



Equipment Inventory

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Documents

- Travel insurance Document
- Passport (6 months current)
- Visa – obtained on arrival in PNG
- Cash in PNG Kina (300K in small denominations)

Equipment Carriage

- Daypack (30L if hiring a porter)
- Daypack waterproof cover
- Dry bags (Sea to Summit)
- 2 litre water bladder
- 1 litre water bottle (Nalgene)
- 75L backpack and rain cover (loaned by ABT)

Sleeping Equipment

- 2 person tent with mozzie net (loaned by ABT)
- Sleeping bag 0-5 degrees (no bigger than a football)
- Inflatable mattress (Exped synmat or Thermarest)
- Pillow (Thermarest or Blackwolf)

Clothing

- Moisture wicking t-shirt (supplied by ABT)
- Light weight shorts, with belt (in case of weight loss)
- Lycra shorts if you chafe (optional)
- Socks (4 to 6 pairs)
- Lightweight fleece jumper
- Rain jacket (optional)
- Hiking boots (good synthetic brand)
- Sandals (Teva, Keen)
- Gaiters (Sea to Summit) optional
- Hat
- Sunglasses
- Night attire (long pants and shirt)



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Miscellaneous

- Head torch (spare batteries)
- Camera (spare batteries)
- Toilet paper (in waterproof bag or ziplock bag)
- Quick dry pocket towel (Sea to Summit)
- Tooth paste and brush
- Deodorant
- Biodegradable soap
- Plastic Eating bowl
- Plastic Mug
- Plastic cutlery
- Gifts for children (e.g. ball, pens, notepad, bubbles), and porter if hired (e.g. T-Shirt – size S or M, hat, pocketknife, headtorch)
- Travel attire for domestic flight home from Cairns (left in Storage at Hotel)

First Aid Kit

- Strapping tape
- Anti-histamine
- Blister pack
- Band aids
- Alcohol wipes
- Gastrolyte
- Imodium
- Cold and flu tablets
- Anti-inflammatory
- Panadol
- Malaria medication
- Antiseptic cream
- Sunscreen
- Tropical strength mozzie repellent
- Alcohol gel hand wash
- Water treatment tablets
- Staminade/ Gatorade (supplied by ABT)
- Ear plugs

If you have any questions about gear and equipment, please have a look at the gear description as posted on our website under the checklist tab or please email or call. We are more than happy to help. The most important item is the boots you are wearing. Please do not feel tempted to wear the old hikers that have been sitting in the cupboard for a few years to save a few bucks. I have seen this happen and the sole of the shoe is usually the first thing to fall off making it a very uncomfortable trek in sandals.

HAPPY SHOPPING!!