



KOKODA CHECKLIST

TRAVEL & FINANCIAL ARRANGEMENTS

- Return Booking Form to reserve your place on the trek.
- Pay deposit of \$500 to W & G Enright to secure your booking.
- A second deposit of \$750 will be due by end of December.
- The return flight back from the northern beaches will be booked as a group flight and you will be invoiced for this in January (approximately \$200)
- Organise passport to be valid for 6 months after returning from trip.
- Contact Andrea Turner to book flights & organise travel insurance by end of February or earlier for best fares.
- Email: andreat@travelmanagers.com.au Mobile: 0414596945
- In May, please send your passport, visa and travel itinerary with PNG Visa Application to PNG Consulate in Brisbane (takes 2-3 weeks to process)
- Balance of trip payment due 100 days prior to departure.
- Medical form must be returned to Free Spirit Adventures before commencing group training walks at the end of March.

HEALTH REQUIREMENTS

- Take the *Medical Form* to your GP to get your medical clearance. Please return the *Medical Clearance* form signed by your doctor before commencing group training walks.
- If you don't have a regular GP you can see the Travel Doctor.
- Phone: 1300 658 844 for advice on personal health issues, vaccinations and malaria precautions etc. www.traveldoctor.com.au for locations.

PREPARATION

- Read the **Physical Conditioning Recommendations** to assist you to set goals and an action plan for improving your health habits and fitness.
- Attend **Group Training Walks & Pre-trip Team weekend** (Dates to be confirmed)
- Read the **Gear List** and make a note of any items you need to borrow, hire or purchase. You will need boots and a day pack to start your training.
- You will receive a more thorough **Pre-trip Document** a few weeks before the trip.