



SUPER**KOKODA**2020

KOKODA INFORMATION PACK



**ADVENTURE
EXCELLENCE**



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1. INTRODUCTION

Welcome to Adventure Excellence – we're delighted you are considering joining us for the SUPERKOKODA program. We hope you find the information interesting and informative.

At Adventure Excellence our approach is that we are here to help you prepare for, and then complete, a unique life changing adventure. Please remember, if you have any questions or require any assistance at all, with any aspect of your physical or administrative preparation, please do not hesitate to give us a call on 0413 275 275, or email Brad Fox at brad@adventureexcellence.com

An important difference at Adventure Excellence is that we believe in "Adventure for a Cause" and encourage every trekker to raise money and awareness for a charity of their choosing. Every dollar you raise goes to that charity and we'll provide you with all the tips and assistance to make your fundraising easy and successful. It's not uncommon for our trekkers to raise over \$10,000 and have a heap of fun doing it too.

2. ITINERARY SNAPSHOT

Your itinerary is as follows:

Day 1	*International flight Brisbane to Port Moresby. Transfer to 4-star hotel followed by detailed briefing and packing session Overnight Hotel Port Moresby – twin share. Welcome Dinner including local PNG specialities.
Day 2	Breakfast at hotel, vehicle transfer to Ower's Corner via Bomana War Cemetery. Commence trek - Overnight village/or campsite vicinity Uberi.
Day 3	Continue trek - climb over the famous Imita Ridge. Overnight vicinity Ioribaiwa Village.
Day 4	Continue trek - a long climb on leaving camp, very pretty trek today. Overnight vicinity Nauro Village or Brown River.
Day 5	Continue trek – two big climbs today culminating in the war time battlefield of Brigade Hill for a comprehensive briefing. Overnight at half way village of Efogi.
Day 6	Continue trek – small climb followed by big descent, followed by long climb to Mount Bellamy and highest point of the Kokoda Trail at 2170m. Overnight tonight on the fast-flowing Eora Creek at Templeton's Crossing.
Day 7	Continue trek – beautiful walk this morning after crossing Eora Creek. Comprehensive battle briefing at lunch followed by pretty walk and climb to the overnight village of our friends at Alola.
Day 8	Continue trek – leave Alola early under torchlight for the Isurava Memorial. Continue the long downhill descent to the village of Kokoda – celebrate the achievement of completing the Trail in the wartime village of Kokoda.
Day 9	Transfers and flight from Kokoda Village to Port Moresby, check into the 4-star hotel, shower, awards and celebration dinner.
Day 10	Lunch in Port Moresby at the Yacht Club followed by *International flight Port Moresby to Brisbane.

*International flights – see next page.

3. FLIGHTS

Please note that the cost of your Program includes the international flights as set out in the itinerary. Unfortunately, the flight schedules do not always allow for a direct flight from other Australian International Airports which means it is likely that you will need to book domestic flights to Brisbane separately at your own cost. International flight times are subject to change and as the trek date approaches we will confirm flight times about 8 weeks in advance. At that time, we will consider international departures from other east-coast capital cities depending on the airline schedule.

Adventure Excellence team members will meet you at the Brisbane International Airport prior to departure. Dress for the flight to Port Moresby is casual – shorts, t-shirt, or whatever you're comfortable in. We suggest wearing your hiking shoes/boots so that if luggage is lost or delayed you will have your most essential piece of equipment with you!

4. ABOUT KOKODA



A superb trek into the heartland of Papua New Guinea, the Kokoda Trail holds a very important place in Australian history. Commencing at Ower's Corner, your trek follows in the footsteps of our brave soldiers across the 96-kilometre Kokoda Trail along the Owen Stanley Range to Kokoda Village. You will be spoilt by a constant backdrop of pristine rainforest wilderness and local villages providing a unique cultural perspective.

In July 1942, the route over the Owen Stanley Range witnessed the battle hardened Japanese war machine's encounters with the young, unprepared, untrained, unproven and hopelessly outnumbered Australian soldiers. You will hear the stories of Kingsbury, Col Owen, Metson, McCallum, Potts, Honner, the Bissett brothers and many more on your Adventure Excellence Kokoda Trail. It was on Kokoda that the myth of Japanese military invincibility was broken for the first time.

The Trail stretches some 96 kilometres through some of the most rugged and wild jungle in the world. Built over 200 years ago as a commuting route between villages, the Trail saw bitter fighting between Australian and Japanese soldiers. It is thought the Japanese aim was to secure Port Moresby as a forward mounting base for incursion into Australia.

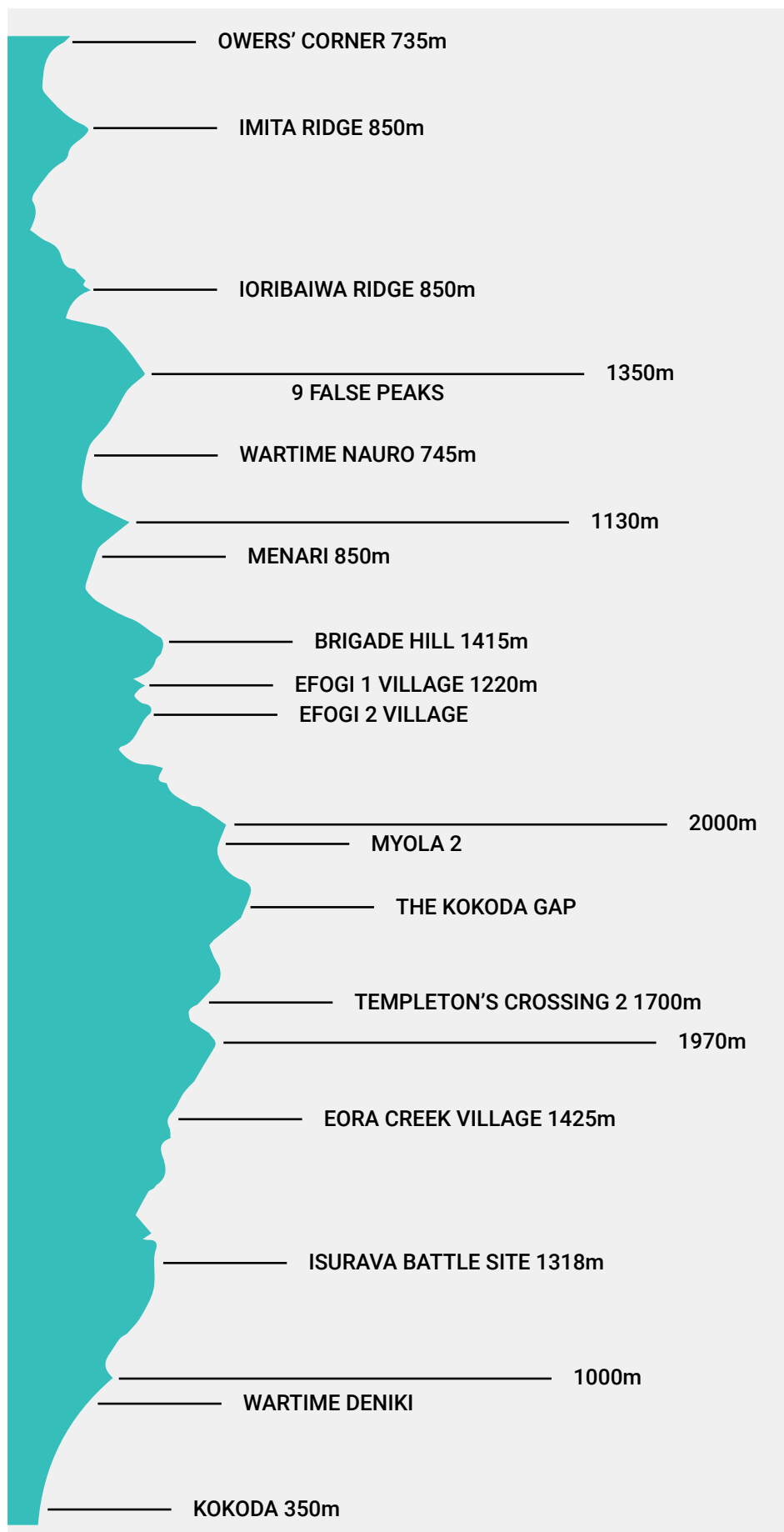
Today battle sites are still evident throughout the jungle, marked by the weapon pits of the combatants. The battle sites remain remarkably well preserved; it's as though the Australian soldiers who sheltered there had shouldered their packs and walked away only a day or two ago. Many relics of the war can still be found – a testament to the ferocity of the fighting. All Adventure Excellence trek leaders understand the history of the Trail and you will receive a number of enlightening orientation briefs during the trek. This is a trek that you can feel proud to say you've completed; as a mark of respect to Australian wartime history, and of course, as a personal physical challenge.

You can expect multiple river crossings - some by foot and others over bush bridges made from saplings wired together, mud, clay, pristine jungle, traditional villages and did we mention hills! Our highly experienced Australian leaders will bring to life the battle grounds, the heroes, and the influence that Kokoda had in shaping our Australian Identity.

You will be challenged, but supported, and our safety record is second to none.

Following is a diagram of the Kokoda Trail showing the villages and main campsites.

OWEN STANLEY RANGE - KOKODA TRACK



5. ABOUT ADVENTURE EXCELLENCE

Adventure Excellence is a privately owned and independent Australian adventure company that provides life-changing, unique adventures that bring meaning and purpose to life. In short, we create **Adventure with a Cause**. Getting out there and tackling a mountain, the desert, a jungle, or the open water is personally challenging and rewarding, but Adventure Excellence clients' do it with a greater purpose in mind – they do it for charity.

From climbing the high-altitude mountains of the world, bespoke trekking, endurance kayaking, walking safaris through big game areas of Africa, unique corporate Road Trips, to the ultimate adventures covering Australian military history, Adventure Excellence can deliver programs on any continent that are uniquely challenging, safe, high quality, and above all else, memorable. As a client of Adventure Excellence, you will achieve your own ultimate 'dinner-party story'.

The Adventure Excellence team, backed by its alliances and network of elite adventurers and medics, offer industry know-how and a record of accomplishment that is second to none. The Adventure Excellence Way is about considering every detail, no matter how large or small; what's more we deliver what we promise. **Your success and safety are central to our operating philosophy** - that is why we travel with a medic or doctor on every adventure program; it is why we offer detailed training programs in the months leading up to your adventure; and it is why we deliver a superior level of support throughout the program. Your success and safety is paramount and that is why we don't compromise on price or support.

The Adventure Excellence team have become market leaders in the delivery of Charity Adventure Programs by delivering unique experiences, and at the same

time, facilitating enormous fundraising and public awareness for some great causes. The Adventure Excellence team members have helped raise millions of dollars through their support, ideas, encouragement, and guidance. We pride ourselves on achieving the market-leading level of fundraising per participant, and importantly, 100% of those funds go direct to their chosen charity.

We are confident you will find the Adventure Excellence experience to be safe, unique, life-changing and memorable. We look forward to hosting you for an Adventure with a Cause.

Some of the Adventure Excellence Team Leaders' success stories include:

- Crossing Bass Strait in Kayaks raising \$250K for charity
- Multi-Sport 800km mountain bike to Cape York, Kayak to PNG, 2-day Kokoda crossing
- Crossing the Simpson Desert on foot raising over \$1million for charity
- Summit of Mt Kilimanjaro, Africa raising over \$1million for charity
- Delivery of 58 full Kokoda expeditions raising funds and awareness for charities
- Personal Kokoda Challenges including successful World Record for the fastest unsupported crossing, and Over & Back
- Discovering "The Lost Battlefield of Kokoda"
- Swimming the English Channel
- Summitting Mount Everest
- Riding the length of Vietnam on a mountain bike
- Running/Paddling from Cape York to Tasmania (65km a day for 65 days plus kayaking Bass Strait in winter)

6. THE ADVENTURE EXCELLENCE WAY

Travelling to remote and challenging destinations demands extra attention to detail, on the ground knowledge and experience, seamless operations, and high-level risk management. Adventure Excellence takes every precaution to ensure your adventure experience is memorable for all the right reasons.

Our superior level of personal service and professionalism, team members, alliances, industry know-how and track record allow us to handle every detail no matter how large or how small. What's more, we deliver what we promise. Adventure Excellence understands that **our clients want an adventure experience that ultimately delivers success, within a safe, challenging, and memorable environment.**

7. WHY TREK WITH ADVENTURE EXCELLENCE?

The Adventure Excellence team's adventure record (safety and success) is second to none:

- Our team leaders have guided more than 2,000 clients safely and comfortably across the Kokoda Trail.
- Our success rate, and safety record, for trekking the Kokoda Trail is the single best of all Kokoda Operators.
- Our success rate for climbing Mt Kilimanjaro is World Class, both in terms of successful summits and more importantly, personal health and safety.
- Our team leaders planned, organised and led the first Anzac Day Kokoda Service, which was televised live into Australian homes by David Koch and the channel Seven Sunrise team.
- Our team leaders planned, organised and led the 2011, 2012, 2013, 2014 and 2015 Soldiers Kokoda Programs, taking well over 100 wounded Australian Soldiers, and Parents/Spouses of Soldiers Killed in Action, across the Kokoda Trail.
- Our team leaders were selected as the organiser and leaders of the Humpty Dumpty Foundation Charity Mount Kilimanjaro ascents completed in 2009 and 2010 raising over \$1million.
- Our team leaders successfully led the first Bravehearts Adventures, a 7-day Crossing of Bass Strait and an 86-hour crossing of the Kokoda Trail, raising in excess of \$450,000 for Bravehearts.
- Our team leaders conducted the first all-ladies trek of Kokoda, and the Damien Parer Memorial Trek of the Kokoda Trail.
- Several unique, safe and successful climbs to Everest Base Camp have been led with the involvement of Jamling Norgay, son of Tenzing Norgay.

Adventure Excellence team leaders have led politicians Kevin Rudd, Joe Hockey, Mal Brough; sporting legends Mal Meninga, Vicki Wilson, Allan Border, Jane Fleming, the Hawthorn and Brisbane Lions Football clubs; as well as John Singleton, Lachlan Murdoch, General Sir Peter Cosgrove, actress Holly Brisley, media personalities Mike Munroe, David Koch and the channel Seven Sunrise team, and channel Seven's "Sunday night" program on adventures. You, like them, are in safe hands.

Every Adventure Excellence experience is led by a minimum of two Australian adventurers to ensure your safety and success.



8. ADVENTURE WITH A CAUSE – HOW TO FUNDRAISE

People are at their best when they are giving to something greater than themselves.

It is basic human nature to seek connection, belonging and meaning – and when you achieve these three things simultaneously it means you have a true sense of purpose. A reason for being.

Doing the training, the preparation, and ultimately the journey of the Kokoda Trail whilst fundraising for the benefit of a charity will generate this true sense of purpose for you. Whether you raise a little or a lot, you will have the support of others, the sense of belonging to a cause, and the knowledge that what you are doing matters. You can choose to support any Registered Australian Charity.

We will help set you up to succeed in your fundraising endeavour. It's an essential part of how we measure the success of our team in achieving our own Purpose:

To inspire others to do adventures with a charitable purpose so that they grow personally through making a difference in the lives of others.

We consistently find that there are three compelling benefits to joining an Adventure Excellence travel experience:

- The feeling of success from achieving a personal goal
- Significantly improved personal mental and physical health and well-being
- A sense of purpose from helping others through charitable fundraising

...not to mention creating your ultimate dinner party story!

We will provide you with the **Adventure Excellence Fundraising Handbook** that has all the tips and traps in leveraging your preparation and training to help reach your fundraising goal. It's amazing how much people will support someone who is physically exerting themselves in the name of a good cause!

An on-line fundraising page will make it convenient and easy for you to receive donations and messages of support. It also makes it easy for you to thank and acknowledge those people that are getting behind you.

Adventure Excellence is deeply committed to helping Australian charities. We do not receive any of the funds raised – 100% of the donations go to the nominated charity. We also do not charge the Charity an administration fee, nor do we charge a charity registration fee to you as the adventurer. We only receive the adventure fee which you pay directly to us.

We love adventure and we love seeing the life-changing effect that our adventures have on people. We also love hearing about and seeing the life-changing effect our trekkers have on the people that receive support from their chosen charity. **It moves us all from a 'position of success' to a 'place of significance'.**



9. YOUR PHYSICAL PREPARATION

As your program involves 96km on the Kokoda Trail including 10,000 metres of ascents and descents, you need to prepare physically so that you complete the trek safely and comfortably. We take your preparation seriously.

Details of our comprehensive 12-week training program will be provided separately to you after your booking is confirmed. We will supervise your pre-trek preparation program. You will receive regular phone calls or emails to guide you through your training and you are very welcome to contact us to discuss your preparation at any time. You will be invited to join a closed social media group to share your training and preparation journey with your fellow trekkers.

The regular contacts are essential and allow us to:

- provide direct and constructive communication
- identify any strengths or apparent weaknesses
- amend or modify your program for travel, illness or injury
- monitor the results and progress of your training, and
- ensure that you are completing the training!

Your training program is a proven program that, if followed as prescribed, will ensure you have an enjoyable and successful trek. The program has been designed to identify any potential shortfalls in your preparation at any time throughout the training.

You would need to inform us if you have an injury, are unable to train for any reason, or are finding the training too difficult.

We have succeeded in preparing everyone from full-time desk-jockeys, to stay-at-home parents, elite sportspeople, wounded soldiers, and everyone in between. Ultimately though, the amount of preparation that you do will reflect in your level of comfort during the trek.

Most importantly, we will know from the built-in assessments in the program, along with your feedback to us, if you are not completing the training as prescribed.

If this is the case, and we believe you will be below the physical standard required to complete the Kokoda Trail safely or present risk to yourself or your trek team, we will in the interest of all concerned, have no hesitation in recommending you defer your trek to a later date. **If you complete the training as prescribed in the program, you will complete the Kokoda Trail safely and comfortably. We have the track record to prove it.**

We do recommend you commence your training prior to the 12-week program should you believe that your current fitness level would make it difficult to complete a relatively flat 7km walk in under 70 minutes.

10. MEDICAL CLEARANCE

Closer to your trek we will provide you with a Medical Clearance Form for completion by your Registered Medical Practitioner. It is essential that this is obtained and provided to Adventure Excellence fully completed at least one-month before departure, but not more than 90 days prior to the trek. We suggest that you inform the medical receptionist that you are seeking a medical clearance when making the appointment, so they can schedule an appropriate length consultation.

11. INOCULATIONS AND ANTI-MALARIALS

It is important you have the right immunization to ensure a trouble-free trip. We want you to have a safe and healthy journey; however, your health is your responsibility. We can make recommendations about inoculation and anti-malarials, however, whether you choose to follow these suggestions is entirely your decision. The Adventure Excellence medical team have prepared these recommendations.

Travel Medicine Clinics specialise in looking after the health needs of travellers, which means their information and recommendations are usually more accurate and up-to-date than those of your general practitioner.

Inoculations

Precise recommendations for any trip depend on the destination and your personal medical history. Ideally you should seek medical advice regarding inoculations at least 6 weeks prior to departure (but it is never too late).

It is important to note that preparing for a healthy trip means more than just having immunizations. As a guide, travellers to Kokoda need to be up-to-date with all childhood immunizations (including Tetanus and Hepatitis B), as well as being protected against travel diseases such as Typhoid and Hepatitis A. Other vaccinations may be recommended depending on your health status.

Anti-malarials

Malaria is prevalent on the Kokoda Trail. Malaria seldom occurs during the trip as the incubation period of the disease is at least 8 days meaning that symptoms may appear after your return to Australia. Malaria will not usually be a problem if you adopt the following practices:

- avoid mosquitoes - use insect repellents with at least 40% DEET, mosquito nets (Adventure Excellence provides completely enclosed tents on the Trail) and long sleeve clothing at night (the high-quality Adventure Excellence evening shirt provided is long sleeve and is recommended to be worn this way).
- take appropriate malaria tablets each day on the Trail and continue taking them for the recommended time when you return home. Adventure Excellence strongly supports the use of anti-malarial medication on this trip, but it is ultimately your decision. There are two medications commonly recommended for malaria in PNG:
 - » Doxycycline (Doxycy) - 100mg per day from 2 days before until 28 days after trip, or
 - » Malarone - one tab per day from 2 days before until 7 days after.

Deciding the most appropriate medication is best done during a travel medicine consultation as it depends on your medical history. Regardless of which medication is prescribed, it is worth noting that it is essential to take malaria tablets with food AND do not take them when lying down. This is very important as you are likely to experience fewer side effects if you take your tablets with a large drink of water and a meal (e.g. eat some of your meal, take your tablets, and then finish your meal).

Tablets should ideally be taken with breakfast. We will remind the group each morning on the trek to take their malaria tablets.

It is also essential to take your malaria tablets during and after your trip - if you miss doses or stop your tablets early, you may get malaria. The tablets work by starving the parasites to death so taking the tablets consistently is essential to kill malaria parasites.

It is recommended you commence a three-day trial of Doxycycline or Malarone about two weeks prior to departure. Side effects are extremely rare, but if you do experience any side effects please contact your doctor and talk through the alternative anti-malarial treatments.

Check with your doctor if you develop a fever after you return home. As noted above, upon returning from Kokoda, it is necessary to continue taking your malaria tablets every day for the period of time prescribed by the doctor or they may not be effective. Should you need to visit the doctor during the 12 months after your trip, it is necessary to make them aware that you have travelled to Papua New Guinea. Malaria pills are not a 100% guarantee against malaria - occasionally strains take weeks to months to reveal themselves, so malaria symptoms can develop many months after returning from your trip. Malaria can be cured if treated early with modern medication which will prevent repeat attacks.

12. VISA APPLICATIONS FOR PAPUA NEW GUINEA

For travel to Papua New Guinea you need to obtain a Visitors' Visa (tour package/own itinerary/visiting relative) single entry - maximum length of stay sixty (60) days.

Presently, this Visa is available upon arrival at the customs clearance point at Port Moresby.

If this changes then we will provide you with any required forms for submission to receive a travel visa.

13. INSURANCE

Adventure Excellence carries public liability insurance to protect against any negligence only, and 'participation' risk is excluded from cover.

It is essential that you arrange your own travel insurance policy immediately after paying your deposit to protect you in the event of sickness, injury, emergency or evacuation. A policy that includes cover for repatriation costs to Australia is recommended.



14. EQUIPMENT AND PACKING LIST

All group/general trekking equipment required for the Kokoda Trail is provided by Adventure Excellence, including your short sleeve trek shirt, long sleeved top (for evenings), hat, pack, personal tent, food and rations, sleeping bag, water sterilisation tablets and sunscreen. Once you have booked with us we will provide you with a list of the personal items you will need to pack – there are not many as we provide most things for you.

Your backpack, Australian-packed rations, water-bottle, mug and spork, and sleeping-bag are provided for your use by Adventure Excellence on arrival in PNG. During the time that you are trekking, you will leave your bag/suitcase and non-essential gear at the hotel in Port Moresby and collect it again upon our return from Kokoda after the trek. Please note that there is no requirement to bring a large suitcase as your clothing requirements will be quite basic. The dress standard at the hotel in PNG is relaxed/casual, however, you may require smart casual attire for dinner at the hotel after the trek, and/or at the yacht club.

Trekking shoes/boots

We highly recommend that you purchase a suitable trekking boot or adventure type shoe (if you have strong ankles then a lightweight adventure type shoe such as a trail runner may best suit you). Please note that leather or suede boots/shoes are not recommended for Kokoda (the boots become heavy in the wet conditions).

It is important that you get used to walking in the boot/shoe, socks and shorts you are planning to wear on the trek. Once you have booked with us we will provide you with our recommendation on shoes, socks, and getting the right fit.

Trek shirts and caps

You will receive an Adventure Excellence trek shirt, long sleeved shirt, and cap when you arrive in PNG. The trek shirt can be washed in the creeks at the end of the day and dried overnight. The long-sleeved shirt is intended for use at night around the campsite when it may be cool.

We recommend you walk in the same shorts (and lycra-pants), your trek shirt and cap each day on the Trail. At night, you will bathe in the creeks and then change into the Adventure Excellence long sleeved shirt, clean shorts (or you may prefer long lightweight pants), and sandals. This is perfectly adequate and reduces any excess weight in backpacks due to non-essential clothing.

Raincoats

Raincoats are not provided by Adventure Excellence. Any form of raincoat whilst trekking can cause the body to overheat, therefore Adventure Excellence recommends walking in the rain in our normal trek wear. Rain in PNG is frequent and often heavy, and any form of raincoat is generally useless. At night, if rain continues, you will be warm and dry in your high-quality tent and sleeping bag, or village hut.

Dry-Sacks

The main consideration when walking in tropical environments is to ensure the contents of your pack remain dry. We recommend you bring at least one light-weight waterproof bag to keep your clean socks and evening clothing dry. At the group packing and briefings in Port Moresby we will ensure you are provided with a heavy duty plastic bag within which to keep your sleeping bag dry.

Trek sandals

We recommend a pair of velcro sandals for the trek. These are worn at night, lunchtime, during breaks, and while crossing some of the creeks and rivers.

Most trekkers strap the sandals to the back of their packs for easy access during the day. Using an inexpensive carabiner makes this easy and convenient. You do not need to spend a lot of money on the sandals and you can purchase them from K-mart or Target for around \$20.

Hiking/walking poles

Research was conducted by a team of specialists to determine if downhill walking has a detrimental effect on the knee and hip joints. All participants were in a controlled environment dressed in trekking gear. The study found that when walking downhill without hiking poles, peak ground reaction forces of 17.0 N.kg⁻¹ were typically experienced, compared to values of 11.7 N.kg⁻¹ during level walking. However, when the subjects completed the test using hiking poles, the peak ground reaction forces experienced were reduced by as much as 15%. This reduction in compression forces within the knee joint has important preventative implications for all trekkers, especially those with back, hip and knee problems.

In addition, trekking poles provide additional stability in slippery conditions, and there are plenty of those!

You will appreciate that you are participating in an activity that will require you to walk along flat, uphill and downhill terrain with additional weight generating forces (weight loaded pack) upon your joints every time you move. Hiking poles are designed to provide extra stability and to spread the load on your legs onto your arms. Many people feel no need for this support when hiking, however rain and wet clay makes for very unstable footing at times and the hiking poles can be an effective support. There are a minority of trekkers who may suffer from back, hip, and knee pain, and they usually encounter it when participating during uphill, downhill, weight load and prolonged walking periods. Poles will help. Some trekkers prefer using just one pole.

The table below may aid your decision on the use of hiking poles:

For	Against
Reduces knee pain	One or both hands occupied
Increases hill climbing power	Poor technique may create frustration
Aids balance overall	Can be cumbersome when broaching a technical area
Aids crossing soft ground, creeks and rivers	Takes time to get the correct technique
Can increase levels of individual endurance	Monetary cost (although basic poles are affordable, or you may be able to borrow them from a friend).
Increases confidence levels	

How do I minimise physical impact?

The following highlights some of the best ways to minimise impact on the back, hips, and knees.

You need to ensure you:

- are aware of your individual circumstances (back, hip, knee or otherwise)
- have a strategy to address the issues:
 - » Adventure Excellence implements and continuously monitors a specifically designed training program to progressively strengthen the muscles that will be primarily utilised on the Kokoda Trail
 - » ensure you wear a quality hiking shoe/boot
 - » use a quality pack that is adjusted to suit your body type. You will also need to ensure the weight is distributed correctly. We provide a suitable pack for the trek.
 - » have an understanding of the bio-mechanics of your gait. Adventure Excellence can assist you in this area by directing you to a specialist if required.
 - » if at any time you experience severe pain in a particular area it is imperative that you seek expert advice.

If you are still unsure about whether you will use hiking poles, please contact us for further advice.

Personal first aid kit

Adventure Excellence carries a comprehensive medical kit on the Trail which alleviates the requirement for you to carry a large personal first aid kit. However, it is recommended that you bring a small waterproof zip lock bag containing a small amount of personal medical supplies.

We provide a checklist of recommended and optional medical kit inclusions for you.

These items will allow you to self-treat any small ailments such as nicks or cuts on the Trail with antiseptic as a preventative measure against infection in the tropical environment of PNG. Please discuss your personal medication requirements with your Trek Leader or Doctor immediately prior to the commencement of the trek (in Port Moresby).

15. GROUP AND PERSONAL PORTERS

It is an essential trademark of Adventure Excellence that our local teams of Porters and Guides are paid well, thoroughly respected, and made to feel part of our overall trekking party. The interactions our clients have with these local indigenous people often becomes a highlight of the tour. Their loyalty, commitment and outright friendliness is a valued part of the adventure experience.

A number of group porters are employed by Adventure Excellence on every trek of the Kokoda Trail. The role of group porters is to carry, put up and pull down your individual tents at our campsites, carry food supplies and safety equipment, and assist with the administration and safe conduct of the trek. The group porters allow each of us to reduce the amount of weight we carry on the Trail to around 12–15kg per person. This generally negates the need for the majority of people to have a personal porter.

You may however wish to purchase the services of a personal porter for your own use to further reduce the weight that you will carry down to around 4kg in total and this can be organised for you at a cost of \$700 for a porter for your exclusive support. They will often be by your side at the technically difficult parts of the track helping you with balance, creek crossings and the like. Like the fuzzy-wuzzy angels during the Kokoda Battle, they are often described as "being worth their weight in gold".

We do find however that most trekkers find tremendous value in sharing the use of a porter. Personal porters can be shared by two trekkers at a cost of \$350 each and are shared for the duration of the journey. If you have booked on your own, we will match you up with another trekker to share the porter. If you use a shared porter you will end up carrying around 8-10kgs of weight yourself.

If throughout the pre-trek training phase we identify the need for any individual to reduce the amount of weight they will be carrying on the Trail, we may recommend that you use an individual porter to assist you. This would be at your cost.

The \$700 fee for a personal porter's services includes:

- overnight accommodation for the porter in Port Moresby
- wages considerably above the specified minimum for the duration of the program
- meals for the duration of the program
- a return flight for the porter to his home village

16. HEAT ILLNESS

Heat illness can occur when your body temperature rises above normal, or when your body is no longer able to regulate heat loss. All Adventure Excellence treks include a qualified Wilderness Medic or Doctor to identify, treat and prevent illness. We have the absolute best safety record of all the Kokoda Trekking service providers.

There are four stages we need to consider:

- **acknowledgment** - any form of heat illness will impact on the body's ability to perform. Be aware that it takes time for the body to return to its normal state prior to performing again.
- **dehydration** - this is the initial stage of a heat illness. It's the mildest form of heat illness in which your body simply suffers from a lack of fluid.
- **heat exhaustion** - this is the next step beyond dehydration. If not treated immediately serious injury can result.
- **heat stroke** - this is the worst stage of heat illness. Without proper medical attention a victim can die within minutes.

What causes heat illness?

There are several contributing factors that increase your chances of suffering from heat illness. Some of the factors to be aware of when training and on the trek include:

- high humidity
- high temperatures
- sun exposure
- lack of water and electrolyte consumption
- lack of physical and mental preparation
- lack of observation - from an individual and a collective level
- excessive activity and exertion
- coffee and alcohol consumption
- medications, especially diuretics
- other illness, especially vomiting and diarrhoea.

What do I need to look for?

Firstly, acknowledge that you need to be aware of the warning signs and be content with the fact that your assigned trekking buddy and other trekkers will be looking for signs that dehydration is setting in. As with over-training and overuse injuries, our major concern with the following warning signs is that most people tend to ignore them until it's too late. Catch these signs early enough and you won't have any problems. Ignore them, and you could become very ill:

- thirst
- headache
- nausea
- cramps
- dizziness
- weakness, no energy
- confusion
- hot, dry skin
- weak, but rapid heart rate
- low blood pressure
- rapid breathing.

Another indicator that is so easy to check but often forgotten is the colour of your urine. If it is dark in colour it is a strong indicator of dehydration. When urine is clear or light in colour it is a good indicator that the body is well hydrated.

Training smart would suggest drinking water every 10–15 minutes or as required. Most importantly, be observant of yourself and others around you. Remember, when you hear the words "water up" repeat the words and ensure you have a mouthful of water, at the same time ensuring your buddy has a mouthful as well.

17. NUTRITION AND WATER

Post exercise

Replenishing your energy stores post exercise is integral to your overall performance and subsequently your goal. There is an abundance of research highlighting that rapidly replenishing muscle glycogen stores dramatically reduces the time needed to recover before the next quality training session. The outcome is enhanced performance and reduced risk of injury.

What do you need to do? It's simple - eat carbohydrate rich foods immediately after exercise when the muscles are most receptive. The first two hours post exercise is when muscle resynthesis rates are maximised.

On the Kokoda Trail

The contents of our ration packs are purchased and packed in Australia to our specifications. They combine a range of foods to provide you three meals a day plus numerous snacks. You are issued one ration pack at lunch time each day which provides your nutrition for the next 24 hours.

A typical one-day ration/meal pack includes:

- tasty dehydrated meal (e.g. roast lamb & vegies, beef & pasta hotpot, honey soy chicken; Thai chicken curry)
- noodles
- baked beans or spaghetti
- tuna or salmon
- salami
- soup
- porridge
- dried fruit and nuts
- muesli/fruit bars (large)
- cheese & biscuits
- lollies / chocolate
- condensed milk (tube)
- tissue paper
- tea, coffee and sugar

In addition, but subject to availability, you do have the option to purchase fresh fruit from the villages on the Trail. You will never eat a tastier banana or avocado.

It is essential you advise us at least one month before the trek if you have any medical dietary restrictions and we will work with you to cater for those.

In addition, Adventure Excellence provides water purification tablets/drops for your Kokoda trek so that water collected from creeks during the day can be treated to drinking standards. You might like to consider using a sports drink powder (such as Hydralyte Sports) to add to the water to aid recovery and improve the taste of the purified water. We recommend at least one litre of rehydration formula to be consumed daily, plus other water as required. Look for brands that have a high count of electrolytes including potassium.

18. REAR LINK CONTACT DETAILS

Adventure Excellence has a reliable and safe link from the Kokoda Trail to Australia via satellite phone throughout your Kokoda trek. If at any time during the trek your family or business needs to get an urgent message to you this will be available. Full details of our contact person will be provided prior to departure.

19. PRICING

The SUPERKOKODA price is \$6,250. Note that no GST is payable as this is an overseas adventure.

We process a non-refundable \$1,000 deposit on receipt of your Participant Registration Form that guarantees you a place on the adventure. A further deposit instalment of \$1,000 is deducted 30 days later. The final instalment of \$4,250 is due on or before 90 days prior to your trek date.

20. WHAT HAPPENS NEXT

1. Please read, sign, and return by email the Registration Form – a photo of the completed form is the easiest way to do this for most people. Email to brad@adventureexcellence.com
2. Once we receive the signed Registration Form and we have processed your deposit payment, we will confirm your place on the trek and email you the:
 - a. The Adventure Excellence Terms and Conditions which will need to be signed and returned within 7 days.
 - b. Pre-Adventure Health Questionnaire including a fitness pre-assessment task that will determine an appropriate starting time for your pre-trek training schedule.
 - c. Pre-Adventure Medical Clearance for completion by your doctor within 90 days of the trek commencement date.
3. We recommend you immediately purchase a travel insurance policy once your deposit has been processed.

The trek will be an emotional experience, and some of that emotion will come from the sense of camaraderie that you will find developing with your fellow trekkers. Completing an adventure with a close family member or friend can deepen the experience even further so feel free to share these details with them and perhaps they may like to join you on your quest.

Finally, remember that we are here to make your adventure successful, memorable, and life changing so if we can be of assistance, just let us know.





Email your completed form to brad@adventureexcellence.com

☐

I would like to participate in SuperKOKODA with Adventure Excellence.

Circle date: July August September (Full price \$6,250 – no GST payable)

PERSONAL DETAILS

Name

Phone (Mobile)

Email

Address

PAYMENT DETAILS (A Tax Invoice will be emailed upon your deposit payment being processed)

☐

I authorise payment of the initial \$1,000 deposit by credit card to secure my place.

I also authorise a second deposit instalment of \$1,000 to be charged to the same credit card 30 days from today.

☐

Mastercard (1.05% surcharge)

☐

Visa (1.05% surcharge)

☐

Amex (1.75% surcharge)

Name on Card

Card Number

Expiry Date

3 or 4 Digit Security Number

Signature

Date

The balance of your trek fee is payable in full 90 days before your trek date.

Deposit Terms and Conditions:

You must be over 18 years of age at the time of your trek or be over 14 years old and accompanied by a parent or adult guardian. Paying the deposit secures your place subject to you achieving a satisfactory medical sign-off from your doctor. If you are subsequently unable to attend for medical or personal reasons, you will be offered a place on another trek date within 12 months of the date of this trek. We recommend that you purchase a travel insurance policy as soon as possible after registering for the trek as this will provide you with financial protection in the event that you are subsequently unable to attend for medical or personal reasons. A 12-week training and preparation package will also be provided to you. You will be required to provide your own hiking poles, footwear, and shorts. We provide nearly everything for your trek including tents, packs, most meals, sleeping bags, hotel accommodation, and international flights ex-Brisbane. By signing this form, you acknowledge that the initial \$1,000 deposit is non-refundable, that the second deposit instalment will be deducted in 30 days' time, and that the balance of \$4,250 is payable in full on or before 90 days before your trek date. The full terms and conditions will be provided to you within 2 business days of receipt of this Registration Form. All fundraising is conducted directly between you and your chosen charity. Adventure Excellence does not receive any portion from your fundraising either directly or indirectly.



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