

# No Roads Expeditions – Kokoda Packing Checklist - 2019

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](http://www.kokodaexpeditions.com.au)

## Travel Equipment and Documents

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

## Backpack and Trekking Equipment

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

## Trekking Clothing

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|---|---|
| <input type="checkbox"/> <b>Short Trek Gaiters</b> (recommended to keep out dirt/mud/stones)        | <input type="checkbox"/> <b>Quick Dry Shirt</b> (comfortable to hike in for multi-day expedition)       |
| <input type="checkbox"/> <b>Hat</b> (recommend wide brim, compact)                                  | <input type="checkbox"/> <b>Quick Dry Shorts</b> (hiking style designed for less chaffing)              |
| <input type="checkbox"/> <b>Hiking Boots / Trekking Shoes</b> (see advice on our website)           | <input type="checkbox"/> <b>Underwear</b> (4 pairs, or 1 or 2 pair of elastic workout/bike pants style) |
| <input type="checkbox"/> <b>Hiking socks</b> (4 or 5 pairs, often a pair per 2 days, wicking style) | <input type="checkbox"/> <b>Poncho / Rain Jacket</b> (lightweight, compact, more for camp use)          |
| <input type="checkbox"/> <b>Spare Hiking Boot Laces</b> (optional, share between friends)           | <input type="checkbox"/> <b>Bra</b> (sports bra or crop top)  |
| <input type="checkbox"/> <b>Prescription Glasses</b> (if you require them, don't forget them)       | <input type="checkbox"/> <b>Sunglasses</b> (optional)   |

## Miscellaneous Items

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

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## Campsite Clothing

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|--|---|
| <input type="checkbox"/> <b>Adventure Sandals</b> (robust, ideally closed toe, no Crocs or thongs)<br><input type="checkbox"/> <b>Thermal Long Sleeve Top</b> (lightweight, compact, for layering)<br><input type="checkbox"/> <b>Trousers</b> (lightweight, for warmth & mosquito prevention – not jeans)<br><input type="checkbox"/> <b>Shirt</b> (long sleeves for warmth & mosquito prevention, lightweight)<br><input type="checkbox"/> <b>T-shirt or Thermal Top</b> (sleeping clothes)<br><input type="checkbox"/> <b>Bra</b> (kept dry and clean for around camp at night) | <input type="checkbox"/> <b>Underwear</b> (3 or 4 pairs for nights at camp during expedition)<br><input type="checkbox"/> <b>Bathers</b> (or just wear trekking gear – note nudity is culturally insensitive)<br><input type="checkbox"/> <b>Beanie</b> (optional, lightweight, if you get cold at night easily)<br><input type="checkbox"/> <b>Sarong</b> (optional – useful for women bathing and changing)<br><input type="checkbox"/> <b>Camp Socks</b> (one pair for use at camp when cold)<br><input type="checkbox"/> <b>No Roads T-Shirt</b> (great for group photos or as your camp T-Shirt) |
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## Campsite Equipment

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

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

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

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

Remember to visit [www.kokodaexpeditions.com.au](http://www.kokodaexpeditions.com.au) to view all our detailed advice on equipment and clothing.

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Examples for Reference Only




(not the entire list of items pictured)

			
<b>Hiking Boots / Trek Shoes</b>	<b>Spare Boot Laces</b>	<b>Short Gaiters</b>	<b>Hiking/Trek Socks</b>
			
<b>Camp Sandals</b>	<b>Backpack</b>	<b>Daypack</b>	<b>Pack Rain Cover</b>
			
<b>Storage Bags</b>	<b>Trekking Shorts</b>	<b>Trekking Shirt</b>	<b>Compression Underwear</b>
			
<b>Sun Hat</b>	<b>Trek Sweat Towel</b>	<b>Camp Shirt (long sleeves)</b>	<b>Camp Pants</b>
			
<b>Thermal Top</b>	<b>Poncho</b>	<b>Water Bladder</b>	<b>Water Bottles</b>
			
<b>Water Purification Tablets</b>	<b>Trekking Poles</b>	<b>Sleeping Bag Liner</b>	<b>Sleeping Bag</b>

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(not the entire list of items pictured)

			
<b>Inflatable Mattress</b>	<b>Mosquito Bed Net</b>	<b>Sports Chamois / Towel</b>	<b>Toilet Paper</b>
			
<b>Waterless Hand Wash</b>	<b>Headlamp</b>	<b>Inflatable Trek Pillow</b>	<b>Pocket Knife</b>
			
<b>First Aid Kit</b>	<b>Tropical Insect Repellent</b>	<b>Sunscreen</b>	<b>Waterproof Camera</b>
			
<b>No Roads Snack Pack</b>	<b>Throat Lozenges</b>	<b>Lightweight Beanie</b>	<b>Ear Plugs</b>
			
<b>Strapping Tape</b>	<b>Blister Treatments</b>	<b>Notepad and Pen</b>	<b>Cable Ties</b>
			
<b>Backpack Inner Liner</b>	<b>Anti-chafing Gel</b>	<b>Waterproof Doc Pouch</b>	<b>Personal Medications</b>

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