

No Roads Expeditions – Kokoda Packing Checklist

Refer to www.kokodaexpeditions.com for more detailed advice about each of these items.

Travel Documents

- | | |
|---|---|
| <input type="checkbox"/> Passport
<input type="checkbox"/> Insurance paperwork (3 copies required)
<input type="checkbox"/> Tourist visa for Papua New Guinea
<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"/> _____ |
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Backpack + Trekking Equipment

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|--|--|
| <input type="checkbox"/> Backpack & waterproof backpack cover
<input type="checkbox"/> Daypack & waterproof daypack cover (daypack only if you hire a person porter)
<input type="checkbox"/> Trekking poles (1 or 2) (highly recommended)
<input type="checkbox"/> Inner pack liner (heavy duty garbage bag)
<input type="checkbox"/> Waterproof Dry Bags (for clothes etc.)
<input type="checkbox"/> _____ | <input type="checkbox"/> 2 or 3lt Water Bladder with Sipper Hose (mandatory – don't get a cheap one)
<input type="checkbox"/> 1000ml Water Bottle – lightweight, strong
<input type="checkbox"/> Snack Pack (supplied by No Roads) + additional lollies if wanted
<input type="checkbox"/> Additional Energy/Snack Food (optional)
<input type="checkbox"/> Electrolyte Powder (supplied by No Roads) + extra if wanted |
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Health and Hygiene

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|--|--|
| <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"/> Anti-chaffing Lube (e.g. Pawpaw, 3B cream)
<input type="checkbox"/> Broad spectrum antibiotics (doctor recommendation)
<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 (e.g. Gastrolyte)
<input type="checkbox"/> Wet Ones / Baby Wipes (optional)
<input type="checkbox"/> _____ |
|--|--|

Trekking Clothing

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|---|--|
| <input type="checkbox"/> Short Gaiters (highly recommended)
<input type="checkbox"/> Hat (recommend wide brim)
<input type="checkbox"/> Hiking Boots
<input type="checkbox"/> Hiking socks (3 or 4 pairs)
<input type="checkbox"/> Spare Hiking 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"/> Bra (women's sports bra or comfortable bra)
<input type="checkbox"/> _____ |
|---|--|

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Campsite Clothing

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|--|---|
| <input type="checkbox"/> Sandals (with closed toe, no Crocs or thongs) | <input type="checkbox"/> Underwear (3 or 4 pairs) + Bra (women) |
| <input type="checkbox"/> Lightweight Thermal Jumper (optional) | <input type="checkbox"/> Bathers – modest (or just wear trek gear) |
| <input type="checkbox"/> Lightweight Quick Dry Trousers | <input type="checkbox"/> Beanie (optional) |
| <input type="checkbox"/> Lightweight Quick Dry Shirt (long sleeves) | <input type="checkbox"/> Sarong (optional) – useful after bathing |
| <input type="checkbox"/> T-shirt or Thermal Top (sleeping clothes) | <input type="checkbox"/> Socks (one pair for use at camp) |

Campsite Equipment

- | | |
|--|--|
| <input type="checkbox"/> Sleeping Bag – 2 seasons hiking style (+5) | <input type="checkbox"/> Quick-dry sports towel/chamois |
| <input type="checkbox"/> Sleeping Bag Liner (optional) | <input type="checkbox"/> Ear Plugs (optional)
(for snorers, roosters, and jungle noises) |
| <input type="checkbox"/> Inflatable Sleeping Mattress (thin and light) | <input type="checkbox"/> Personal Travel Clothesline + pegs (optional) |
| <input type="checkbox"/> Pillow Case (optional)
(for stuffing dry clothes in to make a pillow) | <input type="checkbox"/> Mosquito Net + 5m of cord (head or bed size) |
| <input type="checkbox"/> Headlamp or Torch (for campsite only) | <input type="checkbox"/> Small Lightweight Pocket Multi-tool (optional) |
| <input type="checkbox"/> Spare Batteries (for the Headlamp or Torch) | <input type="checkbox"/> _____ |

Additional Items

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|---|--|
| <input type="checkbox"/> Waterproof Camera (optional) | <input type="checkbox"/> Battle History Notes (optional) |
| <input type="checkbox"/> Camera Batteries – spares (optional) | <input type="checkbox"/> Electrical Tape (optional) – for repairs to gear |
| <input type="checkbox"/> Camera Memory Cards – spares (optional) | <input type="checkbox"/> Cable Ties (optional) – for repairs to gear |
| <input type="checkbox"/> Notepad & Pen (for your diary or notes) | <input type="checkbox"/> _____ |

Personal First Aid Kit

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|---|--|
| <input type="checkbox"/> Adhesive Sports Strapping Tape | <input type="checkbox"/> Safety Pins |
| <input type="checkbox"/> Anti-histamine – for bites and stings | <input type="checkbox"/> Triangular Bandages x 2 |
| <input type="checkbox"/> Antiseptic Cream – for cuts and scratches | <input type="checkbox"/> Broad Elastic Bandages x 2 |
| <input type="checkbox"/> Blister Dressings - treatment pads | <input type="checkbox"/> Anti-inflammatory Gel |
| <input type="checkbox"/> Scissors (small first aid style) | <input type="checkbox"/> First Aid Alcohol Wipes x 10 |
| <input type="checkbox"/> Tweezers (small first aid style) | <input type="checkbox"/> Anti-diarrhea Tablets (e.g. Gastro Stop) |
| <input type="checkbox"/> Waterproof Band Aids x 20 | <input type="checkbox"/> Anti-nausea Tablets |
| <input type="checkbox"/> Antiseptic Foot Powder | <input type="checkbox"/> _____ |

Additional Items

























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

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Examples for Reference Only			
			
Boots	Spare Boot Laces	Short Gaiters	Hiking Socks
			
Camp Sandals	Backpack	Daypack	Pack Rain Cover
			
Storage Bags	Trek Shorts	Trek 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			
			
Inflatable Mattress	Mosquito Bed Net	Sports Chamois / Towel	Toilet Paper
			
Waterless Hand Wash	Headlamp	Spare Batteries	Bush Toilet Trowel
			
First Aid Kit	Tropical Insect Repellent	Sunscreen	Waterproof Camera
			
No Roads Snack Pack	Pocket Multi-tool	Lightweight Bennie	Ear Plugs
			
Clothes Pegs	Clothes Line	Notepad and Pen	Cable Ties
			
Backpack Inner Liner	Anti-chafing Gel	Waterproof Doc Pouch	Personal Medications