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**From the creature comfort of a campfire, to the rock and rubble of the off-track,**

our outdoor experts Ben and Lauren sit down with Brendan Raets to chat Operation Flinders. Trekking up to 100 kilometres of barren, sunbaked tracks - roughly 70 kilometres north of Adelaide - the young adventurers of Operation Flinders also take part in bushcraft, Indigenous culture, and abseiling.

Brendan details how he and his team travel the red, rugged roads of Outback Australia with them, transforming their lives far from the metropolitan maze.

## **Shortcuts:**

- 00:00 - Intro
- 00:39 - Introducing Brendan from Operation Flinders
- 02:54 - Operation Flinders
- 04:13 - Participants
- 04:44 - Community Referral
- 05:50 - Program Experiences
- 07:17 - Navigation
- 08:47 - Bush Bashing
- 10:08 - Team Leaders: How They Manage
- 13:01 - Program Frequencies
- 14:39 - Distance Covered
- 15:13 - 'Adventure Therapy'
- 18:25 - Gear
- 23:00 - Footwear
- 24:43 - Gear Maintenance
- 27:10 - Planning, Groundwork, and Volunteers
- 31:44 - Replacing and Repairing Gear
- 32:53 - Safety and Emergency Considerations
- 34:57 - Interstate Teams
- 37:15 - Considering 'Adventure Therapy'
- 38:29 - Get in Touch!

## **Mentioned in this Episode:**

[Hiking Daypacks](#)

[Compasses](#)



[Lightweight Sleep Gear](#)

[Hiking Footwear](#)

[Hygiene & Safety](#)

## **Thanks for listening, tune in again for next week's episode!**

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If you have any questions for Ben and Lauren, make sure you head over to our [Facebook group](#) and let us know as we'd love to hear from you.

Catch you out there!



*Young adventurers involved in Operation Flinders often trek up to 100 kilometres over eight days. Credit: Operation Flinders*



*From the creature comfort of a campfire, to the rock and rubble of the off-track. Credit: Operation Flinders*