

Kokoda Training Walk for Past and Future NSW Police Legacy Trekkers

Date: Saturday, 18 January 2020

Start: 7:00am

Finish: 2:00pm (approximately)

Length/Rating: 20km walk / Medium to Advanced

Location: The Coast Track – Royal National Park (return loop)

Meeting Point: [Royal National Park Entry Gate – Beachcomber Ave Bundeena](#)

Considerations: Track has toilet facilities and locations to refill water

What to bring:

- Drinking water – (approx 600ml per hour of walking)
- Hat & Sunscreen
- Mobile phone (for emergency use only)
- A small towel / bandanna to wipe sweat away
- Appropriate hiking clothes (no jeans), boots or trail walking shoes (no bare feet, thongs or sandals)
- Your backpack / or a day pack
- Lunch and snacks (muesli/protein bars, nuts and dried fruit, fresh fruit, sandwiches
- what's walked in is walked out)
- First aid kit is recommended / Personal medications such as asthma pumps etc