



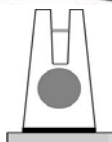
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# YOUR GEAR AND REQUIREMENTS

## YOU WILL NEED TO BRING YOUR OWN:

- BOOTS:** This is your most important piece of equipment and is a personal choice that need not be based on price. They should be well treaded, tough, provide good support of the ankles and have strong, comfortable insoles. They should be well broken in before you set off on your trip. A spare pair of shoe laces is recommended.
- CAMP SANDALS:** To slip on easily around the camp at night and for walking through creeks. They should be strong and as enclosed as possible. Thongs not suitable.
- SOCKS:** Minimum one pr thin & two prs thick wool/nylon blend.
- SOCKSAVERS/GAITERS:** One pair to protect socks and boots from mud and ankles from scratches.
- SHORTS:** 2 pairs of worn-in hiking shorts or longs if preferred. Quick-dry synthetic, not cotton. Ladies should not wear short shorts.
- T-SHIRTS OR SHIRTS:** Minimum 2 comfortable, well worn, quick-dry, not cotton. KK shirt provided recommended for trekking
- HAT AND SUNGLASSES:** Soft brim hat easy to pack. Good protective sunglasses.
- UNDERWEAR:** One set long-sleeved, long-legged thermal undies for cold night or lightweight, warm tracksuit +2prs jocks/knickers
- SWIMWEAR:** Modest swimwear if wanted. Many just swim in their clothes.



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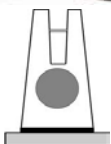
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- SARONG:** Recommended for women for to and from showers etc.
- PONCHO OR LIGHT RAINCOAT:** Optional.
- FLASHLIGHT/HEADLAMP:** Good quality, reliable, lightweight.
- TOWEL:** Light, compact, fast drying, chamois type the best.
- WALKING STICK:** Light weight, spring loaded.
- PLASTIC BAGS:** 2 Large, strong garbage bags – one for dirty, one for clean clothes
- CLOTHES PEGS & NYLON ROPE** for clothes line
- PILLOW:** Inflatable, light easy pack pillow
- MOSQUITO NET:** Optional, recommended when sleeping in guesthouses.
- SPARE OVERNIGHT BAG:** For leaving in Moresby with smart casual set of clothes, passport etc.

## **PERSONAL ITEMS RECOMMENDED:**

- Diary and pen.
- Camera with plenty of film or fully charged.
- Biodegradable soap/shampoo
- Deodorant optional but recommended.
- Toothbrush and paste.
- Bushmen insect repellent (a must), 30+ Suntan lotion. Lip Balm
- Toilet paper – your own calculated amount, in sealable, waterproof ziplock bag + (optional,) light plastic emergency digging trowel
- Antibacterial Hand Gel.



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# YOUR GEAR AND REQUIREMENTS



## CAMPING GEAR (some used gear available for purchase from past trekkers on request)

- Backpack 70L
  - Daypack 25-35L with bladder sleeve (if have personal porter)
  - Drinking water bladder & Mess Kit (cup, spoon & bowl)
  - Sleeping Bag ( +10 degrees) & Mattress
- Hire of a Two-men Tent is included

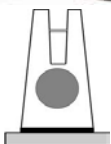
## HEALTH

You will be required to complete a Medical Appraisal Form and to obtain a letter from your doctor stating that you have no health problems that would affect your ability to complete the trek. You should discuss with him your requirements for protection against malaria and other prescription items you should take with you for treatment of ailments like constipation, diarrhea, nausea & stomach upsets, allergies, bites and stings plus some anti-inflammatories and an emergency course of antibiotics (note that the anti-malarial prescribed these days is an antibiotic). We also suggest a dental checkup before you depart. (It is recommended that ladies carry thrush treatment and sanitary supplies as medications etc can interfere with monthly cycle)

## In addition to above, you will need:

- Iodine tablets for water purification
- Oral electrolyte/rehydration mixture
- Staminade and/or Berocca and/or Glucose Tablets
- Antifungal powder and Vaseline or pawpaw cream
- Basic first aid kit for treating cuts and abrasions incl. betadine
- Paracetamol

POCKET MONEY: You will need approx. PNGK300 in small denominations for sundry expenses along the Trail and more for use in town depending on how you wish to pay for your meals and drinks.



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