



KOKODA TREK TRAVEL INFORMATION

Passport

- Ensure your passport is valid for at least 6 months after your return date to Australia. For details on how to apply for your passport see the official Australian Government passport website below.
- www.passports.gov.au/web/forms/entrypoint.aspx
See your local Post Office to obtain an Australian Passport Application Form.

Domestic Travel Within PNG

- Flight: Port Moresby to Poppendetta – PNG Air
- Land transport: When flying into Poppendetta, we then take a truck to Kokoda for the start of the trek. This truck ride takes about 3 hours.
When we finish the trek at Owers Corner, we take mini buses back to Port Moresby.

Medical Requirements

- You MUST obtain a Medical Certificate from your doctor stating you are fit to trek 8 days (96 km) on the Kokoda Track. Kokoda Courage will supply you with a form to take to your doctor.
- This form must be completed 6 weeks prior to departure.
- The trek is extremely challenging. If you have any pre-existing medical conditions that may impact upon yourself and subsequently the rest of our group, it is imperative we find out before we depart.
- Kokoda Courage Guides are all qualified in Senior First Aid.
- Kokoda Courage engage the services of a paramedic or medical professional of similar qualifications to accompany us on the trek.
- Emergency Evacuations – Kokoda Courage will arrange these on the Track when necessary. It's important to realize that weather can delay evacuations for a considerable amount of time.
 - Travel insurance will normally cover the cost of evacuation if you suffer an injury preventing you from continuing. However, they will not normally cover the cost if a trekker can't continue due to lack of fitness. Costs for evacuation can be up to \$A3000.
 - It is vital Kokoda Courage are made aware of any pre-existing medical conditions / dietary requirements / allergies that may impact upon your trip. We can prepare professionally for these possible emergency situations if we are told beforehand.
- Immunizations
 - Current recommendations are to be immunized against Typhoid and Hepatitis A. You should also make sure your tetanus and Hepatitis B cover is up to date. Plan ahead 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 have to be begun at least a week before you leave home. The best advice is to speak to your doctor about immunizations or visit a specialist travel doctor.
 - Malaria medication is highly recommended.



Travel Insurance

Travel Insurance is mandatory for all trekkers. Trip cancellation insurance should 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 should 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.

Currency

The currency in PNG is the Kina (K). At present A\$1 has = 2.40 Kina. Credit cards such as American Express, Visa and MasterCard are accepted in most hotels, shops and restaurants. There are also automatic teller machines available in some areas.

However, it is recommended that you take enough cash to last the duration of your trip. Kina can normally be bought at Travelex outlets at Brisbane and Cairns airports. We do recommend that you purchase Kina prior to departure in case the airport outlets run out. Australian banks can take a few days to bring Kina into the various branches.

Spending money within PNG

- We recommend taking 300 kn in cash.
- You will require to budget spending money for:
 1. Drinks (alcoholic & nonalcoholic)
 2. Personal items such as laundry, phone calls, snacks, etc.
 3. Souvenirs and handicrafts.
 4. Snacks along the Track in small Kina notes 2K & 5K.
 5. Entry fee to some battle sites
 6. Tipping - If you would like to show your appreciation to our local porter team at the end of the trip you may like to contribute to a group tip to be distributed by our Australian Guide. A usual tip is approximately 80 Kina or \$40 though this is at your discretion. If you don't want to bring pieces of equipment or clothing back to Australia, our local porters will readily accept these as gifts.

Gifts for locals

Many of our trekkers like to bring gifts to local communities as they pass through. We recommend small items such as either sports balls (tennis, rugby, soccer or football). Alternatively, educational equipment such as pencils, pencil sharpeners, paper, sticker books etc. As these things can weigh a fair bit, don't overdo it or you may not get to the villages to hand them out!

Remember whatever you bring, you will have to carry.

Power in PNG

PNG has the same power plugs as Australia so you don't need to purchase an adapter.

Meals

- Typical meals consist of:
 - 1) Breakfast – porridge, weetbix, cornflakes, tea, coffee, milo.
 - 2) Lunch – Salada biscuits, salami, cheese, vegemite, jam, peanut butter, noodles, tortillas.
 - 3) Dinner – A variety of vegetable curries, tuna pasta, pizza, scones, sweet biscuits.
- At certain points along the track you may be able purchase the following from the local villagers – twisties, fresh fruit, coke, lemonade.
- We will give you a snack at the start of the trek. This will include Gatorade, muesli bars, lollies, dried fruit, tuna packs, soups and nuts.
- We also encourage you to bring some of your own snacks. This may include some extra lollies and a few protein bars.

Health & Fitness

- Due to the mountainous terrain along the Owen Stanley Ranges a moderate to high level of personal fitness is needed to complete the track. Undoubtedly the fitter you are the more you will enjoy the challenge.
- We understand that some people's fitness may not be up to standard and that is why we are committed to supporting your fitness preparation prior to the trek to ensure you complete it safely.
- Depending on your starting fitness level, you should start preparing between 9 – 4 months from the beginning of the trek. Some clients begin preparation 12 months before the trip.
- Kokoda Courage will provide you with a training program should you require it.

Weather

- In Port Moresby, the conditions are extremely warm and humid.
- When we start the Track in the lower regions, we normally face warm and humid conditions, however as we get higher into the mountains, the temperatures drop off. It is nearly always humid however and you perspire extensively.
- At a couple of our camps located at higher altitudes, the nights are very cool and you will need long pants / skins and a windcheater / long sleeved top. Beanies can be helpful too!
- Expect to see very heavy rain downpours along our journey. It might rain every day or it might only rain occasionally. It is hard to predict. Trekkers normally just walk through these downpours in their normal trekking gear, although some like to wear a light rain jacket. With conditions so humid, a rain jacket can be uncomfortable to walk in. However, they might come in handy at night in the camps.
- We can be exposed to direct sunlight at times but sometimes walk under dense forest canopy. Sunscreen is recommended.

Arrival in PNG

- Upon your arrival, you will pass through immigration, collect your bags, then pass through customs.
- At the airport you will be met by either Kokoda Courage staff or the hotel bus driver. You will be taken straight to your hotel, issued rooms.
- A pre-trek briefing will be conducted by your Kokoda Courage tour guide with all necessary information conveyed to you.

Personal Porters

- We encourage the hiring of a personal porter. The Track is extremely challenging and if you are not quite up to the task of physically carrying a 15kg pack up and down mountains for 8 days, then a personal porter can carry it for you.
- You will enjoy the trip far more and greatly improve your chances of completing the journey.
- A personal porter can also be shared between two people to lighten the load.
- A maximum weight of 20kg is allowed for a personal porter (An internationally recognized weight limit). We require 1 weeks' notice to organize this.
- Cost: \$A600 (additional)

Accommodation on the Track

- We provide the use of tents and if available, the local guesthouses. These are normally made of timber with a thatch roof.
- We stay at the villages where you are encouraged to mingle and converse with the local people, of course being sensitive to their privacy when appropriate.