

Kokoda Training Walk for Past and Future Trekkers

Date: Saturday, 16 & Sunday, 17 March 2019

Start: 7:45am (both days)

Finish: 3:00pm (approximately)

Rating: Medium to Advanced

Location: [Govett's Leap to Junction Rock](#)

Meeting Point: [Govett's Leap Lookout Carpark](#)

Considerations: Track has toilet facilities and locations to refill water (if using water purification tablets or other water cleansers)

Everyone who has done this walk in the past has successfully completed the Kokoda Track!

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



Professional Trekking Socks

Our Spirit trekking socks were researched, designed and created by Aidan Grimes after many adventures over 30 years frustrated by the lack of quality product looking after the most important part of trekking, your feet. These socks are Left/right specific with cleverly placed pads to help prevent blisters and chaffing. We also created them using the finest anti-biotic silver wool, which helps prevent "trench foot" in the tropics. We thoroughly recommend them for any bushwalking adventure you maybe undertaking.

"these socks are incredible, I have used them in Nepal and also the Kokoda track and they just fit perfectly, they also help prevent blisters by not moving around in your boots".

Dave, Experienced Adventurer 2016

" when you suggested these sock to me, I was a bit skeptical, but as a special forces soldier, often sent to far away places, I can say that these are now an important piece of kit to me and some of my mates, they are fantastic and really do what you say they do"

Mick, Australian Special Forces.

If you would like more information or would like to order a pair, Click on the link below

<https://www.ourspirit.com.au/shop/trekking-socks>