

# Trekking Adventures – Equipment Checklist

Essential Items		
1	<a href="#">Adventure Backpack &amp; Equipment Bundle</a> or Rucksack 60 litre capacity or a maximum of 75 litre (limit packed weight to 10-13kg)	
2	<b>Water Carriers</b> 1 x 2 Litre Backpack_Bladder/Bottles. Your choice of water bottles or water bladder, you will need easy access to bottles. 1 x Water bottle (for mixing supplements)	
2	Dry bags, waterproof bags or heavy-duty bin liners can be used to waterproof your clothes inside your backpack while trekking then one to store your boots upon return	
1	Deep bowl (big enough for cereal and dinner)	
1	Mug (Plastic Mug with a clip on lid – to retain the heat for cooking noodles)	
1ea	Knife / Fork / Spoon or	
2	Combo Eating Utensils	
1	Head Torch (and spare batteries)	
1	Basic First Aid Kit	
Optional Items		
1	Daypack (for personal use). You do not need a daypack if you are carrying your own pack	
1	Cotton sleeping bag liner or Silk sleeping bag liner	
1	Pillow (Inflatable travel pillow or cushion insert – do not bring full size pillow)	
1-2	Walking poles (Carved walking sticks can be purchased on the track from PNG locals)	
	Camera, spare batteries, Spare memory card <b>Note:</b> Cameras and video recorders cannot be charged on the track as there is no electricity	
1	Diary and pen	
1	Playing cards	
1	Extra garbage bag (in case 2 main bags become ripped or torn)	
2	Bandanas	
1	Sarong wrap for wearing around camp	
Clothing		
1	Walking boots and spare boot laces	
1	Crocs or Sandals – adventure style with good grip for evening wear	
1	Long cotton pants or equivalent and long shirt / thermal (for night time)	
1	Rain jacket	

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2	Shirts for trekking	
1-2	'skins' style sports clothing shorts / 2XU sports clothing (highly recommended, great to reduce chafing)	
2	Walking shorts or walking pants	
1	Costumes (for rivers and hotel)	
5	<a href="#">Pairs of silver, merino woolen hiking style socks</a>	
4	Comfortable underwear / bras	
1	Gaiters (optional) small or long	
1	Hat / cap	
1	Microfiber Towel	
1	Plastic Poncho or rain jacket	
<b>Toiletries</b>		
1	Toothbrush	
1	Toothpaste	
1	Razor	
1	Roll Toilet paper or wet wipes/baby wipes	
1	Nail brush	
1	Antibacterial Hand Gel (small bottle)	
1	Small soap (small soaps are best in case you lose one in the fast-flowing rivers)	
1	Small bottle of Shampoo & Conditioner (green friendly)	
1	Hair Brush/Comb	
1	Ladies hygiene products	
1	Hair ties	
<b>Personal Medical Kit</b>		
	Medications as Prescribed by your Doctor (anti-malaria, antibiotics for wounds and infections, anti-inflammatory, anti-vomiting, epi-pen etc...)	
12	<b>Electrolyte Sachets (must have!!)</b> Gastrolyte, Endure Opti with magnesium	
1	Headache Tablets	
1	Strong Pain Relief	

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1	Diarrhoea Tablets	
1	Magnesium supplements (enough to support daily quantity recommended)	
1	Anti-Inflammatory medications (eg. Ibrufen, Voltaren, Nurofen)	
1	Antihistamines (e.g. Telfast, Phenergan 10mg)	
1pkt	Blister Pads	
1	Roll of strapping tape	
2 pkts	Large size band-aids (Elastoplast)	
1	Knee and/or ankle guards (if needed)	
1	Foot fungi powder (Tea Tree foot powder works well)	
1	Antiseptic lotion/cream	
1	Hydrocortisone cream (for bites)	
1	Insect repellent roll-on / cream (Bushmans DEET– always keep it on)	
2 pkts	Water purification tablets or UV purifier (e.g. <a href="#">Steripen</a> ) or filter	
1	Sunscreen (always keep it on)	
1	1 X 50g tubes of 'Bepanthen' nappy rash cream- for your feet! And prevent chafing	
	Scissors, tweezers, and safety pins	

Our Spirit  
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