



Kokoda Track

10 Day Hiking Trek

Personal Medical Kit List

Medical Item	Remarks	Check Box
Strapping tape	For ankles and knees if required.	<input type="checkbox"/>
Blister pads	Quantities of various sizes.	<input type="checkbox"/>
Band-aids	Various sizes	<input type="checkbox"/>
Water treatment	Aquatabs, puritabs, steritabs	<input type="checkbox"/>
Gastrolyte	Satchels	<input type="checkbox"/>
Pain relief	Your personal choice. If prescription, have script available.	<input type="checkbox"/>
Diarrhoea tablets		<input type="checkbox"/>
Anti inflammatories	Ibuprofen, Voltaren, Nurofen	<input type="checkbox"/>
Antihistamines	Phenergan	<input type="checkbox"/>
Malaria medication	As prescribed by doctor	<input type="checkbox"/>
Hand gel	Small bottle	<input type="checkbox"/>
Electrolyte powder	Staminade	<input type="checkbox"/>
Antiseptic cream		<input type="checkbox"/>
Foot powder	Anti fungal	<input type="checkbox"/>
Insect repellent	Bushmen's, high DEET level. No pressure packs	<input type="checkbox"/>
Sun screen		<input type="checkbox"/>
Vaseline	For feet and chaffing	<input type="checkbox"/>
Lip balm		<input type="checkbox"/>