

No Roads Expeditions – Fast Kokoda Packing Checklist - 2020

Please use this checklist to assist you when packing and to ensure all necessary items travel with you to PNG.

Important Key Principles

- **Lightweight** – all items should be lightweight and suitable for multi-day trekking in tropical conditions. Ask us if you need advice.
- **Compact Size** – your backpack will fill very quickly with bulky items – small travel size items assist with keeping your weight to a minimum.
- **Weight Limit** – please note your total gear weight should not exceed about 12kg, excluding water. Unnecessary items may be removed.
- **Be Prepared** – there isn't anywhere along the track to get access to medications, equipment or supplies, even Port Moresby is very limited!
- **Sharing** – if travelling with friends or as part of a group you may share some of the creams/lotions to save on weight and cost, but you will need all the other personal items yourself.
- **Medications** - Retain all prescription medication in original labelled packaging to comply with PNG and Australian customs requirements. Repack into Ziplock bags in PNG before trek. Keep packaging in hotel carry bag.
- **Tailored** – this expedition packing list is tailored for our Kokoda expeditions based on years of treks. Ask your guide before referring to others.
- **Need Help?** – for more detailed advice on all items listed please check our comprehensive Kokoda site: www.kokodaexpeditions.com.au

Travel Equipment and Documents

- | | |
|--|--|
| <input type="checkbox"/> Passport (with at least 6 months until expiry) | <input type="checkbox"/> On Trek Money (for use whilst trekking - 150 to 200 kina) |
| <input type="checkbox"/> Insurance paperwork (3 copies required – 2 given to Guide) | <input type="checkbox"/> Hotel Money (for meals & drinks - 250 to 300 kina) |
| <input type="checkbox"/> PNG Tourist Visa (available upon arrival in Port Moresby) | <input type="checkbox"/> PNG Guide Team Tip (recommend 80 kina or more) |
| <input type="checkbox"/> Domestic air tickets (only for trip extensions you purchase) | <input type="checkbox"/> Personal Guide Tip (if hired, recommend 80 kina or more) |
| <input type="checkbox"/> International air travel tickets (recommend 2 copies) | <input type="checkbox"/> Air Travel Money (home country currency) |
| <input type="checkbox"/> Clean Non-Trekking Clothes (left at hotel, used at hotel) | <input type="checkbox"/> Plastic Zip-Lock Bags (for your paperwork on trek) |
| <input type="checkbox"/> Book / Earphones (keep at hotel: for air travel & relaxing at Hotel) | <input type="checkbox"/> Hotel Bag (left at hotel with non-trekking items – travel locks for bag) |

Backpack and Trekking Equipment

- | | |
|---|--|
| <input type="checkbox"/> Backpack (trekking style, internal frame, waist strap, 60-80 litre) | <input type="checkbox"/> Water Bladder (2 or 3 litre & sipper hose, very cheap ones fail often) |
| <input type="checkbox"/> Backpack Waterproof Cover (essential to keep gear dry) | <input type="checkbox"/> Water Bottle (700 to 1000 ml, lightweight, strong & durable) |
| <input type="checkbox"/> Daypack (daypack only if you hire a personal guide) | <input type="checkbox"/> Snack Pack (supplied by No Roads - bring all items please) |
| <input type="checkbox"/> Daypack Waterproof Cover (only if hiring a personal guide) | <input type="checkbox"/> Electrolyte Powder (supplied by No Roads, add extra if wanted) |
| <input type="checkbox"/> Inner pack liner (trekking style or a heavy-duty garbage bag) | <input type="checkbox"/> Trekking poles (1 or 2 are highly recommended) |
| <input type="checkbox"/> Waterproof Dry Bags (trek style, or plastic bags - for clothes) | <input type="checkbox"/> Small Microfiber Sweat Towel (easy access to wipe face) |

Trekking Clothing

- | | |
|---|---|
| <input type="checkbox"/> Short Trek Gaiters (recommended to keep out dirt/mud/stones) | <input type="checkbox"/> Quick Dry Shirt (comfortable to hike in for multi-day expedition) |
| <input type="checkbox"/> Hat (recommend wide brim, compact) | <input type="checkbox"/> Quick Dry Shorts (hiking style designed for less chaffing) |
| <input type="checkbox"/> Hiking Boots / Trekking Shoes (see advice on our website) | <input type="checkbox"/> Underwear (4 pairs, or 1 or 2 pair of elastic workout/bike pants style) |
| <input type="checkbox"/> Hiking socks (3 or 4 pairs, often a pair per 2 days, wicking style) | <input type="checkbox"/> Poncho / Rain Jacket (lightweight, compact, more for camp use) |
| <input type="checkbox"/> Spare Hiking Boot Laces (optional, share between friends) | <input type="checkbox"/> Bra (sports bra or crop top) |
| <input type="checkbox"/> Prescription Glasses (if you require them, don't forget them) | <input type="checkbox"/> Sunglasses (optional) |

Miscellaneous Items

- | | |
|---|--|
| <input type="checkbox"/> Camera (optional: waterproof, compact, see website for specific advice) | <input type="checkbox"/> Cable Ties (optional: 2 or 3 for repairs to gear) |
| <input type="checkbox"/> Extra Camera Battery (no power on trek, village solar unreliable) | <input type="checkbox"/> Notepad & Pen (optional: lightweight, compact, for a trek diary) |
| <input type="checkbox"/> Camera Memory Cards (optional: consider additional cards) | <input type="checkbox"/> Scrubbing Brush (optional: keep at Hotel, used in post trek clean) |

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Campsite Clothing

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|--|--|
| <input type="checkbox"/> Adventure Sandals (robust, ideally closed toe, no Crocs or thongs) | <input type="checkbox"/> Underwear (2 or 3 pairs for nights at camp during expedition) |
| <input type="checkbox"/> Thermal Long Sleeve Top (lightweight, compact, for layering) | <input type="checkbox"/> Bathers (or just wear trekking gear – note nudity is culturally insensitive) |
| <input type="checkbox"/> Trousers (lightweight, for warmth & mosquito prevention – not jeans) | <input type="checkbox"/> Beanie (optional, lightweight, if you get cold at night easily) |
| <input type="checkbox"/> Shirt (long sleeves for warmth & mosquito prevention, lightweight) | <input type="checkbox"/> Sarong (optional – useful for women bathing and changing) |
| <input type="checkbox"/> T-shirt or Thermal Top (sleeping clothes) | <input type="checkbox"/> Camp Socks (one pair for use at camp when cold) |
| <input type="checkbox"/> Bra (kept dry and clean for around camp at night) | <input type="checkbox"/> No Roads T-Shirt (great for group photos or as your camp T-Shirt) |

Campsite Equipment

- | | |
|---|--|
| <input type="checkbox"/> Sleeping Bag (compact, lightweight, 2 seasons style, +5 degrees) | <input type="checkbox"/> Towel (Quick-dry sports towel or chamois for showers and swims) |
| <input type="checkbox"/> Sleeping Bag Liner (optional - lightweight, compact) | <input type="checkbox"/> Ear Plugs (optional, for snorers, roosters, jungle noises, light sleepers) |
| <input type="checkbox"/> Inflatable Sleeping Mattress (trek style, lightweight, compact) | <input type="checkbox"/> Mosquito Net (head net, or lightweight bed net & cord, when in huts) |
| <input type="checkbox"/> Pillow (optional: pillow case stuffed with dry clothes, or inflatable pillow) | <input type="checkbox"/> Pocket Knife (optional: small, useful for stick carving, safety blade) |
| <input type="checkbox"/> Headlamp / Small Torch (for campsite use at night) | <input type="checkbox"/> Spare Batteries (for the Headlamp or Small Torch) |

Personal First Aid Kit

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|---|--|
| <input type="checkbox"/> Strapping Tape (typically for ankles, 5cm wide) | <input type="checkbox"/> Safety Pins (to secure bandages or other items) |
| <input type="checkbox"/> Anti-histamine (for bites and stings, pollens, hay fever) | <input type="checkbox"/> Broad Elastic Bandages (2 bandage rolls) |
| <input type="checkbox"/> Antiseptic Cream (for cuts, scratches, wounds, small tube) | <input type="checkbox"/> Anti-inflammatory Gel (muscle pain, e.g. Voltaren Emulgel) |
| <input type="checkbox"/> Blister Dressings (treatment pads for various blisters feet & toes) | <input type="checkbox"/> Alcohol Wipes (for cleaning wounds before treatment e.g. blisters) |
| <input type="checkbox"/> Scissors (small, lightweight, compact, may have some on pocket knife) | <input type="checkbox"/> Tweezers (small first aid style) |
| <input type="checkbox"/> Band Aids (waterproof, stick well on wet skin, small pack) | <input type="checkbox"/> Antiseptic Foot Powder (for prevention and treatment at night) |

Health and Hygiene

- | | |
|---|--|
| <input type="checkbox"/> Anti-Malaria Treatment (as prescribed by your Doctor) | <input type="checkbox"/> Deodorant (no aerosols please, roll-on) |
| <input type="checkbox"/> Water Purification Tablets (at least enough for 60-70 litres) | <input type="checkbox"/> Toothbrush & Toothpaste (compact, small tube of paste) |
| <input type="checkbox"/> Waterless Hand Disinfectant (compact, alcohol based) | <input type="checkbox"/> Toilet Paper (2 rolls in waterproof bags, Baby Wipes is an option) |
| <input type="checkbox"/> Insect Repellent (compact, tropical strength, no aerosols, roll-on) | <input type="checkbox"/> Headache / Pain Killers (what works best for you) |
| <input type="checkbox"/> Sunscreen (compact, water resistant/proof, no aerosols, roll-on) | <input type="checkbox"/> Rehydration Oral Sachets (for dehydration, e.g. Gastrolyte) |
| <input type="checkbox"/> Lip Balm (optional: lips can dry out in sun easily) | <input type="checkbox"/> Anti-diarrhea Tablets (e.g. GastroStop, Immodium) |
| <input type="checkbox"/> Anti-chaffing Lube (compact tube, e.g. Lanacane, ZoRub) | <input type="checkbox"/> Anti-nausea Tablets (seek Doctor recommendation) |
| <input type="checkbox"/> Broad spectrum antibiotics (as prescribed by your Doctor) | <input type="checkbox"/> Throat Lozenges (optional: e.g. Strepsils) |
| <input type="checkbox"/> Women's Health Products (Tampons, etc. as required) | |

Personal Medications

- | | |
|--------------------------------|--------------------------------|
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

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Remember to visit www.kokodaexpeditions.com.au to view all our detailed advice on equipment and clothing.

Examples for Reference Only (not the entire list of items pictured)			
			
Hiking Boots / Trek Shoes	Spare Boot Laces	Short Gaiters	Hiking/Trek Socks
			
Camp Sandals	Backpack	Daypack	Pack Rain Cover
			
Storage Bags	Trekking Shorts	Trekking Shirt	Compression Underwear
			
Sun Hat	Trek Sweat Towel	Camp Shirt (long sleeves)	Camp Pants
			
Thermal Top	Poncho	Water Bladder	Water Bottles
			
Water Purification Tablets	Trekking Poles	Sleeping Bag Liner	Sleeping Bag

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Examples for Reference Only			(not the entire list of items pictured)
			
Inflatable Mattress	Mosquito Bed Net	Sports Chamois / Towel	Toilet Paper
			
Waterless Hand Wash	Headlamp	Inflatable Trek Pillow	Pocket Knife
			
First Aid Kit	Tropical Insect Repellent	Sunscreen	Waterproof Camera
			
No Roads Snack Pack	Throat Lozenges	Lightweight Beanie	Ear Plugs
			
Strapping Tape	Blister Treatments	Notepad and Pen	Cable Ties
			
Backpack Inner Liner	Anti-chafing Gel	Waterproof Doc Pouch	Personal Medications

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