



EQUIPMENT LIST & TRAVEL INFORMATION
(Kokoda Track & Northern Beach Tours)

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1. IMPORTANT DATES

- Trek Balance
 - Due 60 days prior to departure.
 - Not paying by this date results in you forfeiting your position on the tour. If there are legitimate reasons for non-payment, please advise us early so we can make alternative arrangements for you.
 - Payment plans and direct debit are available, and you must organise this with us when you sign up.
- Medical Clearances
 - Due 60 days prior to departure.
- Travel Insurance Certificate
 - Send through to us as soon as you book it.

2. PASSPORT & TOURIST VISA

- Ensure your passport has 6 months validity from the date your scheduled to return to Australia.
- The method of obtaining a Visa changes regularly.
The current system needs to be completed on-line as follows:

- ❖ Go to the PNG Government website for the E-Visa (link below).

<https://evisa.ica.gov.pg/evisa/account/Apply>

What you will need:

- a) Passport.
- b) International flight details.
- c) Method for payment \$US50 (credit card).

When completing the application use this information:

- a) Select **Easy Visitor Permit 30 days**.
- b) If it asks for an address write "Lamana hotel, Waigani Drive, Port Moresby.
- c) If it asks about how you are financing your trip, choose "own funds".
- d) Length of stay will be 10 or 12 days depending on what trip you are doing.

- When travelling into PNG ensure you have a copy of your return flight details.

3. TRAVEL INSURANCE

- Travel Insurance is mandatory for all trekkers.
- You should take out insurance AS SOON AS YOU PAY YOUR DEPOSIT (AND ESPECIALLY WHEN YOU BOOK FLIGHTS).
- We recommend coverage for at least the following:
 - Any non-recoverable air or land expenses should you have to cancel your trip or depart early.
 - Medical evacuation and associated expenses.
 - Baggage loss.
 - Cancellation of tour by the tour operator.
- Research your insurance company extensively. For e.g. RAC Insurance (and affiliates such as RACV, RACQ), and HBF Insurance DO NOT COVER KOKODA TRACK EXPEDITIONS.
 - If you are using your credit card insurance, ensure you investigate the extent of their cover. We cannot recommend any particular company for you in case the product does not meet your requirements. Ensure you do your research and read the small print.
- What we can say is that we normally use Covermore and SureSave. Other companies on the market include World Nomads, Travel Insurance Direct.

4. PREFERRED TRAVEL AGENT

If you need assistance in booking flights, we recommend:

Jodie Everett
Mobile Travel Agents (MTA)
+61 413 864 967
jeverett@mtatravel.com.au
www.mtatravel.com.au/jeverett

Jodie can also look after your travel insurance needs too.

5. MEDICAL REQUIREMENTS

- You must obtain a Medical Clearance from a doctor deeming you fit to undertake the tour. The required form (Form 2) is included with your information pack.
 - This form must be returned 60 days prior to departure. It is advisable to obtain the certificate prior to beginning any form of training program, particularly if you have been sedentary for a long time or you feel your fitness is at a low level.
- If you have any pre-existing medical conditions that may impact upon yourself or the rest of the group, it is imperative you notify us. The extreme challenge of this expedition should not be underestimated, therefore please be honest with us so we can prepare for all contingencies and ensure you are adequately prepared to complete the journey safely.
- Immunizations required – You should consult your doctor for this advice. Our Australian guides use malaria medication (our preference is malarone – more expensive but appear to have less side effects) and are immunized for tetanus, tuberculosis, Japanese Encephalitis, typhoid and Hepatitis A,B. We are not specifically immunized for rabies on account of these treks to PNG.

6. CURRENT PNG TRAVEL HEALTH INFORMATION

Please use the following link to the Travel Doctor which offers the most up to date advice regarding health issues when travelling to Papua New Guinea.

<https://www.traveldoctor.com.au/destinations/papua-new-guinea>

7. EMERGENCY RESPONSE

7.1 Trek Paramedic

- On all our tours, we are accompanied by a dedicated trek doctor or paramedic. Not only will they be responding to your medical needs, they will also be servicing our porter team and any acute issues we encounter in the local villages we pass through.

We have a specific medical backpack to be carried by our Head Guide with such equipment as: defibrillator, intubation kits, cannulation equipment, wound dressings, saline & glucose solutions, suturing kit, antibiotics, antiseptics, pain relief medication, adrenaline and a stretcher.

Your medical clearance documents are confidentially assessed by our trek paramedic prior to departure so we can be totally prepared for any medical conditions that arise. Where necessary you may be contacted by our trek medic to discuss your condition. This is done in a respectful and confidential manner.

7.2 Communications

- We carry two Inmarsat satellite phones on our treks. They are used to contact our Australian base on a daily basis throughout the tour and advise them of our progress and welfare. They are not utilized for the trekkers to contact home unless it is for an emergency situation.
- Each of the main Track villages has a VHF radio that is in contact with the Kokoda Track Authority head office in Port Moresby.

7.3 Track Evacuations

- When required, helicopter evacuations are carried out by a number of companies based in Port Moresby. If you require evacuation due to a medical condition, we contact your travel insurance company to seek permission for an evacuation. Your insurance company then liaise with both the Australian Tour Guide and the chosen helicopter company to arrange a flight. You will be transported to either a Port Moresby hospital or designated accommodation depending on the seriousness of your condition. They will then arrange repatriation home to Australia if that is required.
 - It should be noted that evacuations are only conducted when the weather and flying conditions are favourable. For e.g. helicopters won't fly at night nor during inclement weather. Please bare this in mind when your Australian Guide is working hard to arrange a flight for you.
 - You will generally not be covered by travel insurance should you wish to pull out of the trek through tiredness or lack of fitness. A standard evacuation normally costs around \$US2000 when paying for it yourself.

8. ACCOMODATION

8.1 Port Moresby

We normally stay at the 4-star Lamana Hotel. As we have stayed at the Lamana for several years they offer us excellent, personalised service. They have a number of restaurants to choose from, a large bar, a well-equipped gymnasium and small pool to cool off in. You will be in a twin share room unless you organise otherwise with us.

8.2 On the Track

You have your own personal insect proof 2-person tent. At some villages, there are guesthouses (shelters) constructed of timber and thatch roofing. Should they be suitable, you may stay in these rather than your personal tent.

9. PERSONAL PORTERS

- We encourage the hiring of a personal porter for several reasons:
 - It makes the trek far more enjoyable if you are only carrying a day pack (5kg) as opposed to a fully laden backpack (16-17kg) over the course of the 8 or 9 days.
 - Reduces the chance of injury, and;
 - Offers the opportunity of a job for a local villager.
- You must make the choice of engaging a personal porter prior to leaving Australia. Once we are on the Track, there is no reliable opportunity to find a suitable porter for you. If you cannot carry your own gear due to lack of preparation and fitness, the rest of the group (trekkers and porters) will be required to carry your equipment which is not fair to anyone (unless you have suffered an unexpected injury)!
- You can share a personal porter between two trekkers to reduce the cost. It means you would only be carrying about 8-9kg rather than 16-17kg.
- If utilizing a porter, you should only be handing over a pack weighing no more than 12kg. The porter will add a few personal items of his own as well as carrying your tent. The maximum weight they can carry is 22.5kg (KTA requirement).

- Cost of a personal porter is \$620. Out of this amount we pay his wage, medical requirements, all food plus a 200kn amount for a domestic airline flight back to Kokoda village.

10. SPENDING MONEY & CURRENCY

- The local currency is PNG Kina (Kn). The current exchange rate is \$A1 = 2 PGK.
- Credit card facilities exist at our hotel.
- It is recommended you take enough local currency in cash to see you through the tour. You can order this from your bank or local Travelex prior to departure or try and purchase from a Travelex outlet at the airports you are passing through on your way to Port Moresby. There is no availability to go to a bank once in PNG.
- We recommend you take 400 PGK to be utilized on the following:
 - 80 Kn tip for the porters at the end of the tour (we normally collect an amount from the trekkers and present this to the porter group at the end).
 - Drinks and snacks at hotel (alcoholic & non-alcoholic).
 - Snacks along the Track (many villages sell soft drink, twisties and local fruit).
 - Souvenirs (your porter will carve a personal wooden carving should you wish – 50 Kn).
- Where possible try and obtain some smaller denominations of cash. This can be done at the hotel.

11. DOMESTIC TRAVEL WITHIN PNG

- Flights.
 - We use either Air Niugini, PNG Air or Tropic Air for our internal flight requirements.
- Land transport.
 - From Popondetta to Kokoda we use trucks, known locally as “PMV’s” or Public Transport Vehicles. These are open back trucks with hard wooden seats. The roads can be rough and the conditions dusty at times. The journey takes 3.5 hrs.
 - For the journey from Owers Corner back to our hotel, we normally use mini vans. The journey to Bomana Cemetery takes 1 hr and then the trip back to the hotel another 30 min’s.
 - The journey from Popondetta to Buna takes about 1 hour.

12. POWER OUTLETS IN PNG

PNG has the same power plugs as Australia, so you don’t need an adaptor.

13. WEATHER

- In Port Moresby, the conditions are extremely warm and humid. Temperatures are in the early 30’s (similar to Darwin).
- If you are travelling to the northern beaches (Buna), the weather is always warm and humid. A sea breeze normally comes in during the afternoon, but it is still warm. During the late morning until late afternoon, the sun is very hot. Overnight you will only need a sheet over you when sleeping.
- Kokoda is normally very warm (early 30’s), however once we start walking along the Track under canopy, this takes the sting out of the direct sunlight. Conditions remain very humid though.
- As we progress higher up into the mountains, temperatures will drop off slightly, although it is always humid, and we perspire extensively. Night-time temperatures can drop drastically however and, on some occasions, we dip to around 5-8 degrees (you will need long pants, a thermal t-shirt and perhaps a beanie).
- Expect to experience some heavy tropical rainstorms. Some trekkers can get cool during these downpours so ensure you bring a rain jacket or poncho. Most trekkers however just walk in their normal attire and get soaked!!
- We mostly walk under canopy but on occasion we are exposed to direct sunlight and it is very hot.

14. MEALS

14.1 Port Moresby

- Evening meals normally consist of buffet style food with offerings such as; chicken, lamb, rice, pasta, vegetables, pizza and desert.
- Breakfast is a buffet consisting of; omelettes, sausage, tomato, vegetables, bacon, toast, fruit, coconut juice, tea, coffee.

14.2 On the Track

- Breakfast – Porridge (with banana if possible), weetbix, tea, coffee (plunger style), milo.
- Lunch – Tortilla wraps, two-minute noodles, salada biscuits, cheese, jam, peanut butter, vegemite, tea, coffee.
- Dinner – A variety of vegetable-based curries, tuna pasta, pizza, scones, shepherd's pie, pasta bolognese, sweet biscuits.
- Most villages will sell twisties, soft drink and fresh fruit. However, this cannot be guaranteed.

14.3 Snack Pack

- Prior to departure from Australia we will provide you with a snack pack that is for you to munch on over the duration of your tour. It will consist of:
 - 12 "Koda" brand electrolyte tablets (each tablet is good for 500ml of water - when purchasing additional electrolyte tablets, check the strength of them – that is, how many tablets required per 500ml of water).
 - 6 high quality energy bars (e.g. brands such as "Winners", "Clifs" or "Koda" bars).
 - 250 gm lollies.
 - 400gm "fruit and nut mix".
 - 6 packets of cup-a-soup

14.4 Own food

It is recommended you bring a few of your own snacks to suit your tastes. Some trekkers bring their own lollies, a small amount of beef jerky, a couple of extra energy bars and an extra tube of electrolyte tablets.

Remember weight is everything. So, whatever you bring, you must carry. And if you are using a personal porter, the pack weight you hand over can be no more than 12kg.

15. COMMON QUESTIONS

15.1 Water purification options

Tablets

- The most common type of water purification pills are "Micropur" and "Aquatabs".
- One of the differences is Micropur also kills cryptosporidium, whereas Aquatabs do not.
- A big point to advise here is that to kill GIARDIA (one of the more common ailments we face), you need to let the Micropur tabs operate for **2 HOURS** prior to drinking.
- The following link allows you to compare the different types available.

<https://www.99boulders.com/best-water-purification-tablets>

UV Treatment

- This is another sound option. In sufficient doses, all waterborne enteric pathogens are inactivated by UV radiation (UVR).
 - The only downside is these require batteries.
 - The most common type of instrument is the [SteriPen](#).
- ❖ For the record, KC guides normally use “Micropur” tablets as our preferred method.

15.2 Walking Poles

- The short answer is “YES” we recommend you take a set of walking poles. They can be extremely beneficial when walking down the steep, slippery mountain slopes. If during the trek you decide you don't need to use them, they can be strapped to the side of your pack. Having two poles with comfortable handgrips is very handy. You can also bring a set of lightweight gloves (perhaps fingerless) for extra grip for when you perspire.
- Our Australian guides use either proper walking poles or a wooden pole cut from the jungle by one of our porter team. This is certainly an option for our trekkers should you wish to not bring poles.

15.3 Footwear

- We recommend the Salomon Speedcross 5 for using along the Track for following reasons:
 - Super light.
 - Excellent grip from the long lugs on the sole.
 - Comfortable mesh upper which makes you feel like you're wearing sneakers.
 - When wet, they remain light and comfortable to put on.
 - They come in normal and wide versions.

Please refer to the following link which gives you more insight into the shoe. You can search around for various locations and prices. I have seen prices range from \$150-\$200.

https://www.runningwarehouse.com.au/Salomon_Speedcross_5/descpage-SSC5M01.html

- Prior to using the Speedcross, I used the Merrill Moab walking shoe, both low and high cut. This is a very robust shoe if you head down the path of a traditional hiking boot.
- Choosing correct footwear is a very personal choice so ultimately we advise you to wear something you know you'll be comfortable in.
- After hours / River Crossings:
 - Do not bring thongs.
 - Sandals will offer the best traction and support for river crossings and walking around slippery sections of our campsites. I have used Crocs for several years and get by with those. However don't go for the cheap “plastic” version of Crocs ... they will give you blisters on Day 1 and make life difficult. Original Crocs are made from a soft material comprising ethylene & vinyl.

15.4 Sleeping Gear

- Sleeping Bags
You should have a sleeping bag that is rated to +5 degrees as a minimum. Some of our nights at the higher altitudes can drop down into single digits so you will need a warm bag.
- ❖ Down V's Synthetic fill
Advantages of Down:
 - Bag is generally more durable and with constant use will last a lot longer than a synthetic bag.
 - Better warmth to weight ratio. If you are after a certain warmth rating (e.g. +5 degrees) a down bag will be much lighter compared to a synthetic bag.

- Smaller size. Compared to a synthetic bag of a similar warmth rating, the down bag will compress down to a much smaller size.

Advantages of a synthetic bag:

- Generally cheaper in price.
- Easier to dry out if it gets wet as the material absorbs less water (this shouldn't be a problem for you at Kokoda if you keep it within a waterproof bag).

You can compare the various bags at Snowys:

<https://www.snowys.com.au/sleeping-bags>

- Sleeping mats

Ultimately you get what you pay for. I use the Sea to Summit Comfort Plus sleeping mat (approx \$160) for a few reasons:

- It has dual layers you blow up for extra comfort and insulation against the ground.
- Individual air sacks mean that if you puncture one, the whole mat doesn't deflate.
- It is long enough for your whole body.
- It rolls up to a small size.
- You can view the mat here:

<https://www.snowys.com.au/comfort-plus-sleeping-mat>

- Pillow

I use a "Junior" pillow bought from Big W.

- You can squash it down into your backpack.
- It gives me more comfort than a standard inflatable camping type pillow.
- It is cheap.
- Link : <https://www.bigw.com.au/product/big-softies-junior-pillow/p/487181/>

15.5 Gifts for villagers

- Should you wish to bring anything for the porters or villagers, we recommend items that will make a meaningful difference to their lives. Small toys are ok, but we prefer if you avoid lollies (not many dentists along the Track!). We recommend the following:
 1. Pair of old sneakers we give to the porters before we start the trek.
 2. Small medical kit containing band aids, tube of antiseptic, a sleeve or small packet of panadol.
 3. Small stationary package comprising pens / textas, crayons, exercise book, a reading book, small English dictionary (it doesn't have to contain all these stationary items ... these are just ideas).
- Remember everything you bring will have to be carried until we can offload it at the various villages along the way.
- At the conclusion of the trek, the porters will gladly accept any equipment or clothing you don't want to take back to Australia.

15.6 What should my pack weigh?

- If you are engaging a personal porter and just carrying a day pack:
 - Day Pack should weigh around 5-6kg (This should contain; 2L water in camelbak bladder, 1L electrolytes in spare water bottle, toilet paper & wet wipes, hand sanitizer, phone/camera, snacks for the day, eating crockery/utensils).
 - The backpack you hand over to the porter should weight no more than 12kg.
- If you are carrying your own backpack, it should weigh no more than 16kg in total. Remember to allow for the extra weight for your water. 1 litre fluid = 1 kg weight.

15.7 Baggage weight limits for internal PNG flights

Domestic flights within PNG.

- Check-in baggage: 16kg
- Carry-on: 7kg

15.8 Spending money

We recommend 400kn.

You can use this for:

- Drinks at the hotel (credit card also acceptable).
- Snacks and drinks on the Track (some villages sell soft drink, twisties, local fruit).
- Porter tip: At the end of the trek we encourage everyone to contribute 80 kn which goes into the kitty and is distributed evenly amongst the porter team. They warmly welcome this bonus. If you are engaging a personal porter you may offer him any additional bonus should you see fit.

15.9 Taking valuables and passport on the Track

- We strongly recommend you only take essential items to PNG. Leave behind expensive jewellery.
- Take your passport with you on the Track. Should you require an urgent evacuation, there may not be time attend the hotel and retrieve your personal items ... that's why it's best to have them with you on the Track.

15.10 Leaving a bag at the hotel

Kokoda Track Tour Only

- Whilst at the hotel, pack your spare clothes into your extra bag, apply lock, and bring with you to the foyer on the morning we depart for the Track. The hotel will store your bag until we return.

Travelling to Northern Beaches + Kokoda Track

- We will be getting changed into your trekking gear at the international airport and then transferring to the domestic terminal for our flight to Popondetta.
- Place all your spare clothes into your extra bag, apply bag lock, and we will arrange for this to be transported to our hotel for safekeeping until we return.

15.11 What happens when I arrive in PNG?

Kokoda Track Tour Only

1. Arrive Jackson International Airport – Proceed to the Immigration desk. A sign will indicate which line you go to depending on whether you have a Visa or not.
2. Collect bags from the carousel and proceed to the Customs area where your bags may go through X-ray. It is ok to declare your food you have brought in. Tell the officers you are walking the Kokoda Track and they should be fine with that.
3. Your Kokoda Crossing guide will meet you once you clear Customs. The hotel bus should be in attendance to transport us to our accommodation at the Lamana Hotel. (Sit back and enjoy the scenic pleasures that Port Moresby has to offer).
4. Once we get to the hotel, we will allocate rooms.
5. 5pm - Team briefing and discussion about the trek.
6. 6pm - Dinner
7. Trek departure day – Wake at 0400hrs. (*indicated times will vary based upon flight departure times).
8. Bring backpack, spare bag and room key to the hotel foyer.
9. 4.20am – Breakfast.

10. 4.40am - Depart hotel for domestic terminal.
11. Clear customs at Domestic Terminal and check in for flight. Flight time to Popondetta is 35min.
12. Once in Popondetta, we will be picked up in our trucks and our 3.5 hr journey to Kokoda Village will begin.
13. Midday – Arrive in Kokoda - Memorial visit / History session / Lunch
14. Afternoon – 3 hours walk to our first camp site.

Travelling to Northern Beaches + Kokoda Track

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2. Collect bags from the carousel and proceed to the Customs area where your bags may go through X-ray. It is ok to declare your food you have brought in. Tell the officers you are walking the Kokoda Track and they should be fine with that.
3. Your Kokoda Crossing guide will meet you once you clear Customs.
4. In the terminal waiting area / toilets, change into your trekking gear, place all your non-trekking gear into your spare bag and apply lock.
5. Hotel bus will meet us and transport our bags back for safekeeping until we arrive back from the trek.
6. We walk down to Domestic Terminal and proceed through customs before checking into flight to Popondetta (35 min).
7. In Popondetta we are met by our transport and drive the 1-hour journey to Buna.
8. Guesthouse orientation followed by dinner.

16. IMPORTANT TIPS

- 1) Hiking boots – When flying from Australia to Port Moresby, try and have your hiking boots with you in your carry-on luggage. If for some reason your check-in luggage goes missing, we can generally find replacement items for you but not hiking boots. At least you will have these.
- 2) Pack Light!!! Bring only your absolute essentials and stick to the equipment list. When it comes to medicinals, we have a specific medical backpack, so you don't need to bring anything other than a few personal items.
- 3) Seat allocation on international flight to Port Moresby:
 - Try and book a seat AS CLOSE TO THE FRONT OF THE AIRCRAFT AS POSSIBLE.
 - The reason is this will dictate your position in the line for the immigration process. If you are sitting at the back of the plane, you will be at the back of the immigration line and this process can be VERY SLOW.
- 4) Prior to landing in Port Moresby, make sure you have been to the toilet! You don't want to be in the immigration line and then lose your position because of a toilet stop!
- 5) Keep an open mind – Remember that PNG is not perfect when it comes to dealing with tourists. Things will go wrong from time to time. We at Kokoda Crossing do our best to keep things smooth, but we will strike hurdles and request that you show patience and understanding.
- 6) PNG Immigration declaration card – It's ok to declare you have food. Once you explain you are walking the Kokoda Track, the customs officers generally wave you through.
- 7) PNG Kina – Try and get smaller denominations if possible. Either at Travelex or at the hotel in Port Moresby. It is hard to receive change from the villagers when purchasing snacks long the Track.
- 8) Pocket knife – Do not pack in your carry-on luggage ... even in PNG.
- 9) When travelling to Buna and Sanananda, the sand flies can be a problem. You won't feel like you've been bitten initially, but a few days later you will have itchy bites all over you. The most effective repellent I have found is called "The Locals". Apply this continuously throughout the day, especially after swimming. See below for the link.

<https://thelocals.net.au/>.

For on the Kokoda Track I recommend any one of the well-known brands such as "Rid" or "Aeroguard" but make sure they are tropical strength.

17. APPENDIX 1 - EQUIPMENT LIST

Travel Documents	
<input type="checkbox"/> Passport – Must have 6 months validity from date of re-entry to Australia.	<input type="checkbox"/> Domestic airline tickets
<input type="checkbox"/> Travel insurance certificate.	<input type="checkbox"/> Spending Money - 400 kina (small notes if possible).
<input type="checkbox"/> Tourist visa for Papua New Guinea or Visa on Arrival.	<input type="checkbox"/> Plastic Zip-Lock Bags - for paperwork on trek
<input type="checkbox"/> International airline tickets.	<input type="checkbox"/> Diary/pen

Backpack + Trekking Equipment	
<input type="checkbox"/> Backpack 70-80L + waterproof backpack cover (only required if carrying your own pack)	<input type="checkbox"/> 1L litre Water Bottle – lightweight (to be used for electrolytes).
<input type="checkbox"/> Daypack 30L + waterproof daypack cover (this is required for those with personal porters)	<input type="checkbox"/> 2-3 litre Water Bladder (camelbak).
<input type="checkbox"/> Internal waterproof pack liner or bag	<input type="checkbox"/> 600 ml spare drink bottle.
	<input type="checkbox"/> Trekking poles (gloves optional).
	<input type="checkbox"/> Waterproof dry bags for clothes (eg zip lock sandwich bags).

Sleeping gear	
<input type="checkbox"/> Sleeping Bag – rated to +5 degrees.	<input type="checkbox"/> Pillow – inflatable or small normal pillow (I use a small “Junior” pillow bought from Big W).
<input type="checkbox"/> Silk liner – optional but recommended for warmer nights.	<input type="checkbox"/> Ear Plugs (highly encouraged)
<input type="checkbox"/> Inflatable Sleeping Mattress– thin and lightweight.	<input type="checkbox"/> Puncture repair kit to repair air mattress.

Trek & Campsite Clothing	
<input type="checkbox"/> 2 x walking shorts – <i>plus extra shorts if doing Buna extension.</i>	<input type="checkbox"/> 1 x light track pants or skins (for camp).
<input type="checkbox"/> 2 x walking t-shirts (include Kokoda Crossing t-shirt) – <i>plus extra shirt if doing the Buna extension.</i>	<input type="checkbox"/> 1 x shorts for camp.
<input type="checkbox"/> Hiking shoes (Salomon Speedcross 5 is my preferred footwear).	<input type="checkbox"/> 1 x singlet / t-shirt for camp.
<input type="checkbox"/> Crocs or secure sandals to wear around camp & used for river crossings (no thongs).	<input type="checkbox"/> 1 x warm jacket for camp (thin thermal top is a good option).
<input type="checkbox"/> 1 x hat or cap (large hats can trap too much heat).	<input type="checkbox"/> 1 x beanie (optional).
<input type="checkbox"/> Underwear for each day.	<input type="checkbox"/> 1 x light rain poncho or rain jacket for camp.
<input type="checkbox"/> 5/6 x walking socks.	<input type="checkbox"/> Bathers/speedos (<i>swimming at Buna beach</i>).
	<input type="checkbox"/> 1 x pair small gaiters (optional).
	<input type="checkbox"/> Sunglasses.
	<input type="checkbox"/> Spare boot laces.

Toiletries & First Aid	
<ul style="list-style-type: none"> <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"/> 3 x <u>small</u> bottle waterless hand disinfectant <input type="checkbox"/> Insect Repellent – Recommend “The Locals” brand for Buna (sandflies). All other brands ok for the Track. <input type="checkbox"/> Sunscreen. <input type="checkbox"/> Lip Balm (optional). <input type="checkbox"/> <i>Glide stick (anti-chaff)</i> highly recommended – Buy from Rebel Sports. <input type="checkbox"/> Paw Paw cream is very handy for a wide range of skin ailments. 	<ul style="list-style-type: none"> <input type="checkbox"/> 2 x Quick dry chamois for after showers. <input type="checkbox"/> Small towel or flannel for wiping away excessive water/mud from tents etc. <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 solution to clean scratches.

Additional Items	
<ul style="list-style-type: none"> <input type="checkbox"/> Spare set of clean clothes for at the hotel and travelling back to Australia (to be left at hotel prior to trek) <input type="checkbox"/> Waterproof camera or phone <input type="checkbox"/> Spare camera batteries/phone fuel cell and charging cord. <input type="checkbox"/> 1 x tube electrolyte tablets. <input type="checkbox"/> Pocket knife (to be used by porter for your souvenir carving) <input type="checkbox"/> Headlamp + spare batteries 	<ul style="list-style-type: none"> <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 / protein or energy bars/ beef jerky or any other items you may prefer as snacks (this is in addition to the KC snack pack you receive). <input type="checkbox"/> Snack pack as provided by Kokoda Crossing (list of items previously listed). Weight is approx 1.5kg.

18. APPENDIX 2 – TRAINING / FITNESS GUIDELINE

- The fitter you are the more you will enjoy the journey. Some trekkers begin their preparation 12 months prior to departure, others just 3 months.
- As a guideline, you should be able to comfortably trek 2 days in a row for 3-4 hours in a mountainous location within Australia, whilst carrying your expected pack weight.
- As everyone prefers different training methods, please contact me and we can work on a specific program based upon what type of training you like doing and where you live.
- Please understand though, Kokoda Crossing will not take you on this journey should we deem you are not fit enough. This is for your safety and the impact upon the entire group, trekkers and porters alike.

Some training points to consider:

1. Get breathless when going uphill --- you should be huffing and puffing when going up steep hills. If you are doing it easy, you are in cruise mode. You can slightly increase your pace to increase your respiration rate.
2. We need to be able to walk comfortably for at least 3-4 hours on **uneven terrain** to prepare our feet.
3. Soft sand beach walks are good.
4. Jacobs Ladder or / Kokoda Track Memorial Walk in Kings Park: As a guideline for WA based clients; if you can do 12 reps consecutively, twice a week, this is a good guide for your fitness in relation to hill climbing.
5. You should be building up so you are carrying the pack weight expected on the Track (6kg for a day pack and 16kg for a full pack). In the early days of your training, just carry half of this weight and then build slowly over the next few months.
6. The key for the Track is the ability to back up for 8 or 9 days in a row – As you build up your training, don't be afraid to schedule 2 hill/stairs sessions on consecutive days to ensure your feet and joints are sufficiently conditioned.

My recommendation is that everyone visits their doctor for a clearance prior to engaging in any strenuous exercise program. As you need a clearance to do our trek, you may like to organise this visit early for an initial check-up.

19. APPENDIX 3 – KOKODA CROSSING EMERGENCY CONTACT DETAILS

- This information is provided to the families and next of kin of our trekkers in the case of an emergency.
- For the most part, our trekkers will be out of range for telephone service, **so the best contact option will be through our Australian based administration (Eden Brown).**
- The trekking group will be in regular contact with our Australian base via satellite phone (once a day), so messages can be delivered if required.
- We have provided the satellite phone number for your reference. Please note calls to this number cost approx \$20/min.

Kokoda Crossing Emergency Contact	
Australian based administration – Eden Brown	+61 408 381 051
Kokoda Crossing	
Trek Leader – Travis Hocart (PNG)	+61 401679409
KC satellite phone number	+870776168026
Accommodation	
Lamana Hotel	Lamana Road, Waigani Port Moresby, National Capital District Papua New Guinea +675 323 2333 https://www.lamanahotel.com.pg/
Australian High Commission (PNG)	
Australian High Commission (PNG)	Godwit Road, Waigani Port Moresby National Capital District Papua New Guinea. +675 7090 0100 (24 Hours) http://png.embassy.gov.au/