



KYLC Trek Gear Guide & Notes

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CLOTHING

One rimmed hat or peak cap

One long-sleeve shirt (lightweight and quick-dry)ⁱ

Two pair of quick dry long pants (lightweight and quick-dry)

One waterproof spray jacket

Light tracksuit /Skins for campsite wear of an evening

One set of lightweight long thermal underwear (Polypro)

One sweat rag

[One trek towel](#)

Two pairs of Skins/sports underwear – helps prevent chafing)

FOOTWEAR

Trekking Boots – recommended brands are [Salomon X Ultra 3 Mid GTS](#) ; [Scarpa Kailash Plus GTX](#); [Merrell Moab 2 Ltr Mid Gortex](#); Click here for [recommendations for women](#).

One pair of sandals (for the end of the day – we recommend [Shimano Evair](#) or [Teva sandals](#))
Thongs and crocs are not suitable as they have no grip and are too slippery - joggers are OK but they are heavy when wet and don't dry easily.

Short gaiters ([we recommend the Rab Scree brand](#)) or [Oilskin Overboots](#)

[Three \(3\) pair of socks suitable for trekking](#) – recommend Icebreaker brand or socks with Coolmax technology

TREKKING

[Two Trekking Poles](#)

(Can be hired from Adventure Kokoda for \$35)

[Hydration bladder](#) (2 or 3 litre)

<u>One (1) 1-litre water bottle</u>	
<u>Water purification tablets</u> (we recommend Aqua Prove - available from Anaconda stores)	
<u>Electrolyte Replacement Tablets</u> (recommend 6 X 12 Tab Tubes)	
<u>Dry sacks or compression drybags</u> in various sizes for your sleeping bag, clothes, socks, etc are recommended (match the size to what they are to contain and a number of smaller bags make packing easier than too many items in one or two big bags)	
<u>Head torch</u> - with spare batteries (avoid cheap brands – they don't last - we recommend Petzl or Black Diamond brands)	
<u>Camping Seat Mat</u> (Non -essential but handy to sit on during breaks along the trail as the ground is always wet)	
<u>Carabiners:</u> (A couple of small carabiners allows you to hang a couple of handy items off your day/backpack)	
Small chamois/chux (useful for drying your boots – cleaning the floor of your tent, etc)	
SLEEPING	
<u>Sleeping Bag</u> (lightweight – +10 degrees is recommended) (Sleeping Bag Can be hired from Adventure Kokoda for \$25)* *If you are over 5'10" tall you are best to bring your own Sleeping Bag	
<u>Sleeping Bag Liner:</u> Cotton+Silk (You will sleep in sleeping bag for 3 nights and in your liner for the rest of the trek)	
<u>Sleeping Mattress</u> - recommend foam mat or blow-up mattress. (self-inflating mats are too heavy - foam sleeping mats can be hired from Adventure Kokoda for \$15)	
<u>Camping Pillow</u>	

Beanie-Neckwarmer	
Dry sacks or dry compression bags in various sizes for your sleeping bag, clothes, socks, etc are recommended (<i>match the size to what they are to contain and a number of smaller bags make packing easier than too many items in one or two big bags</i>)	
WASHING & LAUNDRY	
Toilet Bag	
Wilderness Wash (2 X bottles for washing clothes at the end of the day)	
2 X Dettol Profresh Bar Soap Bars	
EATING	
Plastic Bowl Set – a mug - and a spork .	
Trek Snacks: Trail mix, jellybeans, carbo (100g pack per day) (<i>you must declare these with PNG Customs on arrival in Port Moresby – you will not be charged any duty for them</i>)	
TOILET STOPS	
2 x Toilet Rolls	
Waterproof Toilet Roll Holder	
2 X Travel Hygiene Toilet Seat Covers	
Hand Sanitizer X 2	

FIRST-AID – MEDICAL ITEMS

If you are trekking with a friend or in a group you might like to plan to share some of these items to keep help minimise the cost and the weight.

[First Aid Kit](#)

2 X Roll-on Anti-mosquito repellent - Rid/Tropical Strength Aeroguard

[Sunscreen](#)

Nail scissors/clippers

[Body glide](#) - anti-chafing cream

1 X 30g tube of [Bepanthen Antiseptic Cream](#)

2 X 15ml bottle of Tea-Tree Oil - for your feet

2 X Dr Scholl blister packs

Anti-fungal liquid/cream eg. Canesten or Daktarin (20g tube)

Anti-fungal foot-powder (small 30g container)

One roll of [Leukoplast Waterproof tape](#)

One (1) roll of strapping tape

Band-Aids (waterproof)

Packet of pain relievers – Panadol or Nurofen	
Gastro Stop or Immodium tablets for diarrhoea	
Prescription Items (will require a script from your doctor)	
<ul style="list-style-type: none"> • Anti-malarial tablets 	
<ul style="list-style-type: none"> • Broad-spectrum antibiotic tablets 	
<ul style="list-style-type: none"> • Anti-inflammatory tablets 	
<ul style="list-style-type: none"> • Anti-nausea tablets 	
<ul style="list-style-type: none"> • Bactroban antibiotic ointment 	
FEMALE TREKKERS	
Sports Bra X 2	
Lightweight undies for sleeping	
Sarong: small – quick dry (not heavy cotton)	
Lightweight fleece jacket for sleeping	
Sanitary items (anti-malarial medication and intense workouts can change the cycle)	
Lip balm/small hairbrush/comb/Spare hair elastics	

NON-ESSENTIAL BUT NICE TO HAVE ITEMS

Ultralight Stuff Pack

(Usefull for putting your towel, toiletries and clean clothing into when going to the shower/creek to wash at the end of the day – helps keep you organised)

Tent Light

(Non-essential but handy for hanging in your tent at night)

Earplugs

(There is at least one snorer per trek group)

Camp Booties

(Keep feet snug in tent – and handy for night visits to toilet)

Trekking Umbrella

Wilderness Wipes

Pocket-knife

(to lend to one of our PNG guides if you would like them to carve a souvenir walking stick - don't pack it in your carry-on luggage)

Waterproof case for mobile phone

Watch (with illuminated display and alarm)

Camera with spare batteries *(there are limited opportunities to charge your battery during the trek).*

PRE & POST TREK

Spare set of clothes (you get to store these at the lodge while you are on the trail)

Pair of shoes/sneakers as your boots will be wet after you come off the trail.

Shampoo – perfume – aftershave – powder – hair gel (<i>treat yourself after your first shower at the lodge after your trek</i>)	
CASH CONSIDERATIONS	
<p>You can change Australian dollars into PNG Kina on arrival at the Port Moresby Airport. One Australian dollar is worth approximately PNG Kina 2.40.</p> <p>We recommend you change \$350 which should convert to approximately PNGK840.</p> <p>Please ask for the following:</p> <ul style="list-style-type: none"> • \$200 in 20 Kina notes • \$100 in 10 kina notes • \$30 in 5 kina notes • \$20 in 2 kina notes <p>If these denominations are not available at the airport you will be able to change them at your lodge/hotel.</p>	
<p>Souvenirs:</p> <p>Our guides and carriers will carve you a souvenir stick during your trek if you wish. They are very good woodcarvers and every one is a different design. You should be prepared to pay \$21 (K50) for one that is 60 cm in length or \$35 (K80) for a 100 cm stick.</p> <p>Traditional string bilum bags are available for between \$25 and \$45.</p>	
<p>Gratuity:</p> <p>It is traditional, but not compulsory, to pay a gratuity of \$30 (K70) each at the end of your trek as a form of acknowledgement for the extra work the guides and carriers will do on your behalf during the trek. This is presented to the PNG trek leader at the end of the trek for equal distribution among the PNG support crew.</p> <p>If you have your own personal carrier you would pay him a gratuity of \$30 and a separate donation to the PNG trek leader for distribution among the others.</p>	
<p>Other items you will need cash for are drinks, laundry etc at the lodge. Along the trail villagers have offerings of fresh fruit, vegetables, scones, etc. Sometimes they will perform a sing-sing or traditional dances for the group. We generally take up a collection of around \$5 when this happens.</p>	

ⁱ While we recommend long-sleeve shirt and long trousers for trekking some trekkers do prefer shorts and T-shirt. This is okay but you **MUST** still have long-sleeve shirt and long trousers for night wear, for malarial protection. You only need one shorts and T-shirt for trekking.