



KOKODA CHALLENGE Checklist

SIGN UP for the trek with World Hope by contacting Ruth Thomas and make a commitment to raise a minimum of \$3000 for World Hope Australia.

TRAVEL & FINANCIAL ARRANGEMENTS

- Register and Pay deposit of \$500 to W & G Enright (Free Spirit Adventures)
- Organise passport to be valid for 6 months after returning from trip.
- Complete booking forms – which you'll receive upon paying deposit.
- Contact Andrea Turner to book flights & organise travel insurance.
- Email: andreat@travelmanagers.com.au Mobile: 0414596945
- Balance of trip payment due 60 days prior to departure.
- All booking and medical forms must be returned to Free Spirit Adventures at least 60 days prior to the trip.

HEALTH REQUIREMENTS

- Take the *doctor's letter* to your GP to get your medical clearance. Please return the *Medical Clearance* form signed by your doctor no later than 60 days prior to your trek.
- If you don't have a regular GP you can see the Travel Doctor.
- Phone: 1300 658 844 for advice on personal health issues, vaccinations and malaria precautions etc. www.traveldoctor.com.au for locations.
- Set goals and an action plan for improving health habits and fitness.

CLOTHING AND EQUIPMENT

- 75 litre backpack –maximum weight 14kg
- 35litre Day pack for personal supplies if you are getting a personal porter.
- Waterproofing
- Hydration System
- Boots and gaiters or (ankle covers)
- Socks
- Trunks style underwear
- Camp Mattress, light compact sleeping bag & mozzie net.
- Head torch
- Long quick dry pants & shorts x 1
- Windcheater or light jumper or thermal top
- Poncho or light rain jacket
- Synthetic Polo/ t-shirts & long sleeve shirts x 2
- Floppy wide-brimmed hat
- Personal toiletries
- Light weight bowl, cup and cutlery A more detailed gear list will be made available upon registration.