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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*