

EQUIPMENT LIST & TRAVEL INFORMATION

Travel Documents	
<input type="checkbox"/> Passport – Must have 6 months validity from date of re-entry to Australia <input type="checkbox"/> Personal travel insurance paperwork (2 copies leave 1 at home with NOK) <input type="checkbox"/> Tourist visa for Papua New Guinea or Visa on Arrival (we suggest Visa on arrival) <input type="checkbox"/> International airline tickets	<input type="checkbox"/> Domestic airline tickets <input type="checkbox"/> Hotel / Trek Money - used on track (350 kina + 80 kina porter tip if appropriate) <input type="checkbox"/> Plastic Zip-Lock Bags - for paperwork on trek Diary/Pen

Backpack + Trekking Equipment	
<input type="checkbox"/> Backpack 70-80L + waterproof backpack cover (only required if carrying your own pack) <input type="checkbox"/> Daypack 30L + waterproof daypack cover (for those with personal porters) <input type="checkbox"/> Internal waterproof pack liner or bag	<input type="checkbox"/> 1L litre Water Bottle - lightweight <input type="checkbox"/> 2-3 litre Water Bladder (camelbak) <input type="checkbox"/> Trekking poles (gloves optional) <input type="checkbox"/> Waterproof dry bags for clothes

Sleeping gear	
<input type="checkbox"/> Sleeping Bag – 2 seasons – hiking style (0+5) <input type="checkbox"/> Silk liner – optional but recommended for warmer nights <input type="checkbox"/> Inflatable Sleeping Mattress– thin and light	<input type="checkbox"/> Pillow – inflatable or small normal pillow (recommended) <input type="checkbox"/> Ear Plugs (highly encouraged) <input type="checkbox"/> Puncture repair kit to repair air mattress.

Trek & Campsite Clothing	
<input type="checkbox"/> 2 x walking shorts <input type="checkbox"/> 2/3 x walking t-shirts (plus Kokoda Crossing t-shirt) <input type="checkbox"/> Hiking shoes <input type="checkbox"/> Crocs or secure sandals to wear around camp & used for river crossings <input type="checkbox"/> 1 x hat or cap (large hats can trap too much heat) <input type="checkbox"/> Underwear for each day <input type="checkbox"/> 6 x walking socks <input type="checkbox"/> 1 x light track pants or skins (for camp)	<input type="checkbox"/> 1 x shorts for camp <input type="checkbox"/> 1 x singlet / t-shirt for camp <input type="checkbox"/> 1 x warm jacket for camp (thin thermal top is a good option) <input type="checkbox"/> Bathers/speedos (swimming at Buna*) <input type="checkbox"/> 1 x beanie (optional) <input type="checkbox"/> 1 x light rain poncho for camp <input type="checkbox"/> 1 x pair small gaiters (optional) <input type="checkbox"/> Sunglasses <input type="checkbox"/> Spare boot laces

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Toiletries & First Aid	
<input type="checkbox"/> Anti-Malaria Treatment (Doctor prescribed) <input type="checkbox"/> Water Purification Tablets (1 pack or Steri Pen). I use Micropur (100's- foil packet). <input type="checkbox"/> 2 x Waterless Hand Disinfectant <input type="checkbox"/> Insect Repellent – Recommend “The Locals” spray for Buna. All other brands ok for the Track. <input type="checkbox"/> Sunscreen <input type="checkbox"/> Lip Balm (optional) <input type="checkbox"/> <i>Glide (anti chaff)</i> - highly recommended Pawpaw / 3B cream	<input type="checkbox"/> 2 x Quick dry chamois and/or towel <input type="checkbox"/> Small soap <input type="checkbox"/> Toothbrush and Toothpaste <input type="checkbox"/> Toilet Paper (1 roll) <input type="checkbox"/> Wet wipes (2 packets of 15 – essential) <input type="checkbox"/> Personal Medications (if required) <input type="checkbox"/> Headache / Pain Killer Tablets <input type="checkbox"/> “fixomull” blister tape + Elastoplast tape <input type="checkbox"/> Small scissors <input type="checkbox"/> Gastro stop / Imodium <input type="checkbox"/> Band aids + betadine

Additional Items	
<input type="checkbox"/> Waterproof Camera or phone <input type="checkbox"/> Spare camera batteries/phone fuel cell and charging cord (no reliable charging stations on track) <input type="checkbox"/> Electrolyte powder / tablets <input type="checkbox"/> Pocket knife (for porter carvings) <input type="checkbox"/> Headlamp + spare batteries <input type="checkbox"/> Bowl / Cup / Spoon / Fork (sturdy)	<input type="checkbox"/> Electrical Tape (optional) – for repairs to gear <input type="checkbox"/> Bag lock for your bag left at hotel <input type="checkbox"/> 500gm lollies <input type="checkbox"/> Protein/energy bars <input type="checkbox"/> Snack pack as provided by Kokoda Crossing

Passport

- Ensure your passport is valid for at least 6 months after your return date to Australia.

PNG Tourist Visa

- Obtain upon arrival in PNG
- Have with you the following paperwork:
 - International Flight details

Domestic travel within PNG

- Flight: Port Moresby to Poppogetta – PNG Air, Air Niugini or Tropic Air.
- Land transport:
 - After flying into Poppogetta, we then take a truck to Kokoda for the start of the trek. This truck ride takes about 3.5 hours.
 - When we finish the trek at Owers Corner, we take mini buses back to Port Moresby

Medical Requirements

- You MUST obtain a Medical Certificate from your doctor stating you are fit to trek 8 days (96 km) on the Kokoda Track. Kokoda Crossing will supply you with a form to take to your doctor.
 - This form must be completed 8 weeks prior to departure.
- The trek is extremely challenging. If you have any pre-existing medical conditions that may impact upon yourself and subsequently the rest of our group, it is imperative we find out before we depart.
- Kokoda Crossing Guides are all qualified in Senior First Aid.
- Kokoda Crossing engage the services of a paramedic or medical professional of similar qualifications to accompany us on the trek.
- Emergency Evacuations – Kokoda Crossing will arrange these on the Track when necessary. It's important to realize that weather can delay evacuations for a considerable amount of time.
 - Travel insurance will normally cover the cost of evacuation if you suffer an injury preventing you from continuing. However, they will not normally cover the cost if a trekker can't continue due to lack of fitness. Costs for evacuation can be up to \$A3000.
 - It is vital Kokoda Crossing are made aware of any pre-existing medical conditions / dietary requirements / allergies that may impact upon your trip. We can prepare professionally for these possible emergency situations if we are told beforehand.
- Immunizations
 - Consult your doctor for medical advice.
 - It is common for that the following immunizations are up to date: Typhoid, Hepatitis A&B, Tetanus.
 - Malaria medication is generally used by trekkers.

Travel Insurance

Travel Insurance is mandatory for all trekkers. Trip cancellation insurance should reimburse you for any non-recoverable air or land expenses should you have to cancel your trip due too personal or family illness or leave the expedition early due to other reasons. It should also cover any emergency medical evacuation expenses should you become ill during the expedition. We strongly recommend that you take out baggage loss and accident insurance. **Ensure it covers you for cancelation by the tour operator.**

Currency

The currency in PNG is the Kina (K). At present the approximate exchange rate is A\$1 has = 2.50 Kina. Credit cards such as American Express, Visa and MasterCard are accepted in most hotels, shops and restaurants. There are also automatic teller machines available in some areas.

However, it is recommended that you take enough cash (approximately 450kn) to last the duration of your trip. Kina can normally be bought at Travelex outlets at Brisbane and Cairns airports. We do recommend that you purchase Kina prior to departure in case the airport outlets run out. Australian banks can take a few days to bring Kina into the various branches.

Spending money within PNG

- We recommend taking 450 kn in cash.
- You will require to budget spending money for:
 1. Drinks (alcoholic & nonalcoholic)
 2. Personal items such as laundry, phone calls, snacks, etc.
 3. Souvenirs and handicrafts.
 4. Snacks along the Track. (Try and break some of your kina into smaller denominations at the hotel – eg 10kn notes)
 5. Tipping - If you would like to show your appreciation to our local porter team at the end of the trip you may like to contribute to a group tip to be distributed by our Australian Guide. A usual tip is approximately 80 Kina or \$A30 though this is at your discretion. If you don't want to bring pieces of equipment or clothing back to Australia, our local porters will readily accept these as gifts.

Gifts for locals

Many of our trekkers like to bring gifts to local communities as they pass through. We recommend small items such as either sports balls (tennis, rugby, soccer or football). Alternatively, educational equipment such as pencils, pencil sharpeners, paper, sticker books etc. As these things can weigh a fair bit, don't overdo it or you may not get to the villages to hand them out!

Remember whatever you bring, you will have to carry.

Power in PNG

PNG has the same power plugs as Australia, so you don't need to purchase an adapter.

Health & Fitness

- Due to the mountainous terrain along the Owen Stanley Ranges a moderate to high level of personal fitness is needed to complete the track. Undoubtedly the fitter you are the more you will enjoy the challenge.

- We understand that some people's fitness may not be up to standard and that is why we are committed to supporting your fitness preparation prior to the trek to ensure you complete it safely.
- Depending on your starting fitness level, you should start preparing between 9 – 4 months from the beginning of the trek. Some clients begin preparation 12 months before the trip.
- Kokoda Crossing will provide you with a training program should you require it.

Weather

- In Port Moresby, the conditions are extremely warm and humid.
- When we start the Track in the lower regions, we normally face warm and humid conditions, however as we get higher into the mountains, the temperatures drop off. It is nearly always humid however and you perspire extensively.
- At a couple of our camps located at higher altitudes, the nights are very cool and you will need long pants / skins and a windcheater / long sleeved top. Beanies can be helpful too!
- Expect to see very heavy rain downpours along our journey. It might rain every day or it might only rain occasionally. It is hard to predict. Trekkers normally just walk through these downpours in their normal trekking gear, although some like to wear a light rain jacket. With conditions so humid, a rain jacket can be uncomfortable to walk in. However, they might come in handy at night in the camps.
- We can be exposed to direct sunlight at times but often walk under dense forest canopy. Sunscreen is recommended.

Meals

- Typical meals consist of:
 - 1) Breakfast – porridge, weetbix, cornflakes, tea, coffee, milo.
 - 2) Lunch – Salada biscuits, salami, cheese, vegemite, jam, peanut butter, noodles, tortillas.
 - 3) Dinner – A variety of vegetable curries, tuna pasta, pizza, scones, sweet biscuits.
- At certain points along the track you may be able purchase the following from the local villagers – twisties, fresh fruit, coke, lemonade.
- We will give you a snack pack at the start of the trek. This will include:
 - 12 electrolyte tablets
 - 6 high quality energy bars
 - 250gm lollies,
 - 400gm fruit and nut mix,
 - 6 soup packets
- *We also encourage you to bring some of your own snacks. This may include some extra electrolytes, lollies, protein bars, beef jerky.*

Personal Porters

- We encourage the hiring of a personal porter. The Track is extremely challenging and if you are not quite up to the task of physically carrying a 15kg pack up and down mountains for 8 days, then a personal porter can carry it for you.
- You will enjoy the trip far more and greatly improve your chances of completing the journey.
- A personal porter can also be shared between two people to lighten the load.
- A maximum weight of 22.5kg is allowed for a personal porter (An internationally recognized weight limit). We require 2 weeks' notice to organize this.
- Cost: \$A620 (additional)

Accommodation on the Track

- We provide the use of tents and if available, the local guesthouses. These are normally made of timber with a thatch roof.
- We stay at the villages where you are encouraged to mingle and converse with the local people, of course being sensitive to their privacy when appropriate.

Luggage and valuables storage whilst on Track

- Bring a spare bag with you to leave luggage at the hotel during our trek. Ensure you bring a lock so your bag contents are secure.
- It is recommended you only bring essential items on your tour to PNG. Travel light and don't bring too many valuables.

Arrival in PNG

- Upon your arrival, you will pass through immigration, collect your bags, then pass through customs.
- You can declare the food you are bringing in. Customs are used to having trekkers come through with supplies.
- At the airport you will be met by either Kokoda Crossing staff or the hotel bus driver. You will be taken straight to your hotel and issued rooms.
- A pre-trek briefing will be conducted that evening by your Kokoda Crossing tour guide with all necessary information conveyed to you.