



KOKODA PRE-DEPLOYMENT CHECKLIST

Administration	
Passport (with 6 months left before expiry on the date the trek finishes)	
PNG entry visa (obtained on arrival)	
International Flight details confirmed	
Travel Insurance (copy sent to Kokoda Courage)	
Doctors Clearance (medical form completed and sent to Kokoda Courage)	
PNG currency (kina – 300 approx in small denominations or can be obtained at Port Moresby Airport)	
Diary / pen	

Equipment

Luggage	
	Spare bag to leave in Port Moresby (with lock)
	70-80L backpack (if carrying your own)
	10L day pack if using a personal porter
	Waterproof pack cover
	Internal waterproof pack liners
	Zip lock plastic bags to put clothes in

Sleeping Gear	
	Inflatable air mattress
	Inflatable pillow (or normal pillow cut down in size)
	Sleeping bag (rated to 0 degrees)
	Silk liner (optional – good alternative when some nights are warm)
	Puncture repair kit if you burst your mat (or camelback)



Clothing

	2 pair quick dry walk shorts for walking (long pants as an alternative)
	3 quick dry t-shirts for walking in
	1 pair sturdy hiking boots / shoes
	1 hat / cap
	Enough underwear for each day (speedos are also a good option as you can rinse them out)
	7 pair walking socks
	1 pair light tracksuit pants OR skins
	1 pair shorts for camp
	1 singlet / t-shirt for camp and sleeping
	1 warm top for camp
	1 beanie (optional)
	1 pair sandals / crocs to wear around the camp
	1 light rain poncho (optional)
	1 pair gaiters (optional)

General Equipment

	1 quick dry chamois and/or towel
	1 camelback (2 or 3L)
	1 water bottle (1L) – for gatorade
	1 head lamp (much better than torch) + spare batteries
	1 packet water purification tablets (100) – recommend the tablets in foil rather than paper
	Walking poles
	Sunglasses
	Camera
	Diary and pen
	500gm – 1kg of extra lollies
	Protein bars (optional) / beef jerky (optional)
	Pocket knife (for porters to use on souvenir carvings)

Toiletries / First Aid

	1 roll toilet paper
	2 packets baby wipes
	1 small bottle hand sanitizer (waterless)
	Environmentally friendly soap
	Sunscreen
	Insect repellent
	Toothbrush/Toothpaste
	Deodorant
	Lip balm



	Imodium / Gastro Stop (diarrhoea medication)
	Anti-inflammatory medication
	Panadol
	Paw Paw cream / vasoline (anti chaffing)
	Band-aids
	Blister tape ("fixomull" brand plus heavier duty tape)
	Scissors
	Betadine wipes / ointment
	Anti-rash powder for heat rash
	Gastrolyte / Hydralyte – good alternative to Gatorade as it doesn't contain as much sugar
	Broad Spectrum Antibiotics (please seek advice from your GP)
	Malaria treatment (please seek advice from your GP)