

# 2024 KOKODA

UNLEASH THE KOKODA SPIRIT WITH US!



EMERGENCY  
TREK MEDIC



**COURAGE | ENDURANCE | MATESHIP | SACRIFICE**

Kokoda Courage extends a one-of-a-kind invitation to a select group of individuals.

Prepare to embark on a transformative journey, a blend of challenges and rewards, echoing the footsteps of our Australian Heroes along the legendary Kokoda Track.

Spanning 96 kilometres across the breathtaking Owen Stanley Ranges in Papua New Guinea, the Kokoda track showcases a stunning landscape. Witness magnificent mountain ranges, diverse rainforests, pristine rivers, and encounter the rich tapestry of traditional cultures along this renowned path.



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## WHAT'S INVOLVED:

- 11 days / 10 nights, including travel time
- 8 days / 7 nights on the Kokoda track
- Hiking: 96km of beautiful tropical rainforest, which includes sections through steep and arduous terrain
- Hiking distance ranges from 12-19 km per day
- Emergency Medic & Expert Australian Critical Response Guides
- Detailed historical stops & Kokoda stories
- Terrain: the track consists of mud, rocks and tree roots
- Village Cultural Experience: Trekkers will learn from the local villagers how they garden, fish, hunt and make traps.
- 6 months pre-trek training program^
- Pre-trek preparation sessions, training & camp\*



**C.I.R.T.**  
EXCELLENCE TEAMWORK DISCIPLINE MOTIVATION



**SPECIAL OPERATIONS GROUP**



# COURAGE | ENDURANCE | MATESHIP | SACRIFICE

## WHO IS KOKODA COURAGE

Kokoda Courage is an adventure travel company based in Torquay, Victoria. The company was formed in 2008 by Peter Condon.

Peter is a retired SGT of Victoria Police with 32 years of operational and emergency management experience and has personally guided more than 30 Kokoda treks.

Kokoda Courage has a 100% completion record and focuses on safety and pre-trip training and preparation. Peter is a qualified experienced personal trainer who will actively supervise the pre-trip preparation of the trekkers.



## SAFETY

- Highly qualified medic on the trek
- Satellite phone
- Villages have UHF radios
- Extensive first aid kit and defibrillator
- Experienced local porters with good knowledge of the track and evacuation locations
- Helicopter evacuation to Port Moresby in an emergency
- Pre-trip medical screening
- Physical preparation is critical



## PREPARATION

Extensive training is required, which includes a genuine commitment to training including gym work, cardio and several months of hiking up and down hills carrying your pack.

Your aim will be to complete 2-3 hr hikes, 2-3 times a week on steep hills/stairs, carrying the pack weight you'll have on the track in the final months before departure. Solid preparation will make the experience more enjoyable.

A medical clearance from a doctor is a prerequisite. Kokoda Courage will assist you with a training program and the group will be training together as a team including several boot camps.\*





Comprehensive  
Pre-Trek  
Preparation

**\$4,450**  
**Trek Price**

## INCLUSIONS



**EMERGENCY  
TREK MEDIC**

- ✓ Passionate experienced Australian guide led 8 day Kokoda Trek
- ✓ Extensive and accurate historical information about the Kokoda campaign
- ✓ Service at the Bomana War Cemetery
- ✓ Experienced Trek Medic
- ✓ Internal Airfare - Port Moresby to Popondetta
- ✓ Port Moresby hotel accommodation (1 night pre trek and 1 night post trek)
- ✓ All hotel meals
- ✓ Visit to Bomana War Cemetery
- ✓ Kokoda Track Authority trekking permit
- ✓ Experienced team of support staff to carry tents, food and cooking equipment, assist trekkers when required, ensure safe river crossings, prepare meals and to make and break camp each day
- ✓ All on track guest house and tent accommodation (7 nights)
- ✓ All delicious and nutritious, freshly prepared meals and snacks using fresh local produce on the track
- ✓ Celebratory meal and refreshments at completion of the track
- ✓ Nutritious snack pack
- ✓ Group cooking equipment and eating utensils (knives, forks, spoons, bowls, plates etc)
- ✓ Comprehensive evacuation plans and protocols including satellite phone and evacuation team on standby in Port Moresby
- ✓ Defibrillator carried on all treks
- ✓ Group First Aid kit
- ✓ Kokoda Courage t-shirt
- ✓ Exclusive Kokoda Completion Medal
- ✓ Cultural experiences with local villagers along the track



### Exclusions:

- Travel Insurance
- International Airfares
- Personal porters available to carry your pack are available at an extra cost - \$650