

AUSTRALIAN KOKODA TOURS



COURAGE • ENDURANCE • MATESHIP • SACRIFICE

PRE-DEPARTURE INFORMATION

TRAVEL DOCUMENTS

A valid passport is required by all foreigners travelling to PNG and passports must have at least 6 months validity from your departure date from PNG.

PNG TOURIST VISA

- [Visitor Visa Application](#) (go to... **Visa categories – Visitor**) - **Easy Visitor Permit (30 days)**
PNG Tourist Visa Applications must now be done online as per the below links. Please note online visas will incur a US\$50 processing fee.

Be sure not to apply for a Business Visa, you must apply for a Visitor Visa.

- [Visitor Visa Application](#)
- [Supplementary Health Form](#)
- [Medical Certificate](#)
- [Sponsor Letter](#)

PNG Tourist Visa Applications can now **only** be done online as per the above link and Visa's on Arrival from Australia are no longer available. Please note online visas will incur a US\$50 processing fee and is valid for single entry stay. You are required to make your first entry to Papua New Guinea within six months of the Visa Grant Date. Failure to do so will render your visa invalid.

Emergency Medical Evacuation Insurance is mandatory for all trekkers. Trip cancellation insurance may reimburse you for any non-recoverable air or land expenses should you have to cancel your trip due to personal or family illness or leave the expedition early due to other reasons. It will 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. In the event that an aircraft evacuation is required, we will undertake to arrange the evacuation on the condition that the passenger will reimburse the expenses before departing the country.

You can access adequate travel insurance via our webpage or by clicking on the following link; however please note that we cannot guarantee prompt medevac times with external insurance companies.

[NIB INSURANCE](#)

Note: Accidents caused by the inappropriate consumption of alcohol or drugs may void your travel insurance.

Domestic Flights

Kokoda / Popondetta Flights

Flights to Popondetta or Kokoda will be organised for you prior to leaving Australia, you do not need to worry about this. We usually take the earliest flight of the day so that we can be on the track by mid-morning. The flight from Port Moresby to Popondetta usually takes approximately 30 minutes with great views of the Owen

Stanley Ranges and some of the Track sites including Isurava Battlefield. A 14kg luggage limit applies (see below).

----- CLOTHING EQUIPMENT LIST -----

On top of the list below, we recommend you bring a fresh set of clothes to leave in Port Moresby during the expedition. This way you will have a fresh set of clothes to change into when you return from the Track. Also, please ensure you have a lockable bag this way you can leave your passport, wallet and valuables in your bag at the hotel.

Personal Gear

For those of you carrying your own personal backpack you only need bring the bare essentials. A backpack with pack cover will be supplied for you. Please note however the rain in PNG can be very heavy so it is advisable to pack your sleeping gear in waterproof dry-bags. Also, food and personal items in zip lock plastic bags to protect them from the wet, especially your camera, toilet rolls and confectionary. If you wish to lighten your load we can provide a personal porter for the expedition, the cost of this would be \$750 (Recommended)

- ☐ 1 pair of lightweight quick dry long pants
- ☐ 2 pair lightweight quick dry shorts (long pants and shorts can be substituted with 1 pair of zip off pants.)
- ☐ 1 or 2 quick dry t-shirts or 1 quick dry t-shirt and 1 quick dry singlet (we will supply you with one shirt however, be-aware that if wearing a singlet your backpack may cause chaffing or rubbing on your shoulders)
- ☐ 1 long sleeve cotton t-shirt (for sleeping in)
- ☐ 4 pair underwear or 2 pair of speedos (or 8 pair of disposable underwear)
- ☐ Lightweight hiking boots or shoes (personal choice, however shoes do tend to dry quicker & are lighter in weight)
(Advisable to wear boots and carry any other essential items on your international flight to PNG, in the event your luggage goes missing)
- ☐ Pair of Sandals or shoes to wear around camp and in villages (note: thongs can be slippery & are not recommended)
- ☐ 60-70 litre dry bag, also various size zip lock bags to pack items in
- ☐ Lightweight jacket / jumper & beanie if you feel the cold to wear around camp and in villages
- ☐ 4 pairs of hiking socks OR 8 pair of disposable socks (Recommended [Steigen Socks](#))
- ☐ Inflatable camping mattress
- ☐ Inflatable pillow or your pillow from home packed in a manual roll up space saver bag
- ☐ 2 seasons sleeping bag rated at 0 degrees
- ☐ Hat with wide brim to keep sun and rain off your face
- ☐ Rain poncho (something light weight)
- ☐ Quick-dry sports towel/chamois
- ☐ Whistle
- ☐ Two rolls of toilet paper, wipes, or travel pack tissues. (Please ensure they are bio-degradable)
- ☐ Gaiters (optional)

- ☐ Personal toiletries - Toothbrush and paste, sports deodorant, lip balm, etc., we provide 100% environmentally friendly liquid body wash which can be used in creeks and rivers. (We do not provide shampoo; however, you can bring your own **DRY** shampoo)
- ☐ 1 litre or 750ml water bottle to carry with you and a 2 litre Camelback depending on how much you drink. (Your water bottle will require a large opening to fit the water purification pen in, at least 3cm)
- ☐ Personal first aid kit – See **MEDICINES AND FIRST AID** below
- ☐ Earplugs (if you are a light sleeper)
- ☐ Waterproof head torch and spare batteries
- ☐ Any extra lollies on top of the ones supplied in Snack Packs
- ☐ Australian Kokoda Tours will supply 1 Steripen's per 2 trekkers however, you will require 4 x AA lithium batteries, which must travel in your carry-on luggage. (Or if you prefer water purification tablets (Micropur Brand Foil blister pack recommended)
- ☐ Bathers
- ☐ Skins are optional; however, they do aid with recovery when worn at night
- ☐ Mosquito net if not sleeping in a tent (Mosquitos are not a big problem anymore)
- ☐ Tropical strength Sunscreen
- ☐ Tropical strength insect repellent
- ☐ Hand sanitiser - **ESSENTIAL**
- ☐ Sunglasses (optional & recommend a hard carry case to prevent scratching)
- ☐ A book or pad to write in
- ☐ Camera
- ☐ Spare lockable bag to leave fresh set of clothes in at the hotel (safety deposit boxes are also available at the hotel)

*If you have something you are particularly prone to, ear infections or sinus problems; bring what you need with you. Also please advise us of any allergies.

SLEEPING GEAR

To sleep on, we will supply foam sleep mats. These are really only adequate to protect your own thin inflatable mattress. To sleep in we suggest you bring a two-season sleeping bag rated at 0oC. (Also stored in waterproof dry-bag)

TREK WEAR

Most experienced trekkers wear shorts because they are comfortable and there maybe times where you will wade knee-deep through running creeks. Leeches are not a big problem anymore.

OPTIONAL EQUIPMENT

- Camera, film, camera batteries, lens cleaner & paper.
- A small supply of favourite snacks.

NOTE:

If you have any questions regarding the above list or any other items that you want to ask about please contact us. We can provide you additional information at any time.

SUPPLIED EQUIPMENT

60-70 Litre Backpacks

Walking Pole (These are used walking poles, with wear & tear)

Water purification Steripen

All meals on the track & in Port Moresby (depending on package)

All eating and drinking equipment

Snack packs

All safety equipment including satellite phones, track radios, safety ropes etc....

Two persons tent (which you may have to share)

Foam sleeping mat

Clothesline and pegs

Wilderness First Aid Kit

SNACK PACKS

You will be given prior to your expedition a Snack Pack that will contain:

8 Soups

8 Muesli Bars

250gms Lollies

500gms Nut mix

8 days of electrolyte replacement capsules

2 packets of tuna

LUGGAGE ALLOWANCE – 16 Kg per person

If you have additional weight there may be extra baggage charge of approximately \$10-\$15 per kilo over 14kg on the flight to Kokoda or Popondetta, so please ensure the weight of your pack before we leave the hotel. (If you have a personal porter your allowance of 16kg will be accepted on the plane.)

PERSONAL PORTERS

If you don't wish to carry your pack or if you have additional items (heavy camera equipment, etc.) that you do not wish to carry or you wish to only carry a small daypack we can arrange a 'personal porter'. A personal porter can also be shared between two people to lighten the load. In this case a maximum weight of 16kg is allowed for a shared porter (An internationally recognised weight limit). If you are struggling on the track or become ill the services of a personal porter can be secured on the track. Personal porter fees are currently AUD\$750 for the trek.

(Also, by using the services of a personal porter you will be providing a local with much needed work)

FITNESS

You do not need to be an elite sports person or hiker to complete the expedition but the fitter you are the more enjoyable you will find it. All participants should be either walking or jogging (i.e. stair climbing, hills, inclines and anything that goes in the upward direction). Every participant needs to consult a physician well before the expedition date and make sure that they do not suffer from any chronic heart, lungs, cerebral, physical or any other serious illness. We will provide you with a medical clearance form to be filled out that can usually be bulk billed by most doctors. However, we are not a medical facility and we take no legal responsibility for medical or other emergencies that may arise on the course of the training or the trek. As your service provider and hosts we will take all necessary steps needed to evacuate injured or ill clients with the greatest of care.

MEDICINES AND FIRST AID

All trekkers are recommended to carry a personal first aid kit with medicines for common ailments, cuts and bruises, painkillers, etc. Anyone using any prescription medicines regularly should carry a supply for the whole duration of their expedition.

Please consult your doctor and include items and medicines that may be required for you. We provide a first-aid kit and all head guides are a minimum level 2 first-aid qualified, but we do not supply any medicines and will take no legal responsibility for any medical treatment or professional medical support to clients.

*If you have something you are particularly prone to such as ear infections, sinus problems or mild asthma bring what you need with you. Also please advise us of any allergies as we do use nuts in our cooking.

We will be carrying an extensive Wilderness First Aid Kit, including an Automated External Defibrillator.

Your personal first aid kit should contain:

Band-Aids, paracetamol, deep heat or other muscle liniment, disposable gloves, second skin blister pack dressings, crepe bandages, antibiotic cream for bites, grazes, cuts and scratches, 'Imodium' tablets, strapping tape (for knees and ankles), anti chaffing cream e.g., Paw-Paw cream, foot powder, waterless antibacterial hand disinfectant/gel, anti-malarial drugs (see your doctor), gastro stop, anti-inflammatory cream/gel, broad spectrum antibiotic tablets and insect repellent.

WOMENS HEALTH

On top of the normal health consideration, women are advised to bring a tube of Canestan and tampons. The Canestan is used for the treatment of thrush (which can be very painful if left untreated) and can be applied to both internal and external thrush. The tampons are used to apply the Canestan internally.

IMMUNIZATION

No vaccinations are required for entry to PNG. You should consider malaria, cholera, typhoid and hepatitis vaccinations and make sure your tetanus cover is up to date. Plan for getting your vaccinations, some of them require an initial shot followed by a booster, while some vaccinations should not be given together. This also applies to some malaria prophylactics, which may need to begin at least a week before you leave home.

MONEY / CURRENCY

The currency in PNG is the Kina (K) and exchange rates vary depending on the strength of the US dollar. Cash and travellers' checks are readily accepted and can be exchanged for Kina at the airport, hotels or banks in any major city. Credit cards such as American Express, Visa and MasterCard are accepted in many hotels, shops and restaurants in major towns and cities. **Bankcard is not accepted in PNG.** For spending money while on expedition it is best to have money in local currency (K). Although you can usually obtain a better exchange rate in PNG, it is safer to exchange in Australia as time delays can prove difficult. You should approximately allow for \$300 - \$500 for the 10 days. We usually get a better rate if we exchange our money as a group, so you will be contacted closer to departure to organise a time for the group to exchange their money.

You will require too budget spending money for:

- 1) Personal items such as laundry, phone calls, snack's, etc.
- 2) Alcoholic/bottled beverages and drinks including bottled water.
- 3) Tips. All tipping is at your discretion. (A usual tip is approximately K80-K100 Kina or \$50-\$60)
- 4) Souvenirs and handicrafts.
- 5) Small snacks along the Track AUD\$50 in small Kina notes 1K, 2K and 5K

TIPPING

If you would like to show your appreciation to the local team, you may show it by providing a tip. A usual tip is approximately K100 Kina (approx.) \$50 though this is at your discretion. Please give the tips to the Australian Guide who will then distribute them at the last dinner. Please mention team members for good or bad performance to the Australian Guide.

GIFTS FOR LOCALS

Many of our trekkers want to give to local communities they pass through. We encourage this and recommend clothes, toothbrushes, toothpaste etc. Alternatively, educational equipment such as pencils, pencil sharpeners, paper, chalk, and small chalkboards are greatly appreciated. As these things can weigh a fair bit, don't overdo it or you may not get to the villages to hand them out. We can also arrange as group to share the costs of a personal carrier.

POWER IN PNG

PNG has the same power points as Australia and thus you do not need to purchase an adapter for your electronic items.

TREK BRIEFING MEETING

More information and guidelines will be furnished during Trek training prior to your departure for your expedition. Topics discussed then will include the following subjects.

- How to walk.
- Lodging, meals, and other conditions while on expedition.
- Security and safety.
- Tipping.
- Evacuation Procedures.
- Cultural and Environmental Considerations.
- Other relevant information.

FINAL CHECKLIST

Please make sure you have the following items before you travel to the airport.

1. Luggage – carry on luggage bag or duffel bag with personal clothing/equipment, etc. (Lockable)
2. Backpack and or Day pack as hand luggage.
3. Valid passport.
4. Photocopy of the main page of your passport.
5. Return Air-tickets with confirmed seat and other travel documents.
6. Medical/travel insurance papers/certificates.
7. Traveller's' checks, credit cards, cash dollars for expenses while in PNG.

ARRIVAL IN PAPUA NEW-GUINEA

Upon your arrival on please go through to collect checked luggage and then please come out of the EXIT door. Outside you will see many people waiting for arriving passengers. There will be our operations staff with an “Australian Kokoda Tours” shirt. Please go direct to him and introduce yourselves. You will be taken straight to your hotel, issued rooms, time for Expedition Briefing etc. Do let us know if there are any last-minute changes to your arrival time.

BACKPACKS



Internal-frame pack
(Rough terrain)

Heavy Medium Lightweight

Internal-Frame Packs

When packing your backpack for men, keep your heaviest items close to your back, centred between your shoulder blades. You should keep heavy items in the middle of your pack. This helps focus more of the weight over your hips, the area of your body best equipped to carry a heavy load.

Women however due to a different centre of gravity may want to arrange heavier items lower in the main compartment, starting again from the spot between your shoulder blades. This lowers your centre of gravity and increases your stability on uneven terrain.

Stuff your sleeping bag into its lower compartment first. Squeeze in any additional lightweight items you won't need until bedtime (pillowcase, sleeping shirt, etc.) This will serve as the base of the main compartment, which you'll fill next. Tighten all compression straps to limit any load shifting. You are the ultimate judge of what feels comfortable to you. Experiment with different load arrangements to determine what feels best.

Make sure some items are easily accessible, packed in places where they can be reached with a minimum of digging: E.g. Glasses, Insect Repellent, Snacks, Light, First Aid, Water and Rainwear.

Don't waste empty space. Cram every nook with something. Put a small item of clothing inside your shoes, for example. Smaller items, such as food, pack more efficiently in individual units rather than leave in boxes or cases. Minimize the number of items you strap to the outside of your pack. Gear carried externally may adversely affect your balance. Secure any equipment you carry outside so it doesn't swing or rattle.

All your packs have a pack cover, so please ensure it is still there when you return your pack. Also, although made with waterproof fabric, they can have vulnerable seams and zippers. After a few hours of exposure to persistent rain, the items inside your pack could become wet—so please ensure your items are packed in waterproof / dry-bags.

ADDITIONAL INFORMATION & SUPPORT:

If you have any comments, questions or want more information please let us know.

We are here to support you with all information to help you prepare for your travels.

OUR CONTACT NUMBERS

Please make sure to carry our number in case you need to contact us for any reason.

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