

Kokoda Track Trek Personal Details



Departure Date: _____
(First day of trip)

First name: _____ Last name: _____

Date of birth: _____

Occupation : _____

Any special dietary requirements

Passport details: _____ Nationality: _____

Passport Number: _____ Date of Issue: _____

Place of Issue: _____ Expiry Date: _____

Note : Your passport must be valid for at least six months after you return home.

Emergency Contact: _____ Relationship: _____

Address: _____

Ph (Home): _____ Ph (Work): : _____

Ph (Mobile): : _____

Travel Insurance (Mandatory)

Travel Insurance Company: _____ Policy Number: _____

24 Hour Emergency number: _____

Signature: _____ Date: : _____

Medical Form



Walking the Kokoda Track is a physically demanding activity.

The trekker will be required to walk over difficult and undulating terrain under hot, humid and damp conditions. The trekker requires a good level of fitness and health.

It is recommended that you commence your trek preparation 6 months prior to departure. It requires hill walking with a pack up to 10 kg in variable weather conditions over rough terrain.

On the Kokoda Track you are often many hours, or possibly days, from proper medical attention and facilities. Our trek leader will carry a group first aid kit, a satellite phone, as well as the first aid the trekker will carry, and every effort is made to ensure the trekkers safety.

It is important that only fit and mentally stable people undertake the journey across the Owen Stanley mountains of Papua New Guinea.

The attached medical form must be completed by a qualified medical practitioner.

This form is to be completed a minimum of 60 days before departure.

Departure Date: _____

(First day of trip)

First name: _____ Last name : _____

Date of birth : _____

Blood pressure: _____ Height: _____

Weight: _____

Level of fitness: (circle) Low 1 2 3 4 5 6 7 High

If the answer is YES to any of the following questions, please supply the full information below.

DO YOU HAVE OR HAD A HISTORY OF: (tick)	Yes	No
1. Diabetes	<input type="checkbox"/>	<input type="checkbox"/>
2. Epilepsy or any neurological problem	<input type="checkbox"/>	<input type="checkbox"/>
3. Asthma	<input type="checkbox"/>	<input type="checkbox"/>
4. Mental or emotional instability	<input type="checkbox"/>	<input type="checkbox"/>
5. High or low blood pressure	<input type="checkbox"/>	<input type="checkbox"/>
6. Mobility problems	<input type="checkbox"/>	<input type="checkbox"/>
7. Joint or arthritic problems	<input type="checkbox"/>	<input type="checkbox"/>
8. Heart or circulatory disease	<input type="checkbox"/>	<input type="checkbox"/>
9. Digestive or bowel disorders	<input type="checkbox"/>	<input type="checkbox"/>
10. Have you had any surgical procedures in the last 12 months	<input type="checkbox"/>	<input type="checkbox"/>
11. Any other health problems that may impact your ability to walk the track	<input type="checkbox"/>	<input type="checkbox"/>
12. Allergies	<input type="checkbox"/>	<input type="checkbox"/>
13. Are you taking any prescribed or non-prescribed medication	<input type="checkbox"/>	<input type="checkbox"/>
14. Do you have any pre-existing medical conditions	<input type="checkbox"/>	<input type="checkbox"/>



Please attach any documentation or information which may be required if you have answered YES to any of the questions. Please discuss any concerns with your Doctor.

Declaration -

I declare that I am in a healthy physical and emotional state to participate in this trek. I confirm that Mornington Peninsula Treks will not bear any liability for any medical matters that may arise while on the trek, and that I shall be responsible for all medical expenses that may result from participating in the trek.

Trekker's Signature: _____ Date: _____

Doctor details

Doctor's name : _____

Address: _____

Ph: _____

Doctor's signature: _____ Date: _____

Kokoda Track Trek Inclusions



1. Personal carrier if you have chosen to have your pack carried. Pack size needs to be a minimum of 85 litres.
Your carriers personal gear will also be carried in this pack. Your gear should be no more than 14 g.
2. Group carriers. Our group carriers will carry all of our supplies and equipment.
3. Personal 2-man tent.
4. 2 nights' accommodation in Sogeri including dinner and breakfast, and lunch on our return from Kokoda.
5. Airfare from Popondeta to Port Moresby at the conclusion of the trek.
6. Kokoda Track Authority trekking permit.
7. Trek food - All meals on the Track. Breakfast, lunch and dinner.
8. Village and campsite fees on the Track.
9. Airport transfers to Sogeri and back to Port Moresby.
10. Road transport to Owers Corner to start the trek, and transport to Popondeta at the conclusion of the trek.
11. Satellite phone (for emergency use only).
12. Group first aid kit
13. Ropes for river crossings if required.

Kokoda Track Trek recommended equipment list



1. Day Pack - 40 litre
2. 3 litre Camelbak
3. 1 litre unbreakable drink bottle
4. Sleeping bag rated to minus 5 C as light as possible.
5. Thermarest sleeping mat
6. Trekking shirt
7. Trekking pants
8. Long sleeved shirt for night-time
9. Long pants for night time (lightweight tracksuit pants)
10. One pair of thermals
11. Beanie
12. Lightweight long sleeve fleece top
13. Waterproof jacket
14. 3 pairs of socks
15. 3 pairs of underwear
16. 1 pair of bike shorts or similar. (These help prevent chaffing)
17. One pair of strap on sandals (Tevaz are ideal)
18. One pair of runners
19. Waterproof bag. It needs to be big enough to contain your clothes and sleeping bag.
20. One pair of worn in walking boots
21. 2 Spare laces for your boots
22. One pair of gaiters (ankle high with no straps are fine)
23. Trekking pole
24. Hat and sunglasses
25. Lightweight travel towel
26. Mess tin, cup, knife, fork and spoon

Personal safety and care on the Track



The following information is supplied to assist you in your preparation for walking the Kokoda Track. Good hydration practices and monitoring the condition of your feet and any aches and pains are an essential part of your training and now is the time to form good habits for PNG.

Walking the Kokoda Track is an extremely satisfying experience, but also a difficult and potentially dangerous one.

Every effort will be made by your trek leader and carriers to ensure you enjoy it to the best of your ability.

It is of the utmost importance that you are well prepared physically and mentally for the journey ahead.

You walk the track as much with your head as you do with your legs.

It is vital that you recognise signs of fatigue, loss of concentration or dehydration to prevent a problem that can be dealt with turning into one that could end your trek prematurely.

We shall walk as a group to ensure that above all we are looking out for each other to stop problems occurring.

CONCENTRATION

The nature of the terrain on most of the track requires you to watch your step all of the time.

Fatigue or a wandering mind can affect your judgement.

It is your responsibility to walk carefully and within your limits. It is not a race. You will never walk alone.

CARRIERS

The Papuan carriers who assist us on the track are in the same mould as their forefathers.

They take great pride in their occupation and care of their trekker. They may not talk to you very much, but they will be watching you.

They will regularly offer you their hand in help, hold on to your arm or pack to assist in guiding you over roots and rocks, river crossings and logs. Please accept their offer of assistance gratefully.

You will be very surprised by their ability to navigate the terrain compared to us.

Most people I speak to on completion of their trek say they couldn't have done it without them.

Enjoy their company and treat them with respect.

WATER

Proper hydration is one of the essential requirements when trekking under the conditions you will experience in Papua New Guinea.

Water is plentiful on most parts of the track.

Treatment of your drinking water is always required.

Water treatment tablets that are available at chemists and camping stores are required.

You will need to purchase these in Australia prior to departure and bring enough to treat up to 5 to 6 litres of water per day for two weeks.

Bottled water is not available on the track.

Your carrier and trek leader will advise you on where to fill your drink bottles and camel back.



Not all the streams and rivers are advisable to use for drinking water. Always ensure that you have a one litre of bottle treated water available while you are waiting for your replenished water supply to undergo treatment.

Most tablets generally require half an hour to treat the water before it is drinkable. Please check the manufacturer's recommendations.

It is of great importance that you monitor your water intake.

You will be losing fluids from your body at a much greater rate than what you are accustomed to.

A person exercising in the heat can readily lose one litre of water per hour.

Drinking small volumes of water regularly will maintain hydration and will reduce the risks of nausea or stomach upsets.

HEAT CRAMPS

Heat cramps can occur after heavy sweating in a hot environment when the body loses more fluid through sweating than it can replace.

Signs and symptoms are pale, clammy skin, cramping pains in the affected area and nausea.

If this occurs, stop, tell your trek leader and rest. Gently stretching and gradual fluid intake will aid in recovery.

HEAT EXHAUSTION

This occurs with the signs and symptoms of dehydration.

It is vitally important to maintain your fluid intake.

Do not wait until you feel thirsty. Drink small amounts regularly at all times.

Monitor your toilet stops and ensure normal fluid transfer through your body is being maintained and the colour of your urine is not unusual.

You must take extreme care in this area to look after yourself and a simple question to a fellow trekker about their fluid intake can be of assistance to them.

We must look out for each other.

Signs and symptoms are pale, cold clammy skin, a rapid and weak pulse, rapid breathing, profuse and prolonged sweating, thirst, nausea, vomiting, a constant headache and cramps.

If you feel yourself or observe another member experiencing any of these signs or symptoms tell your trek leader immediately.

The group will be required to stop, and we must treat and wait with the affected person until recovery is complete and they have fully rested. Generally, they will need a full night's rest.

Fluid intake does not stop when we cease walking. It must continue during our rest periods and morning and night. When resting sit in the shade, cool yourself with a wet sweat rag and rest properly when required.

HYGIENE

Maintaining good personal hygiene is essential even under difficult circumstances.

After toilet stops or using “facilities” in the camps and villages, wash your hands immediately or use your anti-bacterial gel.



Clean your eating utensils before and after meals. Boiled water will be provided before all meals to clean and sterilise your eating utensils. Wash thoroughly and wash clothes whenever practical, especially socks, boots and undergarments.

FOOT CARE

In Papua New Guinea you must be diligent in the care of your feet.

You need to maintain them in good condition all the way to Kokoda. Check your feet every day. IF YOU FEEL ANY HOT SPOTS ON YOUR FEET STOP AND TREAT IMMEDIATELY. Taping of any suspected problems prior to the days walk can be very beneficial. The trek leader is happy to assist you.

I recommend you apply Bepanthen Cream to your feet prior to putting your boots on to help in preventing foot problems occurring.

Wash them thoroughly at the end of the day. Dry them thoroughly and I recommend you apply an anti-fungal powder at the end of the day.

Do not walk around in bare feet but letting your feet breathe when possible, will help them recover.

You must look after your feet.

CUTS AND ABRASIONS

If you experience any cuts or abrasions on the track treat them immediately.

Do not leave them unattended and monitor the healing process.

Your honesty and accuracy concerning your wellbeing is of the highest importance not only to yourself, but to the whole group.

Please inform your trek leader of anything even if you feel it is trivial.

Let's make the journey enjoyable for everyone.

Please email Marty on completion of reading this document to confirm that you have read and understood this document.

Personal care items to be supplied by Trekker

- Two rolls of toilet paper (please ensure that these are in waterproof bag)
- Bio-degradable soap and shampoo. You will be washing in village creeks and rivers. For the preservation of these water ways only bio-degradable soaps and shampoos are acceptable.
- Anti-bacterial hand gel, 2 x 70ml bottles
- One small anti-fungal foot powder.
- One small tube bepanthen cream.
- One small bottle of antiseptic. (Dettol or betadine)
- Hydrolyte or Gastrolyte- essential. Bring enough for at least one sachet or two tablets per day. Gatorade tubs can be shared amongst a few people. This is optional.
- A broad spectrum antibiotic, for eg, Ciprofloxacin 500 mg.antihistamines if required
- Anti-malarial medication **PLEASE DISCUSS THIS WITH YOUR DOCTOR.**
It is essential that any anti-malarial medication you may use will not adversely affect you while taking it.
- One small packet of Panadol or Nurofen
- One small packet of Codral cold and flu tablets
- Sunscreen
- Tropical strength Rid
- One roll of 50mm strapping tape
- One roll of elastic bandage
- One small packet of waterproof band aids
- 2 blister packs
- Personal snack packs. We advise that you bring a 150 – 200-gram bag of snacks for each day of your trek. This fuel is very valuable between meals on a strenuous journey. Items such as nuts, jellybeans, health bar, protein bar etc. Please bag your daily snack pack separately for each day of the trek
- Water purification tablets for 2 weeks for up to 5 or 6 litres a day.

Any items not used on the Track make a welcome gift to the hospital or health centres in PNG.