortable surfing on. Mid length boards generally get used and on occasions short boards and guns get pulled out. Length varies depending on what you usually ride, but as a guide: short board (6'0" – 6'4"); mid-sized board (6'5" – 6'9"); gun for the bigger days (6'10" – 7'2"). If you are going to bring an extra board bring a replacement for the board you will use the most in case you snap one. Mini-mals & long boards can also be ridden.
- Board bags
- Tie downs (optional but can be handy if drivers have rope)
- Leg ropes (2 -3) at least one each of length 2.0m & 3.0m. Must be new or as new condition.
- Spare fins & fin keys (2)
- Board shorts (2)
- Rash guards (2), short & long sleeve
- Block out (water resistant SF30+ or higher) & zinc cream
- Tropical surf wax (2 blocks for a 10 day trip)Wax comb
- Reef booties (optional, recommended for land based trips)
- Helmet (optional)
- Ding repair kit (optional) sun cure resin, glass mat & wet dry will get you by for small dings
- Extra fin sets (optional)
- Surf hat (optional)
- Wetsuit for protection (optional)

## CLOTHING & PERSONAL EFFECTS

- Shorts (2)
- Light weight long pants (1)
- T-shirts (3 or 4) plus long sleeve t-shirt (1)
- Underwear & socks
- Thongs/sandals, light weight shoes or runners (optional)
- Sun glasses, hat or cap for sun protection
- Towel (or 2, & a sarong can come in handy)
- Deodorant (optional)
- Antibacterial Soap & Shampoo (optional)
- Shaving gear
- Toothbrush & toothpaste
- Any other personal effects you need

## OTHER GEAR

- Back pack &/or day pack, depending on how much gear you pack in your board bag
- Torch & batteries
- Music & iPod etc (optional)
- Electrical adaptor (2 pin standard for Asia available at duty free shops at the airport)
- Fishing gear (optional) – boats have fishing gear but not land accommodation.
- Snorkeling gear or swimming goggles (optional) but good to check out the reefs & sea life.
- Large Clipseal plastic bags (3 good strength) for packing wet or dirty clothes etc
- Waterproof jacket light weight (optional)
- A book you've always been wanting to read
- Surf mags (optional)
- Binoculars (optional)
- Cameras (optional)
- Energy snacks (optional)
- Multi-purpose pocket knife (optional)
- Wave-finder – Indonesia book (able to be purchased from Freeline)

## FIRST AID KIT

**The following is a list of first aid items that may be useful if surfing in the tropics. The content will assist with the treatment of the most common ailments experienced by surfers in the tropics. It is a guide only and all medical advice should be sought from a registered health practitioner and or your GP to ensure that all medication that you require is suitable for your specific needs, particularly with regard to immunizations and malarial medication.**

**The list has been comprised through extensive consultation with medical practitioners and input from traveling surfers.**

### S4 Prescription only medication

**Anti-malarial medication** – must be region/area specific

**Stemetil®** - Used to treat nausea, vomiting and dizziness due to various causes

### S3 Pharmacist intervention – requires labeling by the pharmacist

**Cold & flu preparation** – anything containing pseudoephedrine is S3

### S2 Over the counter preparations sold at pharmacy

**Imodium®** - anti-diarrhoeal agent

Travel/sea sickness tablets e.g Kwells ®

### Others

- Rehydration/electrolyte sachets – e.g. Gastrolyte®
- **Nurofen®/Panadol®** - ibuprofen/paracetamol
- **Nurofen Plus®/Panadiene®** - ibuprofen + codeine phosphate/paracetamol + codeine phosphate
- **Solosite®** - healing aid, soothing gel
- **Stingose®**
- **Aquaear®** ear drops
- **Refresh®** eye drops - provide moisturising relief from dryness and irritation
- **Betadine®** -100mL
- **Hydrogen peroxide®** - 100mL
- **Saline solution** (sodium chloride – eye rinse)
- Latex gloves – (4prs)
- Sterile gauze swabs
- **3M Steri strip®** wound closures Box 50 6mmx100mm
- **Cutifilm Plus®** Waterproof absorbent dressings (8cmx10cm) 4 pkts (4 dressings per pkt)
- Elastoplast Waterproof Strips® 40's (1 x pkt)
- Leukoplast waterproof® tape 2.5cm x 5m
- Antiseptic wipes
- Crepe bandages – 1 x Hospital Crepe Bandage 1 x Heavy Crepe
- Safety-pins
- Cotton buds

- **Chlorhexidine®** 30mL - For cleansing and irrigating the skin or dirty wounds. It contains antiseptics which will help prevent infection.
- Ear plugs
- Stainless steel scissors
- Stainless steel tweezers
- Sewing needles to remove sea urchin spines/splinter probe
- **Bushman Tropical Strength® Insect Repellent**
- Wound brush
- Wound irrigation syringe – 10ml

## IMPORTANT INFORMATION

- **TRAVELLING WITH LIQUIDS ON FLIGHTS TO AND FROM AUSTRALIA** – From 1 April 2007 there are new rules for taking liquids, aerosols and gels through security onto international flights. See Australian Government Department of Transport and Regional Services web site for further details (<http://www.dotars.gov.au>)
- **VACCINATIONS** - check that your vaccinations are up to date and get advice about anti-malaria treatment and vaccinations necessary for the trip. The 'Travellers Medical & Vaccination Centres', located in most capital cities, can help you here, or your local Doctor. See the following link for further information (<http://www.cdc.gov/travel/destination/indonesia.aspx>)
- **CLIMATE** - the climate is generally warm and tropical. Board shorts and T-shirts are ideal, and for evening mosquito protection, lightweight long pants and a long sleeved shirt is suggested. A sloppy joe / windcheater is handy if we get a cold evening. Thongs and/or a pair of sports shoes/sandals or similar are sufficient for most situations. Sheets and pillows are provided.
- **ADVENTURE** - remember, this is an adventure holiday and sometimes things might not go exactly to schedule or plan. We'll be in a different country with a different culture so it won't be like traveling in Australia. At times we'll be living with the locals, at their pace, and generally you'll find them warm, friendly, hospitable and curious about Western ways. Just go with the flow, treat the people and country with respect and you'll be made welcome and have a great time.
- **SECURITY** - common sense and care is needed for the care of your possessions. As anywhere, there are always people ready to relieve you of your valuables. In general you'll be OK, but common sense should prevail, and KEEP SMILING!!!
- **ILLEGAL DRUGS** – very heavy penalties apply for use & possession of illegal drugs in Indonesia. Freeline does not permit use of such substances on our tours.
- **TRAVEL ADVICE & WARNINGS** – we advise you to be aware of any current travel warnings for Indonesia. See the Smart Traveller website for the latest information: (<http://smartraveller.gov.au/Countries/asia/south-east/pages/indonesia.aspx>).
- **WATER** – bottled water is available everywhere you go. Do not drink the local tap water.
- **TIPPING** – Tips are not expected in Indonesia, but they are appreciated. For example, at the airport a porter may latch onto your board bag and want to carry it for you. If you're ok with that, make sure you tip them at the end of the job (Rp 20,000-50,000 would be appropriate). Elsewhere, if you think a service is good, give a tip, it will be appreciated.
- **MOBILE PHONES** – Mobile access is now good throughout many parts of Indonesia. You can purchase SIM cards and pre-paid phone cards for use in Indonesia for SMS, calls and internet access on smart phones. Call costs are inexpensive, but be aware that you don't get coverage in some of the more remote locations and on charters at sea.
- **MOSQUITO NETS** – for land trips, mosquito nets are provided at all of the places where they are required.



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