



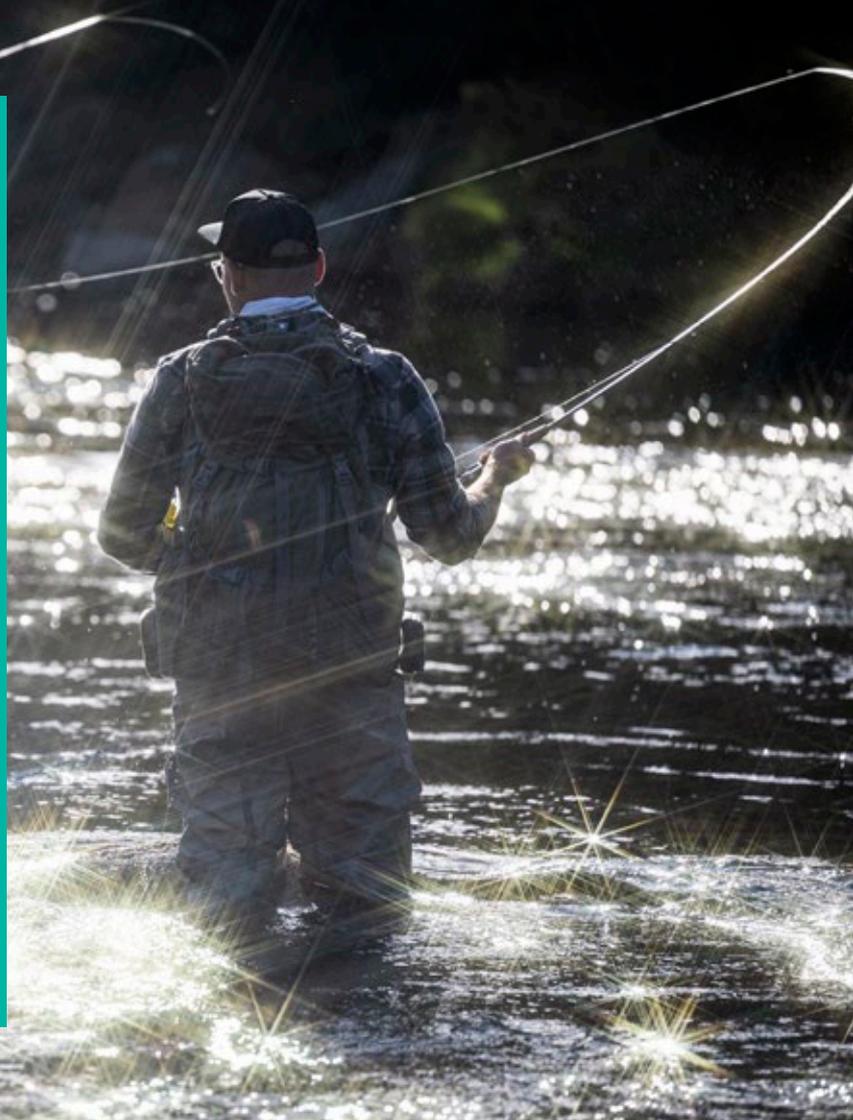
THE  
**FLY**  
PROGRAM

# MEN IN FLIGHT

NSW SNOWY MOUNTAINS

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PRE-DEPARTURE INFORMATION



We are excited you have enquired about us at The Fly Program in the NSW Snowy Mountains.

The Fly Program delivers life-changing experiences in wild places, revitalising purpose, building mental fitness and engaging in powerful landscapes with like-minded people.

From early starts tackling rugged mountains on a hike, learning the art of fly fishing in wildly beautiful waterways, mountain biking fun trails, through to cooking hearty meals meal over a fire.

At times the program is designed to be physically demanding, but it is not set up to see you fall short of the challenges.

Retreats are limited to 6 - 8 participants at a time. Small groups promote an environment where everyone has the opportunity to build strong relationships with others and enjoy the wilderness experiences without the constraints of having a large group to share it with.

Your preparations during the lead up to your trip are critical and can affect how much you enjoy your experience with us. The more prepared you are in regards to your physical fitness and understanding of the nature of the program, the more relaxed you will be and the easier you will be able to fully participate in the retreat.

These notes have been compiled to help with your trip preparation, with all the information carefully compiled by our professional and experienced team.

It is your responsibility to ensure any and all pre and existing medical and/or mental health conditions are adequately specified to help us make the program as beneficial as possible for all participants.

# TRIP

## TRANSPORT TO AND FROM THE RETREAT

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The Fly Program does not offer a shuttle service to and from the retreat. It is advised that participants make personal transport plans, as shuttle services and public transport options in the Jindabyne region are limited.

## DURING PROGRAMS

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The Fly Program will provide group transport whenever it is required during retreats. This can vary from mini-bus transport through to facilitator hosted 4x4 convoy to locations around the NSW Snowy Mountains.

## ARRIVAL DAY

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1:00pm - The Fly Program Meeting Location (will be confirmed for each retreat)

1650 Alpine Way, Lake Crackenback Resort,  
Crackenback NSW 2627

Our facilitation team can be contacted in any event leading in, or during the program.

## RETREAT PHASE

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Expect long, fun-filled days in the outdoors, sometimes with early starts and late finishes.

## DEPARTURE DAY

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10:00am - Retreat Departure



# INCLUSIONS

This is an all-inclusive program, including a private room in a program share chalet at Lake Crackenback Resort. Our accommodation captures the mountain throughout its architecture and finishes, featuring open fire places and large lake and mountain views.

All meals are provided on our programs and can be tailored to dietary requirements. The meals themselves are an experience worth the trip. They are chef inspired by our very own, James Viles with the purpose for participants to discover the connection with amazing produce cooked over a fire.

The retreat also includes any specialty outdoor equipment you'll need for the of the program. This includes fly fishing equipment, flies, mountain bikes and helmets and any other specialty outdoor gear. However, if you have any personal equipment you would like to use throughout the program and it is of a satisfactory standard, we are very happy for participants to use but request you discuss with our team prior.

It is your responsibility to ensure you detail your shoe sizing specific to USA sizing charts, as well as your height and weight. This information will help us cater correct fitting waders, wading boots and mountains bikes.

The Fly Program are licensed operators in Kosciuszko National Park. Park entry fees are included with your booking.

## YOUR NOTES/CHECK LIST

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## PROGRAM FEES IN 2022

The scale of this program attracts far higher expenses than you'll ever need to pay. The heavily subsidised fees are made possible by our special family of 'In Flight Keepers' around Australia who make regular tax-deductible donations to make this possible, inclusive of our corporate partners.

Fee - \$1,400.00

## FLY PROGRAM SCHOLARSHIPS

If you are not in a financial position to afford the program, we don't want the fee to be a barrier.

We are pleased to offer The Fly Program Scholarship Program that can partially, or fully support you though the program.

We are grateful for the Dyson Family Bequest, who have granted us a very generous financial gift to support participants into our programs with partial, or full payments sponsored based on individual needs.

If you would like further information on the Scholarship program, please connect with us at [info@flyprogram.org.au](mailto:info@flyprogram.org.au)

## MENTAL HEALTH SUPPORT SERVICES

If you are being supported through a mental health service like the NDIS, the Men In Flight Program qualifies as funded mental health activity.

If you would like further information, please connect with us at [info@flyprogram.org.au](mailto:info@flyprogram.org.au).





# OUR TRIBE

Our tribe is hand-picked, trained and accredited with a deep sense of purpose for the outdoors and people. We have a resilient mix of professionals and trained volunteers, people who have all at some stage attended a program as a participant.

Our tribe is a passionate and down-to-earth group with careful attention given to every individual and ensure you are kept safe, well fed & inspired and ensure you go home with unforgettable memories.

Our tribe are all First Aid, Mental Health First Aid and Suicide Prevention First Aid Trained and Accredited.



# DAILY ROUTINE

Although our retreats are carefully planned and prepared with a great deal of care and experience, we intentionally keep the itinerary of our retreats close to our chest.

It is in the program's design to create environments of spontaneity and flexibility within our participant groups whilst exceeding the wild expectations participants will develop throughout the program.

At the end of each day's activities, your private room in the share chalet will provide you with an opportunity to rest in comfort ready for the next big day ahead.

In the unlikely event that you have a problem or complaint during your trip, please speak to our team without delay. Our experience is, 99% of problems are easily and quickly resolved without affecting your enjoyment of the program.

Note that while every effort will be made to follow the itinerary, in the event of natural disturbances or other unforeseen factors which are beyond our control and prevent our traveling to a particular area, we reserve the right to substitute an alternative activity for that section of the trip. It is unlikely to happen, but retreats are subject to change and this is all part of the adventure.

# DESTINATION FACTS



## CLIMATE - NSW SNOWY MOUNTAINS

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NSW Snowy Mountain's weather can be notoriously unpredictable. Snowfall is possible on any given calendar day of the year.

Temperatures are among the lowest in Australia, but it's a beautiful place to experience the changing seasons unique to the Snowy Mountains.

In Spring and Autumn, expect overnight temperatures to drop below 0°C and daytime temperatures to be in the mid-teens °C. Summertime, expect overnight temperatures to drop in single digits °C and daytime temperatures can reach the 30°C's, but are more regularly in the mid 20°C's.

It is important to note, because of the higher altitude, solar radiation is very often extreme on the UV index. We strongly advise participants have personal sunscreen, lip balm, sunglasses and long sleeve clothing.

## PARTICIPANTS CAN EXPECT TO

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- Learn to fly fish and spend large parts of the day exploring world-class, wilderness trout streams
- Explore some amazing scenery and trails on a mountain bike, or E-Mountain bike (fitness dependent)
- Experience unbridled mountain vistas and connect with our amazing cultural history
- Stand on some of the highest mountain tops in Australia
- Have great conversations, build mental fitness and resilience
- Create lifelong friends and belong to a new tribe
- Cook over open fires out in the field



# PARTICIPANT INFORMATION

## DIETARY REQUIREMENTS

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Provided we are advised in advance we are able to cater for vegetarian diets, and can assist with food intolerances. Please ensure you discuss your requirements with us at least two-weeks prior to your trip.

We strongly encourage that participants with life threatening, or severe allergies take all necessary medical precautions to prepare for the possibility of exposure and must travel with all necessary medications for food allergies and be capable of self-administering these medications.

## PHYSICAL FITNESS

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If you are healthy and participate in physical activity on a regular basis, then you will enjoy this program. Needless to say, the best preparation is regular walking and bike riding if you have access to a bike.

Day bag weight is usually between 3 - 5 kg.

Throughout the program, you will be wading rocky and slippery terrain fly fishing, through to riding easy to moderate graded mountain bike trails (E-Bikes can be provided if you do not have bike fitness).

All the listed gear is required for your comfort and safety.

## PERSONAL MEDICAL KIT

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While our team will carry comprehensive medical kits for any accidents that may occur, it is the participant responsibility to bring sufficient quantities of any specific medications required. Consult a doctor before departure so that he/she knows the conditions under which you will be taking the medication. Advise us of any side effects of any medication you take and of any dietary requirements related to taking them. We suggest that each person bring their own:

- Sun screen SP30 (a water resistant variety is recommended)
- Lip balm (which contains sunscreen)
- Band-aid strips
- Blister protection (eg: Blistex or Compeed pads)
- Elastic bandage or sports strapping
- Aspirin, Paracetamol, Ibuprofen or equivalent headache remedy
- Water bottle (1L)

## MENTAL FITNESS

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Our retreats are outdoor, hands-on, mental fitness retreats tied in closely to outdoor experiences that are authentic, independently tested and qualified. They are aimed to be supportive for participants in the prevention and early intervention space.

Throughout the program, participants will be challenged and expected to be able to explore sessions on well-being, resilience and mental fitness without it triggering debilitating mental health conditions.

If a participant is currently receiving intensive, clinical support for their mental health, this program will not be suitable.

The Fly Program is not a counselling service, nor does it aim to provide clinical counselling.

Our medical form (if required) is included with these notes and we ask you to return it at least two-weeks before departure. The medical questionnaire is required to be completed by your doctor if you have a pre-existing medical health, or mental health conditions.

If you become aware of any change in your health and fitness that may be likely to affect participation on the trip (eg. mental illness, heart or bronchial disorders, broken limbs etc.), you should notify us in writing immediately.

# CLOTHING & EQUIPMENT



## TECHNICAL CLOTHING & LAYER SYSTEM

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Garments should all be interchangeable for efficiency and effectiveness within the range of climates you encounter in the wilderness. Bear this in mind when making new purchases (if any).

The layering system consists of a base layer, mid layer and outer layer, which applies from head to toe.

### BASE LAYER

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The base layer is designed to wick moisture away from your skin, keeping you dry and comfortable when you're working hard, as well as warm when temperatures drop.

Most commonly base layer materials have been synthetics such as polypropylene and polyester. These are technical fabrics that absorb moisture and are quick drying, lightweight and durable.

Base layers come in light, medium and heavy weight, some with half zip and collar that protects from sun or very cold conditions - which one you chose depends on the end use. For example, during daytime temperatures and when you are working hard you may wish to choose a light weight base layer, on a summit day or in adverse weather conditions you should use a heavy weight. The fit should be snug but not constrictive, and you can also combine a light weight layer with a heavier weight for extra warmth when needed.

### MID LAYER

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The mid layer is your "warmth layer" it provides insulation, retaining your body warmth.

Wool and synthetics work best. Zips enable you to vent and avoid overheating, fit should not be constrictive.

A mid layer can be in the form of a "softshell" or "fleece" full sleeved jacket.

### OUTER LAYER

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The outer layer is a fully waterproof layer with high breathability. The most widely known fabric is Gore-tex, however there are other high performing technical fabrics available which are both waterproof and breathable.

The waterproof qualities of the fabric will keep out the wind and rain, whilst the breathability allows moisture (perspiration), to escape.

### WOOL VERSUS SYNTHETICS

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In recent years' wool has become quite popular and many people use wool in different thicknesses as base layers. Whilst wool is soft and comfortable, keep in mind that it is not as quick drying as synthetics and poly propylene fabrics and can also be slightly heavier but it certainly is far more 'odour free' over extended periods! You can also combine these layers together dependent on the conditions.

# CLOTHING & EQUIPMENT



## CLOTHING

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- Waterproof Jacket (with hood)
- Warm long pants
- Long-Sleeved Shirts
- Jumpers
- T-Shirts
- Warm Hat - Beanie
- Sun Hat - Preferably broad rimmed for full face and neck sun protection
- Gloves/Mittens
- Socks - Good quality thermal wool blend
- Underwear - normal amount for daily wear
- Footwear suitable for hiking, bike riding and something comfortable for around the accommodation
- Swimmers
- General, comfortable clothing

## EQUIPMENT

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### ESSENTIAL

- Day Bag suitable for bike riding, walking and fishing
- Drink bottle/s suitable for a bike cage on a mountain bike, hiking and fishing
- Sunglasses (polaroid are preferable) SS
- Head Torch, or compact handheld torch with charged batteries

### OPTIONAL ITEMS

- Camera
- Fly fishing gear
- Mountain bike/helmet
- Hiking poles

## YOUR NOTES/CHECK LIST

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