



PO Box 7293
Sippy Downs Qld 4556
Australia

Tel: (07) 5445 2758
Fax: (07) 5456 1649
Mobile: 0437 473 900

Email: enquire@kokodaspirit.com
Website: www.kokodaspirit.com
ABN 66 787 442 902

Kokoda Spirit

Kokoda Spirit is Australia and PNG's most respected and professional company trekking **Kokoda**.

**Kokoda Spirit has been operating in PNG since 2004.
We have escorted over 4000 trekkers safely across Kokoda.**

We operate our Kokoda treks across the original War Time Track.

Kokoda Spirit is a specialised Australian and PNG adventure trekking company taking school groups, sporting teams, corporate groups and individuals across the famous and iconic Kokoda Track.

Our **Australian Guides** all have a minimum of 15 Kokoda crossings with two of our Australian Guides including Managing Director Wayne Wetherall have in **excess of 55 treks each**.

All our guides have a great knowledge of the Track and its history and are experts at remote first aid.

They also love to share their knowledge of their history and culture of their country and the Kokoda Track.

Our priority is the safety of our trekkers. Our staff are focused on ensuring that all of our trekkers cross the Track safely and enjoy their experience.

It is also worth noting that all our Australian led treks have two senior guides on the trek with you, they are our Trek Master and Trek Leader plus, an Australian Historical Guide.

We provide comprehensive and informative pre trek information and have an exclusive training program, designed specifically for our Kokoda adventures.

Our food is fresh and delicious and prepared by our cooks on the Track for you. We do not use dehydrated food or ration packs.

Our staff also put your tent up and down each day.

Our packages are designed to eliminate any hidden extras and to make the logistics and organising of your trek hassle free and great value for money.

Kokoda Spirit has helped organise and lead several defence force treks along the Kokoda Track. A range of testimonials can be found on our website.

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We have also worked in a partnership role with the Kokoda Challenge Youth Program (KCYP). Kokoda Spirit has also worked with Jobs Australia with their Indigenous programs and also facilitates treks for MASP Youth Mentoring Program and Centacare.

Kokoda Spirit was also the **chosen trekking company** by the Producers of “**Kokoda**” the Movie.

We have also escorted **Manu from MKR** and Kate Peck from MTV across Kokoda. Kokoda Spirit has also worked and trekked closely with Paralympian and Adventurer Michael Milton, **Paralympian Kurt Fearnley (Crawling Kokoda)**, **Rugby League Legend, Paul “The Chief” Harragon**, National Breast Cancer Foundation (Kokoda Chicks), Heart Foundation, Coca Cola, Zing, Victorian RSL, VECCI, Australian Defence Force, Australia’s Federation Guard, HMAS Newcastle, 48th Battalion, Australian Federal Police, Queensland Police, Kokoda Challenge Youth Program, Jobs Australia Indigenous program, Centre Stage Management, Qantas, 500 Club, EFM.

Our School Groups have included;

Haileybury College, Newcastle Grammar, Berne School, Nhulunbuy High School, Rostrevor College, Murray High School, St Ignatius Riverview College, Hale School, Yarrawonga Secondary College, Mackillop College, Sunshine Coast Grammar, Victorian College of Deaf, St Lukes Anglican Bundaberg, St Hildas College (Melbourne Uni) Y Lead, Ela Murray International School Port Moresby and Chancellor Park State College.

Channel Seven Sunday Night Program, Channel 7 Today Tonight program, ABC Foreign Correspondent, articles in The Australian, Age, Courier Mail, Japan Times newspapers and In-flight Magazine, plus a host of other Corporate and individual clients.

For our local PNG led treks our average group size is 7.

For our Australian led treks the average group size is 11.

Kokoda Spirit carries a full 10 Million dollars in Public Liability Insurance and has a comprehensive Risk Management Plan. Kokoda Spirit and its Director Wayne Wetherall carry full Personal Indemnity.

Kokoda Spirit is a Registered Business in Australia and PNG and operates under the laws of both countries.

Kokoda Spirit complies with all licence requirements for its operations including the **Commercial Kokoda Track Operators Licence**, holding Licence No.3.

All our travel arrangements are completed through Spirit Holidays - Travel Agents Licence TAG1611



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WHY TREK WITH KOKODA SPIRIT

1. WE OFFER THE COMPLETE EXPERIENCE

We walk the **WAR TIME TRACK** through **Kagi** not the Eco Track.

We do not walk the track at night or force you to have early 3am starts to get to your days camp site.

Trekking Kokoda with us means you see things as an explorer, historian and adventurer.

We offer comprehensive battle site briefings and dignified services along the track.

Our Guides are passionate and specialists in the Kokoda Campaign history.

Australian Defence Force organisations and Australian Para Military organisations, have chosen and continue to choose Kokoda Spirit for our professionalism and in-depth knowledge of the Kokoda Track and the battles along the Kokoda Track.

While we love working with our Defence Force groups, we do promise not to treat you like a raw recruit or march you in platoon or company size groups like some trekking companies! [See what some of them say.](#)

2. WE HAVE THE RUNS ON THE BOARD

We have a wealth of experience, with over 3600 trekker's successfully and happily trekked Kokoda with Kokoda Spirit. [See what some of them say here.](#)

Kokoda Spirit has helped organise and lead several **defence force treks** along the Kokoda Track including, Australia's Federation Guard, and the Australian Defence Force Academy (ADFA) on 3 occasions.

We run trips for the annual Queensland Police Service trek and we are proud of our partnership role, for the past 4 years, in the Kokoda Challenge Youth Program (KCYP).

Kokoda Spirit also continues its relationship with the MASP Youth Leadership Mentoring program in Victoria and has done so for the past four years.

We have also been involved with Jobs Australia and their Indigenous Youth Leadership programs having led a group of Indigenous Leaders and Mentors across the Kokoda Track in their leadership program.

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We organise and lead a number of school trips across Kokoda. Our school group's focus is on the history of the track, community projects, including immersion, humanitarian and student empowerment and leadership projects.

Kokoda Spirit was the **chosen trekking company** by the Producers of "Kokoda" the Movie. Other defence force groups have included **The Royal Australian Navy, including HMAS Coonawarra and the crews from our Northern Coast Patrol boats and HMAS Darwin and HMAS Newcastle and the 48th Field Battalion and RAAF from Townsville. NRL Team Newcastle Knights.**

Managing Director Wayne Wetherall was part of the Foundation Committee that assisted in the design and implementation of the trekking companies Code of Conduct. Wayne was also a member of the Kokoda Track Maintenance Advisory Committee.

Kokoda Spirit is proud of their role in working closely with, and trekking alongside Paralympian and Adventurer Michael Milton, Paralympian Kurt Fearnley (Crawling Kokoda), Rugby League Legend, Paul "The Chief" Harragon.

We believe we are the largest and Number 1 trekking company operating on Kokoda since 2008.

In 2011 we believe we took twice as many trekkers across the Kokoda Track than our closest competitor.

Kokoda Spirit also took the CEO of the Kokoda Track Authority Rod Hillman and his family across the Kokoda Track.

All our travel arrangements are completed through Spirit Holidays - Travel Agents Licence TAG 1611

3. WE LOVE KOKODA

We're passionate, and we're respectful of the story of the Diggers, Fuzzy Wuzzy's and the local communities along the track. We have an excellent relationship and rapport with villages, communities and elders along the track. [See why here.](#)

4. NO HIDDEN EXTRAS

We offer competitive pricing on all-inclusive trek packages, including pre and post accommodation and many extras that some other companies may not mention. We're reliable and we deliver on our promised services! We stay at the secure 3.5 star Gateway Hotel in Port Moresby, not a lodge! [See what's included.](#)



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5. WE HELP YOU PLAN

We provide excellent, friendly pre trek administration and professional advice and fact sheets, with attention to detail in preparing for your trek.

[Check out our Trekking Gear lists.](#)

6. WE HELP YOU TRAIN

We provide a comprehensive training program designed specifically for the track. [See our Kokoda training plan.](#)

7. KOKODA ACCREDITATION

We are fully licensed and adhere to the Kokoda Track trekking code of conduct and the laws and regulations of both Australia and PNG, and holding KTA Licence No.3.

8. LOCAL KNOWLEDGE AND RESOURCES

We have our own office, staff and vehicles in Port Moresby, allowing us to offer excellent service, local experience and peace of mind.

9. TREKS TAILORED TO SUIT YOUR NEEDS

We can organise treks for private individuals, groups, sporting clubs, schools, corporate, defence force operations and more. We can even personally tailor your trek to meet your needs and requirements including options for

- trek leaders (PNG trek masters or Australian led groups)
- dates - trekking season runs from March to November
- direction - beginning or ending at Kokoda
- number of trekking days
- community projects

Our itineraries are sensible and achievable.

10. EXPERIENCED TREK LEADERS

Our Trek Masters and guides are professional, friendly, knowledgeable and passionate about the track with an exceptional knowledge of the history.

They live and breathe Kokoda!

All our senior staff are First Aid or Wilderness First Aid trained.



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11. SAFETY IS OUR HIGHEST PRIORITY

We have developed and adhere to an extensive risk and safety management procedure for our treks. We have contingency plans in place and 24 hour back up, with Satellite phones and first aid kits carried on every trek.

We have a First Aid trained medic/Guide on our treks.

We also provide a comprehensive medical form that must be completed by your Doctor before you trek to make sure that you are in peak condition for Kokoda.

We also carry \$10 million in Public Liability insurance.

12. PROPER SUSTENANCE

We have great food, hearty and plenty of it, freshly prepared pastas, stews, rice, potato and vegetable dishes all enhanced with local fresh garden ingredients (not hydrated packages) by our camp chefs! Our meals are designed to ensure you receive plenty of carbohydrates and protein to fuel your body.

Prepare yourself for a gourmet delight, great food, including treats of Pastries, Pizzas and even donuts!

We cater, for Vegetarians, Vegans and Gluten free.

13. YOU'LL LOVE OUR PORTERS

We pay for Porter flights/transport to and from the Kokoda track or we pay them a walk back wage.

We supply all Porter food and camping equipment and uniform for our staff.

We pay our Trek Guides and Porters well above the industry average and well above the recommended amount specified by the Kokoda Track Authority.

Our Porters carry less than the specified weight recommended by the Kokoda Track authority and less than the International Porters code.



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14. WE SUPPORT THE COMMUNITY

Kokoda Spirit believes passionately in **responsible travel** and promotes this through the development of sustainable eco-trekking along the Kokoda Track. This commitment will enable us to assist the local **Koiari** and **Orokaiva** people develop the skills and experience to gain employment and develop eco-tourism business across the Kokoda Track.

Kokoda Spirit is also committed to developing and implementing programs to assist the people across the track.

We believe people who work for Kokoda Spirit should be treated fairly, paid a fair wage, are supplied with adequate trekking gear, have a safe work environment, have access to health and education programs and further career opportunities.

We also believe that we should also learn and respect the culture and the customs of the country we are visiting so that we do not offend local people.

We ensure that local people benefit economically from trekking by employing them as porters, cooks, leaders and guides.

We also train our staff in hospitality, customer service, and first aid and assist them with both education and health.

Kokoda Spirit assists programs across the track to help with the distribution of school books, home readers, gardening products and first aid kits.

Our Projects have included:

- **Village Reader**
- **Village Garden**
- **Green Fire**
- **Lighting up the track** (In association with the KTF)

Some of our community groups have included PNG Cricket, Kokoda Village Reader project, PNG Village Gardener project, National Breast Cancer Foundation (Kokoda Chicks), Breast Cancer Care WA, Blind Courage (Guide Dogs Australia), Heart Foundation, Coca Cola, Zing, Victorian RSL, VECCI, Credit Union Foundation Australia (CUFA), Autism Victoria, Aspergers Group, Mission Australia, Centre Stage Management, Qantas, 500 Club, EFM and Centacare Catholic Family Services, ANGLS (Aussie Nurses Giving Life), Cerebral Palsy Centre, Barrick Gold Corporation and Porgera mine. **NRL Team Newcastle Knights**

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Kokoda Spirit also supports and sponsors the Sunshine Coast 'Give Me 5 for Kids' program.

We are also Sponsors and Supporters of Smiling for Smiddy which supports the Mater Foundation.

Kokoda Spirit also supports the **Kokoda Track Foundation** as a **Gold Trek Operator Partner**.

We are members of the **39th** Battalion Association, **2/14th** Battalion Association and the **2/16th** Battalion Association.



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Deposit Payment Options

Pay by Post

Cheques and Money Orders should be made payable to **Kokoda Spirit Pty Ltd** and posted to the Mailing Address listed below.

Please include your Booking Reference No., name and contact number on the back of the cheque. Please do not send cash.

Pay by Electronic Funds Transfer (EFT)

Internet Banking – Pay online using the bank account details listed below.

Please quote your Booking Reference No.

Pay through Bank

Transfer payments over the counter at any bank using the Bank Account Details listed below. This method of payment attracts a small bank fee.

Please ask the Teller to quote your Booking Reference No. or your full name

Bank Account Details Mailing Address

Account Name: Kokoda Spirit Pty Ltd Kokoda Spirit Pty Ltd

Bank: Commonwealth Bank PO Box 7293

BSB: 064 239 Sippy Downs QLD 4556

Account No. 10006182

Booking Ref No. Refer to your Booking Confirmation letter

Please Note:

- * Please quote your Booking Reference No. on all correspondence
- * Deposit is due upon booking
- * Final Payment
 - is due 8 weeks before departure of trek (date will be on your Booking Confirmation letter)
 - include all payments (e.g. balance of trek, personal porter, walking stick, hire of camping gear etc.)
- * 'Final Payment' form to be returned with the Trekker Information forms
- * Payment received will be confirmed by email, please advise if you require a receipt
- * Merchandise can be ordered and paid for at anytime



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Final Payment Options

All travel arrangements provided by Spirit Holidays Travel Agents Licence TAG 1611

Cheque Payments

Cheques and Money Orders should be made payable to:
Kokoda Spirit Pty Ltd

Please include your Booking Reference No., your name, and your contact phone number on the back of the cheque.

Electronic Funds Transfer (EFT)

Account Name: Goldgum PL t/a MTA Travel Client Account

Bank: Commonwealth Bank

BSB: 064 486

Account No. 10044057

Please include your Booking Reference when making payment.

Credit Card Payments

Merchant Fees Apply:

Visa, MasterCard = 1.2%

American Express = 2%

Diners Club = 2.5%

BPAY

Please contact Kokoda Spirit to obtain BPAY details



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Kokoda Spirit - Frequently Asked Questions

Do you have an office in PNG and Australia?

Kokoda Spirit has an office with administration staff, storage facilities and our own vehicles in Port Moresby, and our Head Office on the Sunshine Coast, Queensland.

Do you cover the Military History and Cultural aspects of the Track?

Kokoda Spirit is dedicated to showing and telling the story of the legends on the Kokoda Track to our trekkers. It is a story that every Australian should know about.

Our guides are passionate about the history and will share their detailed knowledge of the track and its history with you. We are also dedicated to looking after the villagers and village people along the Track. Our PNG Guides and Porters are from the track and will share their history and culture with you.

How knowledgeable are your PNG guides?

Our PNG Guides are among the best on the track, with years of on the track history training and our unique PNG guide training program. Our guides will show you all the historic and cultural sites across Kokoda.

How knowledgeable are your Australian Guides?

Our Australian Guides are first class professionals with a passion and understanding of the history of the Track, the battles, the philosophy and tactics used during the Kokoda campaign. Being a guide on the Kokoda Track is what they do, this is no part time job for them, and they live and breathe Kokoda.

Our Head Guide and Managing Director Wayne Wetherall has spent years researching the history of the Track and exploring the many tracks across Kokoda. He has also spent considerable time interviewing Australian and Japanese veterans about the battles on the Owen Stanley Ranges.

Our guides may not be ex military, but are all keen students of military history and tactics. They are also expert track guides and familiar with the culture of the people along the track.



How do you help the villagers and locals along the Track?

Please refer to our Sustainable Ecotourism strategy policy on the web site. It will give you an insight into our philosophy and policy on the Kokoda Track.

Do you abide by the Kokoda Track Code of Conduct?

Kokoda Spirit was part of the committee that developed the draft policy. We will continue to support the Code of Conduct to ensure the long term protection of the track.

What happens when we arrive in PNG?

After you pass through PNG Immigration, collect your luggage and then you will go through Customs.

If you are arriving the day before your trek, you will be met at the airport by either a Kokoda Spirit employee or a Gateway Hotel employee. You will then be transported to the Gateway Hotel where you will be checked in.

If you are arriving earlier than the day before your trek, you will need to arrange with the Hotel for airport transfers. We suggest when booking your extra night accommodation that you request the Hotel for airport transfers.

Where do we stay in Port Moresby?

Our preferred Hotel in Port Moresby is the Gateway Hotel. If not available we will source a similar quality Hotel. The Gateway is a three/four star Hotel, with pool, restaurant, bar and 24 hour security.

Gateway address is:

Gateway Hotel - Port Moresby

P.O. Box 1215, Boroko (Street address is Borea Road Six Mile)

Tel: 0011 675 327 8100 Fax: 0011 675 325 4585

Email: gateway@coralseahotels.com.pg

Web: www.coralseahotels.com.pg/gateway.html

Check-in time is 1.00pm.

Check-out time is 10.00am.

Does the Gateway Hotel have storage facilities and safety deposit boxes?

The Gateway has baggage storage facilities and safety deposit boxes.

This means you can leave your non trekking gear in the storage facility while you trek. Make sure you leave passports/travel documents, valuables in the safety deposit boxes. To organise this please ask the staff at the Gateway Hotel reception.

Please leave all non essential valuables at home.



Do I need a Visa for PNG?

Yes. You can apply for your Visa at the Papua New Guinea Consulate in Brisbane or Canberra (you will need to send your passport). There is information regarding entry Visas on the Papua New Guinea Consulate website, the cost is approximately \$35 + postage.

If you hold an Australian Passport you can also get your Visa upon arrival in PNG at Immigration, although it does cost a little more. The Visa is 100 Kina (approx. \$60 AUD), Kina is the preferred method of payment. They DO NOT accept credit cards.

If you do not hold an Australian Passport, please contact the Papua New Guinea Consulate for their advice.

Suggestions

If you are travelling interstate, it may be a good idea to arrive the day before your International flight (International flights to Port Moresby depart from Brisbane, Cairns and Sydney). Sometimes there is not enough time to catch both Domestic and an International flight on the same morning. Our treks need to run to our date and time schedule, if you miss your flight to Papua New Guinea you will miss your trek. Unfortunately we are unable to delay trek departure. Something to think about!

Wear your boots on the plane and bring essential items in your carry on luggage. Bags do go missing; bags can be left back in Australia. If you have got your boots, medical supplies and some personal items with you and your bag goes missing, then you still have your basic requirements to trek.

How much money will I need on the Kokoda Track?

On the Track you need to take with you local currency (PNG Kina). You can organise to buy PNG currency through your local bank before you leave Australia or at the money exchanger at the International Airports. We would highly recommend that you have PNG currency before leaving Australia.

Most things on the Track will cost K5 – K10 (5 Kina approx \$3.00 AUD) i.e. bunch of bananas, photo with Fuzzy Wuzzy Angel, can of Coke. Around 200 Kina should be plenty.

Please Note: the local villages do not have change to give you, therefore lots of small change is best.

In Port Moresby Eftpos machines are few and far between. For your own safety we do not recommend you go into Port Moresby town to the local bank.

What is the size of the groups?

Our PNG led treks have a maximum group size of 16, with an average size of 12.

Our Australian led treks have a maximum group size of 20, with an average size of 16.

Group sizes will vary for Anzac Groups and private groups and special occasions.



Is a Personal Porter necessary?

The hiring of a personal porter is highly recommended, our porters take great pride in their job and will assist with all aspects of your adventure. The cost of hiring a personal porter for your trek is \$720 (\$750 ANZAC Treks). If you are considering carrying your own pack then you must train with the entire pack weight on your back.

The Kokoda Track is extremely difficult. You may believe you have trained adequately for the trail and feel comfortable with your pack, but I assure you the Track can drain the resolve of most pack carrying trekkers.

More than 50% of trekkers who commence the track carrying their own pack end up requiring the services of a personal porter.

Porters need to be booked and paid for **no later than 6 weeks before departure**. Payment can be made by cheque, money order or direct deposit into our account. In the event that a trekker requires a personal porter once he/she arrives in PNG, or at any stage throughout the trek, the trekker will be charged an **extra 25% fee** on top of the \$720, totalling \$900.00 (refer to our Booking Terms).

Trekkers booking for ANZAC treks should note that porter charges are \$750 (\$937.50 if booked after arrival).

A personal porter, carries a maximum of 16kg. This will be strictly enforced. Space should be left for the porter's own gear. If you are hiring a personal porter, you will need to carry your own daypack. In your daypack you will carry things you need for that day e.g. water bottles, camera, film, bushman plus, snacks, any medication required. If you are having doubts, we recommend you hire a porter. We ask you to treat our porters with respect at all times, they do a fantastic job and they do take good care of our trekkers!

If I have a Personal Porter do I need to supply a back pack?

Yes. If you are having a personal porter you need to supply your porter with a 70/75 litre back pack which he will carry with your gear. You will be required to carry your own smaller day pack with your personal daily items (see above).

Kokoda Spirit do hire 70/75 litre back packs out to our trekkers, please contact our office to arrange this.

Do we tip the porters?

PNG is a non tipping society, so tipping your porter is not necessary. However you may want to reward a job well done, so K100 is a good tip. Any of your excess clothes or caps, t-shirts etc would be very much appreciated.

Do I need Gaiters?

Gaiters are a personal choice; you can use the light weight cotton "gardening/mowing" style gaiters to prevent sticks rocks etc from getting into your boots. Refer to our website for your Trekking Gear List requirements.



What do I need to bring?

Kokoda Spirit has a comprehensive Trekking Gear List to help you with your essential items. Refer to our website for the Trekking Gear List requirements.

What size back pack do I need?

You will need a 70/75 litre back pack for your main pack and a 30/40 litre pack for your day pack. **Note:** Day pack is only needed if you have a personal porter. Ladies carrying their own packs may only need a 60 litre pack, depending on their physique.

Water/Electrolytes

You will need to carry a minimum of 3 litres of water on you. There are many places to fill water bottles along the track. Your porters will advise the best places to fill up your water bottles. The furthest you will walk between water is approximately 4 hours.

It is essential that you take electrolytes/Gatorade/Staminade etc with you. Put in your water, every 3rd litre, it prevents dehydration due to high perspiration losses due to exertion and high humidity. Dehydration, overheating and hyponatremia can become major issues on the track. **It is very important to keep drinking fluids and utilising salt and electrolyte replacements on the Track.** Because of the higher level of activity, temperature and humidity you will tend to sweat more. With the increased fluid intake and sweating you also tend to flush out of your system essential minerals, salts etc. This is why it is important to use electrolytes, salt replacements and Glucose type products. We highly recommend Endura and salt tablets.

Electrolytes: If unsure please discuss with your doctor.

Water purifying tablets can be taken as a precaution. The water is generally very good along the Track but always check with the Trek Master or Trek Leader about the quality of the water.

With the different environments, conditions, food and water, upset stomachs, vomiting and diarrhoea can occur. Please ensure you bring adequate medication.

What food do we eat on the Kokoda Track?

You will be required to pay for all your meals whilst you are in Port Moresby.

Kokoda Spirit needs to be advised when booking if there are any particular dietary requirements. We do our best to manage your requirements, but accept no responsibility due to availability. Supplements may be implemented.

We are able to supply Gluten Free and Vegetarian menus on request, we do need to be advised at least 6 weeks prior to trek departure.

Below is a general outline of meals whilst on the trek.

- The Trek Master and the team organise and cook all your meals. They also take care of the washing up. The porters are also well catered for with food on the Track.

KOKODA SPIRIT

- **Breakfasts** we have cereals, usually Weet-Bix or porridge, rice cakes with spread and limited fruits depending on availability, tea, coffee, biscuits, sometimes pancakes and damper.
- **Lunches** are often canned meats spam, beef and fish, fruit, cheeses, biscuits, spreads, rice crackers and snack bars (We do not cook lunches)
- **Dinners** are fresh local vegies, potatoes, rice and pastas with the cooks special PNG mixes rotated on alternative nights. Pre Dinner snacks is varied may be soup, popcorn, biscuits. Tea and coffee is available.
- The meals are large filling and very nourishing.
- **Food may vary due to season and/or availability.**
- **We recommend you take your own energy treats/snacks e.g. lollies, muesli bars, energy bars, protein bars, trail mix etc for extra supplements (enough for the duration of your trek).**

PEANUTS – when cooking our meals some of our sauces have peanut traces. Our porters and trekkers do eat peanuts, muesli bars, biscuits which may contain peanuts. **Upon booking it is the trekkers responsibility to advise Kokoda Spirit if they have an allergy to peanuts.**

Can we bring food into PNG?

Yes you can. This has not been an issue before. You must declare your food and advise customs that it is for trekking on the Kokoda Track.

What are the washing/cleaning/toilets/shower facilities on Kokoda like?

The facilities on Kokoda are very basic at best.

- Toilets on the Track and villages are known as 'long drops' and 'short drops'. These are simple, deep pits or short pits that have been dug in the ground for use as toilets. There are no toilet seats. These facilities have a roof and screen over them for privacy.
- You do need to take your own toilet paper (2 rolls).
- The river is used for the shower and washing facilities or in some villages a simple water pipe is used to flow the water onto the trekker for washing. Washing of clothes is done in the river. We suggest you bring environmentally friendly soap.
- Antibacterial Hand Gel is essential.
- There are no specific changing rooms on the Kokoda Track or villages.

What are the walking times and distances each day?

- Wake up time on the track is usually around 5.00 am
- Breakfast on the track is usually served from 6.00 am
- We usually start walking around 7.00 am
- There is usually 5-10 minute breaks every 30 mins or so along the track and depending on the size of the hill more often and a stop for morning tea and lunch.



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- The walking pace is best described as the 'Kokoda Shuffle' which is a consistent but reasonably easy pace. This can vary depending on the terrain.
 - Each walking day will vary between 5 to 9 hours with 7 to 8 hours being the average. On average arrival times in the camps and villages are around 2.30pm to 3.30p.m.

When are the best conditions to trek Kokoda?

The conditions on the Track vary due to the changes in the season. The seasons are broken up into the dry season and the wet season. These seasons also have sub seasons which fringe the wet and dry season.

The dry season is normally from late May to late October. Good conditions can still be expected in April and November. **It is possible to get rain and consequently mud on the Track during any season or month.** Late November, December, January, February and March can be wet and muddy.

The temperature will range from 24-28 degrees under the canopy and up to 32 degrees out in the open areas. The night time temperature will range from 18 degrees in the lower sections down to 8 degrees in the higher areas like Mt Bellamy. Humidity will range between 80% – 95%

Do we trek at night?

Kokoda Spirit does not trek at night. Our itineraries are designed to ensure you are in camp well before night fall.

What happens in case of an emergency?

Kokoda Spirit carries satellite phones on all treks; we have an emergency evacuation plan which is implemented. On receiving call for assistance we activate our plan and organise medical, travel insurance and evacuation plans. Contact us if you require further details.

Villages

Whilst in the villages we recommend you do not give money to anyone, as this does create problems between the village people. They live as a community and money needs to be shared between all in the village.

If you would like to take something to the villages, a gift that they can share is more appropriate, clothes, ball games, colouring in items, books, reading and writing material.

First aid items are also very much needed (and appreciated) e.g. bandaids, antiseptic lotions, strapping etc. We do not recommend leaving your prescription or strong medication with the village people as they are not used to such medications. If taken without supervision they could cause harm.

We also ask our trekkers not to wander around the villages in swimming costumes. Please cover up while walking around the villages, it's a sign of respect.



What is the accommodation like on the Kokoda Track?

The accommodation on the Kokoda Track is very basic. Jungle camps and camp sites along the Kokoda Track are basic at best.

The Guest House accommodations are open air huts with no mosquito protection. Guest House accommodation is not always available, so we will camp at the best available camp sites. We recommend tents for privacy and mosquito protection.

Is a walking pole necessary?

Walking poles are a must! They are used as a support and braking system for the steep downhill sections. You can buy walking poles through our office or from camping stores. It is a good idea to train with the poles. Some people find one pole sufficient, but it is your choice.

Do I need travel/medical insurance for Kokoda?

Yes, you do need Travel Insurance, it is very important. You are responsible to organise your own Travel/Medical insurance, which can be organised at your Travel Agent.

You will need coverage for medical evacuation; medical, theft, loss etc... speak to your Travel Agent about the inclusions. Travel Insurance MUST include Medical Evacuation (anywhere along the Kokoda Track) and medical expenses including hospital coverage in PNG and Australia. It can be a very costly experience for you if you do not have your Travel Insurance!

We require a copy of your personal, Travel and Medical Insurance no later than 4 weeks before departure. Failure to have travel and medical insurance will prevent you from trekking.

Should you require assistance with your travel insurance, please contact our travel department at spiritholidays@wholesaletravel.com.au

Do I need a Doctor's Clearance to trek Kokoda?

Yes. **Approximately 3 months prior to your trek Kokoda Spirit will post to you a letter for you to take to your Doctor.**

We ask that the **original Doctors letter be posted** to the Kokoda Spirit office **no later than 4 weeks before departure.**

It is Kokoda Spirit's requirements that every trekker must obtain medical clearance from their Doctor. If we do not receive the original Kokoda Spirit Doctors letter, unfortunately your trek will be cancelled.

There is nowhere along the Kokoda Track to get access to any medications.



Can we drink alcohol on the Kokoda Track?

Kokoda Spirit has a “no alcohol/no drugs” policy while trekking on the Kokoda Track. We do enforce this policy. It is our way of showing our respect for the Kokoda Trail and the Villages; we ask our trekkers to do the same. Prescribed medication from your GP is acceptable.

What is the difference between PNG Led and Australian Led Treks?

Both treks walk the same trek, stay in the same accommodation, eat the same food and have the same wonderful PNG porters. Our PNG led treks do not have the same degree of historical information or commemoration services that the Australian Guided treks do. Our Australian guides have a great deal of knowledge about the history of the Kokoda Track and a passion for the story. The Australian guide is also first aid trained to a higher degree and adds that extra touch of security for those not so comfortable in a wilderness situation.

What happens to the rubbish on Kokoda?

It is very important that we all take good care of the Track. If you purchase soft drinks along the Track, then you need to crush the cans and carry them out with you. All rubbish is either burnt or carried out.

Whilst trekking, please put your own rubbish in your backpack until you arrive at the next campsite. If you see rubbish on the Track, pick it up and put it in our rubbish bags.

What camping gear do I need?

Our web site has a Trekking Gear List of requirements to trek Kokoda or contact us and we will send the list out to you. We can also supply a range of cost effective camping gear to suit your requirements.

Do we carry our own tents?

If you have a personal porter he would carry your tent. If you are carrying your own pack then you would carry your tent. Your personal porter will help you to erect, and pack up your tent each day.

How many people sleep in each tent? What size are the tents?

Only one person per tent, unless you specifically want to share a tent i.e. partner/friend etc. The tents are 2 person tents. Couples may prefer to bring a 3 man tent.

Do I need a medical kit?

Yes, absolutely. It is essential that you have an appropriate first aid kit for the conditions. Refer to our Trekking Gear List as a guide.



Do I need to wear boots on the Kokoda Track?

It is not essential to wear boots across Kokoda but it is highly recommended. Boots should be of good quality, 100% waterproof, of Gortex construction for quick drying, light weight and with a good flexible and aggressive grip. Importantly footwear must also be comfortable. Boots that are one size bigger than your normal size should be considered. This can help prevent sore toes on the declines and discomfort if feet swell. The Kokoda Track is harsh on boots so do not risk old or suspect boots.

Do we have exclusive use of the campsites and guesthouses?

No one has exclusive use of the campsites or guest houses along the Kokoda Track. It is quite possible that some campsites will be shared by other campers.

Do we walk the real Kokoda Track?

Yes we do walk the real Kokoda Track. There are multiple tracks and trails that run across the Owen Stanley Ranges. You will walk in the footsteps of heroes, the same Track as our diggers.

Is there an easier direction to trek?

There is no easy way to trek Kokoda. Both directions have their challenges. Kokoda to Owers' follows the direction of the Japanese and the Australians fighting withdrawal. Owers' Corner to Kokoda follows the original direction that the Australians walked to engage the Japanese near Awala north of Kokoda and our advance back over the Track.

How do I minimise my risks on the Kokoda Track?

The best way to minimise risk on the Kokoda Track is to trek with a professional trekking company like Kokoda Spirit. Kokoda Spirit has a comprehensive risk management plan and safety procedures.

Our guides are first aid trained for wilderness situations; our Australian guides carry first aid kits and on all treks we carry satellite phones.

It is important that you get yourself a full medical check before training. Kokoda Spirit requires a full medical clearance from your Doctor before trekking with us. Proper preparation and training before your trek is absolutely essential. It is also essential to ensure you take precautions to prevent, dehydration, hyponatremia and overheating.

How fit do you have to be to walk Kokoda?

While you do not need to be an Olympic athlete, you do need to be in great physical condition, with good endurance and stamina. You need to be able to walk up to 9 hours per day in hot and humid conditions. The terrain over the Kokoda Track is tough and very steep. You need a strong heart, lungs, quads, calves and a strong and positive attitude. A dedicated training program is required.

Contact your fitness professional or contact our office for the training program. We recommend you consult your medical practitioner before undertaking any new training program.



Please Note: All trekkers need to be aware that being well above your healthy weight range seriously impacts on your ability to complete the Track. Should you fall into this category we highly recommend that you concentrate your training on an intensive weight loss/fitness program. You may like to consider hiring a personal trainer to assist you with your fitness goals. If you require the services of a personal trainer please contact our office as we may be able to assist.

Once again we recommend you consult your medical practitioner before undertaking any new training program.

Do you have a training program?

If you would like a copy of our training program we can email this to you upon request.

Do we get a completion certificate and a Kokoda Spirit shirt?

A Kokoda Spirit shirt will be posted to each trekker prior to your trek departure. With large groups the shirts are posted to the person who has organised the trek. Completion certificate will be handed out to trekkers on the completion of their trek.

How do I book?

Contact the Kokoda Spirit office by email kokodaspirit@bigpond.com or phone us on 07 5445 2758 we will advise you regarding the different options available.

How much does it cost to trek Kokoda?

The trek prices do vary according to the choice of trek. We have 7,8,9 and 11 night treks to choose from. There is also a choice of Australian led treks or local PNG led treks. If you are unsure which trek would suit your requirements please contact our office for advice.

All treks include pre and post accommodation in Port Moresby (unless individuals request otherwise).

Please refer to our Trek Dates for the various options available.

When do I make payments for the trek?

Deposit – Your deposit payment is due when your booking is confirmed. Kokoda Spirit will provide you with a Booking Confirmation letter.

Final Payment - Final payment is due 8 weeks prior to trek departure.

What are your Booking Terms?

We ask all trekkers to read our Booking Terms. Some of abovementioned points are outlined in more detail in our Booking Terms. These can be found on the website or contact our office and we can send this to you. Every trekker who books a trek will also receive Kokoda Spirit Booking Terms upon their booking.



Relax and enjoy?

Every effort is made to make your trip as memorable as possible. Please remember, you are going to a third world country and you may see things and experience things you may have never seen before.

Expect the unexpected in PNG. Keep an open mind; schedules/itinerary may and can change without notice, internal transfers may be late, planes may be late due to bad weather, please understand it is out of our control. Schedules work to PNG time, not Australian time. Patience and a relaxed attitude are essential for an enjoyable trek. All internal flights are booked and confirmed through our office. If there is a problem internally we have direct communications with the airline and our staff. This is no holiday, but a fantastic trekking adventure, it is a trekking experience, a lifetime experience! Enjoy!

When did the Australians commence their walk to Kokoda?

The Australians commenced walking to Kokoda from McDonalds Corner (south of Owers' Corner, Port Moresby end) on July 7, 1942. The first company was 'B' Company of the 39th Battalion led by Captain Sam Templeton and Guided by Bert Kienzle. Captain Sam Templeton was killed in battle and the two crossings over Iora Creek are named in his honour. The Australians arrived in Kokoda on July 15, 1942.

When did the Australians first battle the Japanese?

The Australians first battled the Japanese at Awala just north of Kokoda on July 23, 1942.

When did the battles for Kokoda take place?

The Australians withdrew to Kokoda July 24, 1942. July 29, 1942 the first battle for Kokoda is lost. August 8, 1942 the Australians occupy Kokoda unopposed. August 10, 1942 the Japanese retake Kokoda. November 2, 1942 the Australians recapture Kokoda unopposed.

When did the battle of Isurava take place?

The battle of Isurava commenced August 26, 1942 and finished August 29, 1942.

Where did Private Bruce Steele Kingsbury win his Victorian Cross for Bravery?

Bruce Kingsbury won his VC at the battle of Isurava on August 29, 1942.



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PRE TREK TRAINING PROGRAM

CONTENTS

- Why train?
- Principles of training
- Pre and Post Test
- Step Test (the do it yourself fitness test)
- Taking your heart rate
- Phase 1- 3 training program
- Stretching program

Why Train?

Kokoda Spirit has an excellent reputation when it comes to developing the fitness and preparation of our clients. We are proud of the success rate of our trekkers! You do not have to be super fit or an Olympic athlete to complete Kokoda, Everest Base Camp, or indeed any of our tours but you do need to have excellent endurance and stamina along with a strong cardiovascular system and a desire to complete one of the world's great journeys.

The advantage of having a suitable fitness level lies in your ability to complete the trek, safely and enjoyably and interact with locals, go for a swim or take a side trip to a waterfall AFTER the days trekking is completed. Training also provides enormous health benefits and improves your general well being.

By necessity, we assume that our clients have little knowledge of how to improve their fitness. If you are already participating in a training regime then the initial phase may not be appropriate and you can move directly into higher levels. For best training results, you should follow the "principles of training" listed below. Stretching before and after training is beneficial in the reduction of injuries; follow our "stretching guide".

Principles of training

- **Specificity** - the type of training you undergo should reflect the activity that you will participate in. In this case a trek involving several hours daily walking up steep ascents and walking down equally steep descents.
- **Intensity** - The intensity that you expect during the *Trek* should be reflected in the training program. That is, several hours of walking each day for several days on end.
- **Overload** - to gain a training “effect” you must overload the various “systems” within your body. That is, your cardiovascular, muscular-skeletal systems etc. Overload is achieved by increasing distances, decreasing time taken or increasing pack weight.
- **Heart rate** is a good indicator of intensity. You should not exceed your maximum heart rate. To obtain your max H/R; Subtract your age from 220; For example. If you are 40 yrs old, then your max H/R is $220 - 40 = 180$;
- **Recovery** – It is important to allow your body to recover from the stress that hard physical training places on it. Vary the intensity of your training by alternating hard sessions with slightly easier ones. This will help prevent over-use injuries
- This program assumes no equipment or gym membership. If you are a regular gym member, each alternate day could be spent strength / endurance training in the gym

Prior to embarking on any fitness regime, Kokoda Spirit strongly recommends you have a medical check up with your preferred GP and inform him of your intentions to embark on a trek that WILL involve strenuous exercise for several hours a day for several days, in a remote area where evacuation is difficult.

Pre-test and Post-test

For a training program to be successful, you need to know where your starting point is. A training program for a trained athlete will be different than that for someone who has never undergone any training. The principles however remain the same.

To analyse if your training is successful, a pre and post test is required. (Using the same equipment and tester during each test is important to reduce error).

Where to Pre-test and Post-test?

Local gyms have the equipment and expertise to determine your level of fitness. A small cost is normally involved. It will probably require a stationary bike test or similar. If this is not practical, your pre-test may be as simple as completing the “Harvard step test” outlined below.



Step Test

This test can be used to give you an indication of your current fitness level. Throughout your training program you can re-do the test to evaluate the effectiveness of your training.

Equipment required

- 1 x bench or stable box 45cm high
- 1 x stopwatch

You need to be able to take your own heart beat; this is recorded as beats per minute (bpm).

How Do I take my Heart rate?

Your heart rate can be taken at any spot on the body at which an artery is close to the surface and a pulse can be felt. The most common places to measure heart rate using the palpation method is at the wrist (radial artery) and the neck (carotid artery). Other places sometimes used are the elbow (brachial artery) and the groin (femoral artery).

To take your resting heart rate at the wrist, place your index and middle fingers together on the opposite wrist, about 1/2 inch on the inside of the joint, in line with the index finger. Feel for a pulse. When you find a pulse, count the number of beats you feel within a one minute period.

You can estimate the per minute rate by counting over 10 seconds and multiplying this figure by 6, or over 15 seconds and multiplying by 4, or over 30 seconds and doubling the result. There are obvious potential errors in using this shorthand method. You should always use your fingers to take a pulse, not your thumb, particularly when recording someone else's pulse, as you can sometimes feel your own pulse through your thumb.

Conducting the test

Ask someone to time you and count for you so you can concentrate on the task at hand (or foot!).

At the signal to begin, step up with your right foot, and then bring your left foot up beside it. Follow the "up, up" with "down, down" to complete one step. Repeat at a rate of 24 steps per minute for three consecutive minutes. Then rest in a chair for exactly one minute before taking your pulse. Finally, use the YMCA standards (see table below) to see how you stack up. The step test can be quite demanding; if you have been diagnosed with heart disease, if



you suspect you may have heart disease, or if you have major risk factors, ask your doctor about a formal stress test instead of taking the step test.

Step Test Pulse Count (Using a 60 second pulse count)

	Age	Good to Excellent	Average to Above Average	Poor to Fair
Men	18 – 25	84 or lower	85–100	101 or higher
	26 – 35	86 or lower	87–103	104 or higher
	36 – 45	90 or lower	91–106	107 or higher
	46 – 55	93 or lower	94–112	113 or higher
	56 – 65	96 or lower	97–115	116 or higher
	Above 65	102 or lower	103–118	119 or higher
Women	18–25	93 or lower	94–110	111 or higher
	26–35	94 or lower	95–111	112 or higher
	36–45	96 or lower	97–119	120 or higher
	46–55	101 or lower	102–124	125 or higher
	56–65	103 or lower	104–126	127 or higher
	Above 65	105 or lower	106–130	131 or higher

Where do I Start?

Your starting point is determined by your pre-test fitness levels. Those who have been involved in a regular training regime will have some advantages in terms of routine and perhaps a higher base level fitness to begin with. Not necessarily in all cases however. Gym junkies, swimmers and those participating in specific activities that require particular muscle groups, will often have difficulty when it comes to walking steep hills with a backpack. Remember the specificity rule!

Therefore to identify a starting point that suits all people is impossible!

Kokoda Spirit will therefore present a training program that has proven to be successful with hundreds of clients. All you need to determine is “where” your entry point is. This training regime is the **minimum required** and you can add to each week with a bike ride, swim, gym or run.

Remember that the body does need to recover so don't overdo it. Continual muscle soreness or general fatigue may indicate a day off is required.

The Kokoda Trail exemplifies the need to adhere to the specificity rule; you need to train on hills, hills and more hills AND you need to train for descents as well as ascents.

Red highlighting indicates a change in duration, overload or intensity from previous exercise sessions. Note - train in clothes you expect to wear whilst on the Trek to ensure chaffing does not occur and that they are comfortable.

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Stage 1

Preparation Phase: 4 weeks

The aim of this phase is to develop a basic level of fitness that will allow you to move into more strenuous and physically demanding activities. It starts off intentionally quite easy and is suited to people of low fitness levels or those with an injury.

Initially you must walk at a slow pace until your body gets used to exercise.

Week 1

- Day 1 slow easy walk along flat ground for 30 – 45 mins; 3-5 km
- Day 3 as above; 3-5 km
- Day 5 slow easy walk along flat ground for **45mins – 1 Hr**;

Week 2 (with trekking boots)

- Day 1 **slightly faster** walk along flat ground for 45 mins – 1 Hr; 4-6 km
- Day 2 same as above; 4-6 km (carry small daypack, 5 kg)
- Day 3 slightly faster walk along flat ground for **1 Hr -1 ½ Hrs**; (daypack & 5kg)

Week 3

- Day 1 **increase the intensity** of the 1 – ½ Hr walk by walking up hills *or* stairs (5 kg + 2 ltrs water)
- Day 2 same as above
- Day 3 **slightly faster** walk up the hills or stairs (5kg + water)

Week 4

- Day 1 wears a **small daypack with 8 kg** during your 2 hr hill or stair walk
- Day 2 same as above
- Day 3 **increase the intensity** by completing your above walk in less time

Re-test Step Test

Stage 2

Build up Phase: 4 weeks

Week 5

- Day 1 Hill, stair walk for 2 hours
- Day 2 **Increase** packs weight to 10kg (or 2-3 kgs more than what has been carried), repeat above
- Day 3 2 hr walk with pack; 8kms
- Day 5 easy long slow walk 3 hrs 10kms +

Week 6

- Day 1 hill, stair walk, 2 hrs, with pack
- Day 2 power walk on flat, 5 kms, 10kg pack

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- Day 3 hills, faster pace, 2 hrs
- Day 5 easy long slow walk with **slightly heavier** pack; 10-12 km

Week 7

- Day 1 oval, "lunges" ¼ oval, then walk to complete lap; repeat 4 laps
- Day 2 Hill walk, 2 hrs with pack
- Day 3 hills, **faster** pace with 10kg
- Day 5 Day 5 power walk, 7 kms with pack

Week 8

- Day 1 oval "lunges" ¼ ovals, then fast walk; repeat 5 laps
- Day 2 Hill walk, **increase pack weight by 2 kg, 2 hrs**
- Day 3 as above
- Day 5 long walk with pack; 9 kms

Re-test Step Test

Stage 3

Consolidation Phase: 4 weeks

Week 9

- Day 1 Hill walks with pack, decrease time taken for route
- Day 2 Hill walk, **increase** pack weight 2-3 kgs; as above
- Day 3 Hill walk, **increase** length of walk
- Day 5 Long walk with pack, 6 hrs -8 hrs

Week 10

- Day 1 Oval lunges, ½ lap, and then fast walk to complete lap; repeat 6 times
- Day 2 Hill walk, **decrease** time taken for route
- Day 3 Hill walk, **increase** pack weight 2-3 kgs
- Day 5 Long walk, with pack 8 hrs

Week 11

- Day 1 as for week 10 except **7** circuits
- Day 2 as for week 10
- Day 3 as for week 10
- Day 5 Long walk, with pack, **increase** weight by 2-3kgs

Week 12

- Day 1 moderate walk 5 -7 kms with pack
- Day 2 moderate walk 5-7 kms with pack
- Day 3 moderate walk 5-7 kms with pack

One or two days rest prior to leaving Australia for Papua New Guinea

Stretching

Kokoda Spirit Stretching Tips

1. Always warm up for 5-15 minutes prior to stretching.
2. Move slowly when stretching. Take this time to relax and focus on your breathing.
3. Depending on what you choose, music can help energize or relax you.
4. When lying on your back, move your legs one at a time. Sudden movements with both legs can strain the muscles of the lower back.
5. Stretch to the point of gentle tension. If something hurts, stop immediately. Stretching should feel good.
6. Try to stretch after you have completed training. This workout can take as little as 7-10 minutes, or as long as you'd like. A few minutes every week can improve your performance, and prevent injuries, and help you relax.

Stretching Program

This is a good supplementary stretching program to your existing workout and for your off days.

Neck Rotation	Turn your head to the side, stretching your chin toward your shoulder. Turn head back to centre and repeat to the other side.
Shoulder Stretch	Stand with feet shoulder width apart. Raise one arm overhead and stretch as far as you can without bending the torso. Repeat with opposite arm.
Forearm Stretch	Extend your right arm straight out in front of you, palm downward. With the left hand, grasp the fingers of the right hand and pull back gently, stretching the wrist and forearm. Repeat with the left arm.
Triceps Stretch	Raise one arm straight up, so your upper arm is near your ear. Bend at the elbow and let your hand fall to the back of your neck. With the other arm, reach behind your head and place your hand on top of the bent elbow. Gently pull down and back on the elbow. Repeat with other arm.
Trunk Stretch	Stand with your feet a little more than shoulder width apart. Reach your left arm overhead and bend to the right at the waist. Repeat on opposite side.
Torso Twist	Stand at arm's length from the wall, with the wall at your side. Reach one arm out and place your hand on the wall. Reach the other arm around the body, stretching the hand to the wall. Repeat on opposite side.

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Chest Stretch	Stand with your feet shoulder width apart. Clasp your hands behind your back and gently press your arms upward, keeping your arms straight.
Back Stretch	Lie on your back and bring one knee to your chest. Hold the knee with both hands and gently pull in. Alternate knees and repeat.
Hip Roll	Lie on your back and bend your knees, feet flat on the floor. Let your knees fall to the right while reaching both arms across your body to the left. Hold the stretch, then roll the hips over to the left, stretch arms to the right and repeat the stretch.
Lower Back Reach	Sit on the floor with your legs straight out in front of you. Reach forward toward your toes, keeping your chin up and lower back slightly arched. Try not to round the back or tuck the chin in - this decreases the effectiveness of the stretch.
Butterfly Stretch	Sit on the floor, bend your knees out to the sides and bring the soles of your feet together. Place your hands on your knees and gently press the knees toward the floor. Keep your back straight.
Lateral Hip Stretch	Sit on the floor with both legs straight in front of you. Bend your left leg and place the left foot over the right knee. Place your right hand on the outside of the left knee and gently pull the knee toward your right shoulder, twisting the torso to the left, until you feel the stretch in your left hip. Repeat with opposite side.
Hamstring Stretch	Stand with legs shoulder width apart and the left leg slightly in front of the right. Shift your weight to the back leg (the right) and bend the knee, turning the knee and toe to the right. Extend the left leg and place the heel on the floor, toes in the air. Keep the back straight and bend forward at the hips until you feel the stretch in the hamstring of the left leg. Repeat with the opposite leg.
Standing Hamstring Reach	Stand with one foot crossed over the other. Bend at the hips, reaching toward the floor and keeping the knees slightly bent. Repeat with the opposite foot crossed in front.
V-Stretch	Sit on the floor with your legs extended to either side so they form a "V". Bend forward, grasp your toes or ankles, and stretch your chest toward the floor. Try to go a little lower each time you perform the stretch.
Leaning Calf Stretch	Stand about 2 1/2 feet from a wall. Place your hands on the wall

and lean in, gently pushing your hips forward. Keep your legs straight and heels flat on the floor.

Standing Calf Stretch

Stand with your feet together. Extend one leg in front of you and place the heel on the floor, toes in the air. Keeping the back straight, bend forward at the hips until you feel the stretch in the calf. Repeat with opposite leg.

Quadriceps Stretch

Lie face down and reach back with your right arm to grasp your right ankle. Pull your foot toward your buttocks. Be sure to keep your hips and pelvis on the floor. Repeat with left leg.

Standing Quad Stretch

From a standing position, reach back to grasp your right ankle with your right hand. Pull your foot toward your buttocks. Place your other hand on a wall or chair if you need balance support. Repeat with left leg.



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Suggested Trekking Gear List

(This is our suggested gear required)

Toiletries

	1	Toothbrush
	1	Toothpaste
	1	Roll on deodorant
	1	Razor
	2	Rolls of toilet paper
	1	Wet ones
	3	Small soaps (small soaps are best in case you lose one in the fast flowing rivers)
	1	Nail brush
	1	Ladies hygiene products
	1	Antibacterial Hand Gel

Suggested Camping Trekking Gear

	1	70-75 litre (minimum) backpack
	1	Daypack (included in Australian Led Treks) You do not need a daypack if you are carrying your own pack
	1	2 person tent (included in Australian Led Treks)
	1	Groundsheet (big enough to go under your tent)
	1	Sleeping bag (0 to +5 rating)
	1	Sleeping bag liner or cotton sheet
	1	Self inflating mattress or foam roll
	1	Pillow (optional) (Inflatable travel pillow or cushion insert – do not bring full size pillow)
	1-2	Walking poles – this is essential

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	1-2	Gloves (optional)
	1	Torch (and spare batteries)
	1	Head Torch (and spare batteries)
	1	Deep plate (big enough for cereal and dinner)
	1	Mug (not glass)
	1	Knife / Fork / Spoon
	2	Dry bags or waterproof bags (available from camping stores)
		Water - need minimum of 3 litres (your choice of water bottles or water bladder, you will need easy access to bottles)
	3ltr	Backpack bladder and 1 water bottle (for mixing supplements)
	1	Water drink bottles
		Camera ,spare batteries, disposable camera (Note: Cameras and video recorders cannot be charged on the track as there is no electricity)

Medical Kit Suggested

		Medications as Prescribed by your Doctor (anti malaria, antibiotics for wounds and infections, anti inflammatory, anti vomiting, epi-pen etc...)
	12	Gastrolyte (must have)
	1	Endura Powder/Gatorade etc (available from Chemists)
	1	Headache Tablets
	1	Strong Pain Relief
	1	Diarrhoea Tablets
	1	Travel Calm Tablets
	1	Anti-Inflammatory medications (eg. Ibrofen, Voltaren, Nurofen)
	1	Antihistamines (e.g. Telfast, Phenergan 10mg)
		Multivitamins / B1 Tablets (start a couple of weeks prior to trek)
	1pkt	Blister Pads (optional)
	1	Roll of strapping tape

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	Small	Vaseline (blisters)
	2 pkts	Large size band-aids (Elastoplast)
	1	Knee and/or ankle guards
	1	Foot fungi powder (Johnson baby powder works well)
	1	Antiseptic lotion/cream (e.g. Paraderm Plus, Betadine, Bepanthen)
	1	Papaw ointment
	1	Hydrocortisone cream (for bites)
	3	Insect repellent roll-on / cream (we suggest 'Bushman Plus' – always keep it on)
	2 pkts	Water purification tablets (highly recommend)
	1	Sunscreen (always keep it on)
	1	Salt tablets
	3 pkts	Glucose Jelly Beans or Glucose lollies
	4 pkts	Glucodin Tablets
	For every day	Munchies (muesli bars, lollies, beef jerky, protein bars etc..)

Suggested Clothing

	1	Walking boots and spare boot laces
	1	Sandals – adventure style with good grip and covered toes for river crossings and 1 pair of Thongs or similar for camp.
	1	Long cotton pants or equivalent and long shirt / thermal (for night time)
	1	Rain jacket
	1-2	Shirts for trekking
	1-2	'skins' style sports clothing shorts – 2XU/etc sports wear (highly recommended, great to reduce chafing)
	2	Walking shorts or walking pants
		Costumes/board shorts etc (for rivers and hotel)
	5	Pairs of woolen hiking style socks
	3	Comfortable underwear / bras



	1	Gaiters (optional)
	1	Hat / cap / bandana
	2	Microfiber Towels
	2	Face washers (to dry feet during the day)

Repair Kit (for broken bags, boots – these items can be shared amongst a group)

	10	Long cable ties
	1	Electrical tape
	1	Small super glue

Extras (Below are some 'optional extras')

		Diary and pen
		Field Guide to the Kokoda Track (by Bill James)
		Playing cards
		Large zip lock bags (for personal items, clothes, lollies)
		Approx. 200 Kina (PNG money) for drinks and/or fruit on the track if needed. (Sometimes villages sell 'bilum bags' to trekkers, they cost approx K60-K100 Take small change e.g. K5 and K10 notes)

- Note:
- There is no where along the Track to get access to medications
 - If travelling with friends or as part of a group you may be able to share some of the above items eg creams / lotions.
 - Please check your 'What's Included and What's Not Included" list
 - This list is our recommendation of what to take



PO Box 7293
Sippy Downs Qld 4556
Australia

Tel: (07) 5445 2758
Fax: (07) 5456 1649
Mobile: 0437 473 900

Email: enquire@kokodaspirit.com
Website: www.kokodaspirit.com
ABN 66 787 442 902

IMPORTANT INFORMATION

LEAVE THESE DETAILS AT HOME

Contacts

Kokoda Spirit Pty Ltd: Office: (07) 5445 2758
Mobile: 0437 473 900
Email: enquire@kokodaspirit.com

Gateway Hotel Port Moresby Phone: 0011 675 327 8100
Fax: 0011 675 325 4585

Travel Insurance

Travel Insurance Co.: Name: _____
Phone: _____
Policy No.: _____

Flight Details

Departure from Australia Carrier: _____ Flight No. _____
Date: _____
Time Departing: _____

Arrival into Australia Carrier: _____ Flight No. _____
Date: _____
Time Arriving: _____

*** Leave this information with Family or your Next of Kin ***

KOKODA SPIRIT

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Website: www.kokodaspirit.com
ABN 66 787 442 902

Local PNG Led Trek

What's Included

The following are **included** in the price of your Kokoda Spirit trekking adventure trip:

- Internal Charter flight Kokoda to Port Moresby **or** Port Moresby to Popendetta (Depending on trek direction)
- Airport/Hotel accommodation transfe
- Accommodation 2 nights twin share, at a secure 3.5 star Hotel in Port Moresby. (pre and post trek only) Gateway Hotel.
- Bus Transport to or from Owers' Corner
- Visit to the Bomana War Cemetery
- All meals during the trek, prepared fresh by our professionally trained cooks
- We do not use dehydration packs just fresh wholesome food
- 24 hour emergency support network in Port Moresby and Australia
- Communication and emergency equipment, satellite phones
- Kokoda Specific Training Program.
- Comprehensive pre trek information and support package. Experienced support staff to answer your questions and requests prior to your trek
- Experienced and professionally trained PNG Trek Master and Experienced PNG Trek Leader
- Our Porters and Guides are exclusively from the Koiari and Orokaiva villages along the Kokoda Track
- We have group medical kits
- First Aid trained Guide
- Professionally trained Rope and River crossing specialist.
- Professionally trained cooks and camp staff.
- We carry all our food and supplies for the complete trek, avoiding any risky and delayed/cancelled halfway food drops. Plus we get the opportunity to give more work to our Porters for the whole trek.
- Group porters / Camp porters.
- Village campsite fees.
- Group Camping and trek equipment.
- Kokoda Track Authority fee and permit
- Kokoda Spirit Certificate on completion
- Kokoda Spirit Cool Dry shirt



-
- We have a Port Moresby office with support staff
 - Porter flights/transport to and from track
 - All Porter food and camping equipment and uniform
 - We pay our Trek Guides and Porters well above the industry average and well above the recommended amount specified by the Kokoda Track Authority
 - Our Porters carry less than the specified weight recommended by the Kokoda Track authority and less than the International Porters code

What's Not Included

The following are **not included** in the price of your Kokoda trekking adventure trip:

- International flights and Domestic flights (within Australia)
- Anti-malaria medication and / or inoculations as recommended by your Doctor
- Personal first aid and personal care items
- Medical Assessment
(Kokoda Spirit will provide each person with a Doctors letter to take to your local Doctor)
- Visa for entry into PNG
- Passport
- Personal Travel Insurance
(Insurance needs to include provision for an emergency airlift out of the Kokoda Track)
- Personal expenses in Port Moresby (eg. telephone calls, drinks, meals, room service etc)
- Extra nights accommodation in Port Moresby
- "Trekking Gear List" items
- Personal Porter (to carry your rucksack or backpack – highly recommended)
- All expenses relating to a Medical Evacuation (refer to Booking Terms)

Note: Variations to the above inclusions are available for group bookings

**KOKODA SPIRIT CAN SUPPLY YOUR KOKODA CAMPING GEAR PACKAGES AT
VERY COMPETITIVE PRICES.
OUR GEAR IS TRIED AND TESTED ON KOKODA.
SAVE YOURSELF BIG BUCKS WITH US!**

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Australian Led Trek

What's Included

The following are **included** in the price of your Kokoda trekking adventure trip:

- Internal flight Kokoda to Port Moresby **or** Port Moresby to Popengetta (Depending on trek direction)
- Airport/Hotel accommodation transfers
- Accommodation 2 nights twin share, at a secure 3.5 star Hotel in Port Moresby. (pre and post trek only) Gateway Hotel
- Two Person Tent
- Day Pack
- Comprehensive history of the Kokoda Track from our experienced, professional and passionate Australian Guides
- Kokoda Specific Training Program
- Comprehensive pre trek information and support package. Experienced support staff to answer your questions and requests prior to your trek
- 24 hour emergency support network in Port Moresby and Australia
- Communication and emergency equipment, satellite phones
- Bus Transport to or from Owers' Corner
- Visit to Bomana War Cemetery
- Port Moresby City Tour
- Experienced and professionally trained PNG Trek Master and Experienced PNG Trek Leader
- Our Porters and Guides are exclusively from the Koiari and Orokaiva villages along the Kokoda Track
- Group Camping and trek equipment
- We have group medical kits
- First Aid trained Guides
- Professionally trained Rope and River crossing specialist.
- We carry all our food and supplies for the complete trek, avoiding any risky and delayed/cancelled halfway food drops. Plus we get the opportunity to give more work to our Porters for the whole trek.
- Professionally trained cooks and camp staff.
- We do not use dehydration packs just fresh wholesome food.
- All meals during the trek, prepared fresh by our professionally trained cooks.



-
- Group porters / Camp porters
 - Village campsite fees
 - Kokoda Track Authority fee and permit
 - Kokoda Spirit Certificate on completion
 - Kokoda Spirit Cool Dry shirt and cap
 - We have a Port Moresby office with support staff on hand to assist
 - We pay for Porter flights/transport to and from the Kokoda track
 - We supply all Porter food and camping equipment and uniform for our staff
 - We pay our Trek Guides and Porters well above the industry average and well above the recommended amount specified by the Kokoda Track Authority
 - Our Porters carry less than the specified weight recommended by the Kokoda Track authority and less than the International Porters code

What's Not Included

The following are **not included** in the price of your Kokoda trekking adventure trip:

- International Flights and Domestic Flights (within Australia)
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- Extra night's accommodation in Port Moresby
- "Trekking Gear List" items.
- Personal Porter (to carry your rucksack or backpack – highly recommended)
- Any expenses relating to a Medical Evacuation (refer to Booking Terms)

Note: Variations to the above inclusions are available for group bookings

If for any reason (such as injury in the course of a Trek) we are unable to provide an Australian guide, or he is unable to complete the Trek, we agree to refund to you the difference in cost between an Australian led and PNG National led Trek.



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VERY COMPETITIVE PRICES.**

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