

KOKODA  
XTREME

KOKODA  
ULTRA  
MARATHON

COAST  
TO  
COAST

KOKODA  
FAST  
TREK

KOKODA  
B  
B  
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## TREKKING GEAR LIST

Use this document as a guide for everything we suggest you bring on your adventure with you. We can supply your trekking, camping and hydration needs.

**Please contact us on 1800 238 368 for more info about the trek gear we can provide**

### TOILETRIES

1	Toothbrush
1	Toothpaste
1	Roll on deodorant (odorless recommended)
2	Rolls of toilet paper
1	Wet ones
2	Small soaps (small soaps are best in case you lose one in the fast flowing rivers)
1	Ladies hygiene products
2	Antibacterial Hand Gel

### CAMPING TREKKING GEAR

1	70-75 litre (minimum) backpack
1	Daypack You do not need a daypack if you are carrying your own pack
1	2 person tent (included in Australian Led Treks)
1	Groundsheet (big enough to go under your tent)
1	3 leg stool (optional)
1	Sleeping bag (0 to +5 rating)
1	Self inflating mattress <b>or</b> foam roll
1	Pillow (optional)
1-2	Walking poles - this is essential
1	Head Torch (and spare batteries)
1	Deep plate (big enough for cereal and dinner)
1	Mug (not glass)
1	Knife / Fork / Spoon
2	Dry bags <b>or</b> waterproof bags for clothing

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		Water - <b>need minimum of 3 litres</b> (Your choice of water bottles or water bladder, you will need easy access to bottles)
	1	Water drink bottles
		Camera, spare batteries, disposable camera, battery packs
<b>MEDICAL KIT</b>		
		<b>Medications as Prescribed by your Doctor</b> (Anti malaria, antibiotics for wounds and infections, anti inflammatory, anti vomiting, epi-pen etc...)
		Gastrolyte (must have)
	1	<b>TREK FUEL</b> (available from Kokoda Spirit - pls call us on 1800 238 368 for more info)
	1	Headache Tablets
	1	Strong Pain Relief
	1	Diarrhea Tablets
	1	Travel Calm Tablets
	1	Anti-Inflammatory medications (eg. Ibuprofen, Voltaren, Nurofen)
	1	Antihistamines (e.g. Telfast, Phenergan 10mg)
	1pkt	Blister Pads (optional)
	2	Roll of strapping tape (finely woven)
	small	Vaseline (blisters)
	2 pkts	Large size band-aids (cloth type)
	1	Foot fungi powder - Resolve (Johnson baby powder also works well)
	1	Antiseptic lotion/cream (e.g. Paraderm Plus, Betadine, Bepanthen)
	1	Papaw ointment
	1	Stop Itch/Stingoes cream (for bites)
	1	Small packet of tissues
	2	Insect repellent (we suggest 'Bushman Plus' - <b>always keep it on</b> )
	2 pkts	Water purification tablets (essential)
	1	Sunscreen
	<b>For every day</b>	Munchies (muesli bars, lollies, beef jerky, protein bars etc.)

**CLOTHING**



	1	Walking boots <b>and</b> spare boot laces
	1	Sandals - adventure style with good grip and covered toes and Thongs
	1	Long cotton pants or equivalent <b>and</b> long shirt / thermal (for night time)
	1	Rain jacket
	2	Shirts for trekking/sleeping
	1	'Skins' style sports clothing shorts - (2XU sports wear optional) (Highly recommended, great to reduce chafing)
	2	Walking shorts <b>or</b> walking pants and sleeping
		Swimwear (for rivers and hotel)
	4	Pairs of woolen hiking style socks
	3	Comfortable underwear / bras (micro-fibre recommended)
	1	Gaiters (optional)
	1	Hat / cap / bandana
	2	Microfiber Towels
	1	Face washers (to dry feet during the day)

**EXTRAS** (Below are some 'optional extras')

	Diary and pen
	Playing cards
	Large zip lock bags (for personal items, clothes, lollies)
	Approx. 400 Kina (PNG money) for drinks and/or fruit on the track if needed (sometimes villages sell 'bilum bags' to trekkers, they cost approx K60-K100. Take small change e.g. K5 and K10 notes)

**NOTE:**

- There is no where along the Track to get access to medications
- If travelling with friends or as part of a group you may be able to share some of the creams/ lotions.
- Please check your 'Inclusions & Exclusions' list
- This list is our recommendation of what to take