

# Kokoda Historical – Kokoda Trekking Packing Checklist

Refer to [www.kokodahistorical.com](http://www.kokodahistorical.com) for more detailed advice about each of these items.

Travel Documents	
<input type="checkbox"/> Passport <input type="checkbox"/> Personal travel insurance paperwork (3 copies required) <input type="checkbox"/> Tourist visa for Papua New Guinea or Visa on Arrival (we suggest Visa on arrival) <input type="checkbox"/> Domestic air tickets (trip extensions only) <input type="checkbox"/> International air travel tickets	<input type="checkbox"/> Trek Money - used on track (200 to 250 kina) <input type="checkbox"/> Hotel Money – meals/drinks (250 to 300 kina) <input type="checkbox"/> Air Travel Money (home country currency) <input type="checkbox"/> Plastic Zip-Lock Bags - for paperwork on trek <input type="checkbox"/> _____

Backpack + Trekking Equipment	
<input type="checkbox"/> Backpack + waterproof backpack cover <input type="checkbox"/> Daypack + waterproof daypack cover (daypack only if you have hired a person porter) <input type="checkbox"/> Waterproof dry bags for clothes <input type="checkbox"/> Electrolyte Powder (optional)	<input type="checkbox"/> 1-2 litre Water Bottle - lightweight <input type="checkbox"/> Snack Pack (supplied by Kokoda Historical) + additional snacks if required <input type="checkbox"/> Additional Energy/Snack Food (optional)

Health and Hygiene	
<input type="checkbox"/> Anti-Malaria Treatment (Doctor prescribed) <input type="checkbox"/> Water Purification Tablets x 100 (2 packs) (in addition to a Steri Pen if you are taking one) <input type="checkbox"/> Waterless Hand Disinfectant – alcohol based <input type="checkbox"/> Insect Repellent - tropical strength <input type="checkbox"/> Sunscreen - waterproof <input type="checkbox"/> Lip Balm (optional) <input type="checkbox"/> Pawpaw or 3B cream – anti-chaffing <input type="checkbox"/> Broad spectrum antibiotic tablets <input type="checkbox"/> Women's Health Products	<input type="checkbox"/> Deodorant <input type="checkbox"/> Toothbrush and Toothpaste <input type="checkbox"/> Toilet Paper (2 rolls in waterproof bags) <input type="checkbox"/> Personal Medications (if required) <input type="checkbox"/> Plastic Toilet Bush Trowel (optional) <input type="checkbox"/> Headache / Pain Killer Tablets <input type="checkbox"/> Rehydration Oral Sachets – i.e. Gastrolyte <input type="checkbox"/> Wet Ones / Baby Wipes <input type="checkbox"/> _____





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Trekking Clothing	
<input type="checkbox"/> Short Gaiters (highly recommended) <input type="checkbox"/> Hat with Wide Brim <input type="checkbox"/> Hiking Boots or Adventure Style Shoes <input type="checkbox"/> Hiking socks (3 pairs) <input type="checkbox"/> Spare Boot Laces <input type="checkbox"/> Sunglasses (optional) <input type="checkbox"/> Small Sweat Towel	<input type="checkbox"/> Quick Dry Shirt (long or short sleeves) <input type="checkbox"/> Quick Dry Shorts <input type="checkbox"/> Underwear (4 pairs) or (Consider using one pair of bike-pants-style elastic undergarments) <input type="checkbox"/> Poncho or Lightweight Rain Jacket <input type="checkbox"/> Sports Bra or Comfortable Bra <input type="checkbox"/> Kokoda Historical Trekking Shirt
Campsite Clothing	
<input type="checkbox"/> Sandals with closed toe (no Crocs or thongs) <input type="checkbox"/> Lightweight Thermal Jacket (optional) <input type="checkbox"/> Lightweight Quick Dry Trousers <input type="checkbox"/> Lightweight Quick Dry Shirt (long sleeves) <input type="checkbox"/> T-shirt or Thermal Top (sleeping clothes)	<input type="checkbox"/> Underwear (4 pairs) + Bra <input type="checkbox"/> Bathers – modest (or just wear trek gear) <input type="checkbox"/> Beanie (optional) <input type="checkbox"/> Sarong (optional) – useful after bathing <input type="checkbox"/> Socks – for camp
Campsite Equipment	
<input type="checkbox"/> Sleeping Bag – 2 seasons – hiking style (+5) <input type="checkbox"/> Sleeping Bag Liner (optional) <input type="checkbox"/> Inflatable Sleeping Mattress – thin and light <input type="checkbox"/> Pillow case (optional) - for stuffing dry clothes in to make a pillow <input type="checkbox"/> Headlamp or Torch – for campsite only	<input type="checkbox"/> Quick-dry sports towel/chamois <input type="checkbox"/> Ear Plugs (optional) – for snorers or jungle noises <input type="checkbox"/> Personal Travel Clothesline + pegs (optional) <input type="checkbox"/> Mosquito Net + 5m of cord (head or bed size) <input type="checkbox"/> Spare Batteries for the Headlamp or Torch
Additional Items	
<input type="checkbox"/> Waterproof Camera (optional) <input type="checkbox"/> Spare Camera Batteries (optional) <input type="checkbox"/> Spare Camera Memory Cards (optional) <input type="checkbox"/> Notepad + Pen (for your diary or notes) <input type="checkbox"/> Bowl and/or plate	<input type="checkbox"/> Battle History Notes (optional) <input type="checkbox"/> Electrical Tape (optional) – for repairs to gear <input type="checkbox"/> Cable Ties (optional) – for repairs to gear <input type="checkbox"/> Suitcase to leave belongings in at hotel <input type="checkbox"/> Knife, Fork, Spoon Set
Personal First Aid Kit	
<input type="checkbox"/> Adhesive Sports Strapping Tape (knees/ankles) <input type="checkbox"/> Anti-histamine – for bites and stings <input type="checkbox"/> Antiseptic cream – for cuts and scratches	<input type="checkbox"/> Safety Pins <input type="checkbox"/> Triangular Bandages x 2 <input type="checkbox"/> Broad Elastic Bandages x 2

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<input type="checkbox"/> Blister dressings - treatment pads <input type="checkbox"/> First Aid Scissors <input type="checkbox"/> First Aid Tweezers <input type="checkbox"/> Waterproof Band Aids x 20 <input type="checkbox"/> Antiseptic Foot Powder	<input type="checkbox"/> Anti-inflammatory Gel <input type="checkbox"/> First Aid Alcohol Wipes x 10 <input type="checkbox"/> Anti-diarrhea Tablets – i.e. Gastro Stop <input type="checkbox"/> Anti-nausea Tablets <input type="checkbox"/> _____
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Additional Items	
<input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> _____ <input type="checkbox"/> _____

Examples for Reference Only			
			
<b>Boots</b>	<b>Trek Shorts</b>	<b>Trek Shirt</b>	<b>Hiking Socks</b>
			
<b>Camp Sandals</b>	<b>Trek Sweat Towel</b>	<b>Daypack (if you have a porter)</b>	<b>Camp Pants</b>
			
<b>Sun Hat</b>	<b>Poncho</b>	<b>Camp Shirt (long sleeves)</b>	<b>Water Bottles</b>
			

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Examples for Reference Only			
<b>Water Purification Tablets</b>	<b>Sleeping Bag</b>	<b>Sleeping Bag Liner</b>	<b>Inflatable Mattress</b>
			
<b>Sports Chamois / Towel</b>	<b>Toilet Paper</b>	<b>Waterless Hand Wash</b>	<b>Headlamp</b>
			
<b>Spare Batteries</b>	<b>First Aid Kit</b>	<b>Tropical Insect Repellent</b>	<b>Waterproof Camera</b>
			
<b>Sunscreen</b>	<b>Ear Plugs</b>	<b>Notepad and Pen</b>	<b>Personal Medications</b>
			
<b>Waterproof Doc Pouch</b>	<b>Suitcase</b>	<b>Pack</b>	<b>Plate/Bowl/Cutlery</b>

Travelling abroad requires official travel documents. The specific documents that you require depend on the country or region that you are travelling to. Many countries require that your identity card or passport is valid for a significant period of time after your return journey as well. You may need the following documents: ID. Passport. Visa. Vaccination certificates. It can take some time to gather all the relevant documents. Request them well ahead of time.