

bears
of hope®

Pregnancy & Infant Loss Support

KOKODA 2020

24th July – 2nd August 2020



A photograph of a man and a woman embracing on a cliff overlooking the ocean. The man is wearing a white t-shirt and a blue cap, and the woman is wearing a white t-shirt with a graphic. The background shows a vast expanse of water and distant mountains under a bright sky.

Contents

| | |
|---|----|
| Introduction | 3 |
| Itinerary snapshot | 4 |
| Flights | 4 |
| About kokoda | 5 |
| About Adventure Excellence | 7 |
| The Adventure Excellence way | 8 |
| Why trek with Adventure Excellence? | 8 |
| Adventure with a cause – how to fundraise | 12 |
| Your physical preparation | 13 |
| Medical clearance | 13 |
| Inoculations and anti-malarials | 14 |
| Visa applications for papua new guinea | 16 |
| Insurance | 16 |
| Equipment and packing list | 17 |
| Group and personal porters | 20 |
| Heat illness | 21 |
| Nutrition and water | 22 |
| Rear link contact details | 22 |
| Pricing | 24 |
| What happens next | 24 |
| Registration form | 25 |

Introduction

Welcome to Bears of Hope KOKODA TREK 2020
– we're delighted you are considering joining
our team.

Bears Of Hope provides leading support and exceptional care for families who experience the loss of their baby. We have been able to serve the bereaved community across Australia since 2006, relying entirely on the generosity of our community to help raise funds for these services. As our organisation continues to grow, develop and change to meet the significant needs of thousands of families each year, it remains consistently evident and challenging to continue bridging the gap in care and maintain our many crucial services.

Every day in Australia, six babies are stillborn, two more infants die before their first birthday, and a miscarriage occurs every 3.5 minutes. The stillbirth rate has remained unchanged for decades. As you prepare to take on this life-changing experience, we encourage you to raise funds in support of these families whose lives and dreams for a future with their baby have been completely shattered.

Your efforts will help fund some of our mental health services including phone, email, face to face and skype counselling sessions, grief workshops, monthly support groups facilitated by psychologists, online support groups, hospital in-services and community events. Reducing the isolation for mother's and father's, and providing safe spaces to grieve and acknowledge their babies, is an important facet of our work.

Itinerary

- 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. Service honouring Bears Of Hope family’s babies.
- 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.

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 Adventure Excellence will confirm flight times about 8 weeks in advance. At that time, they

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. It is suggested you wear your hiking shoes/boots so that if luggage is lost or delayed you will have your most essential piece of equipment with you!

About Kokoda

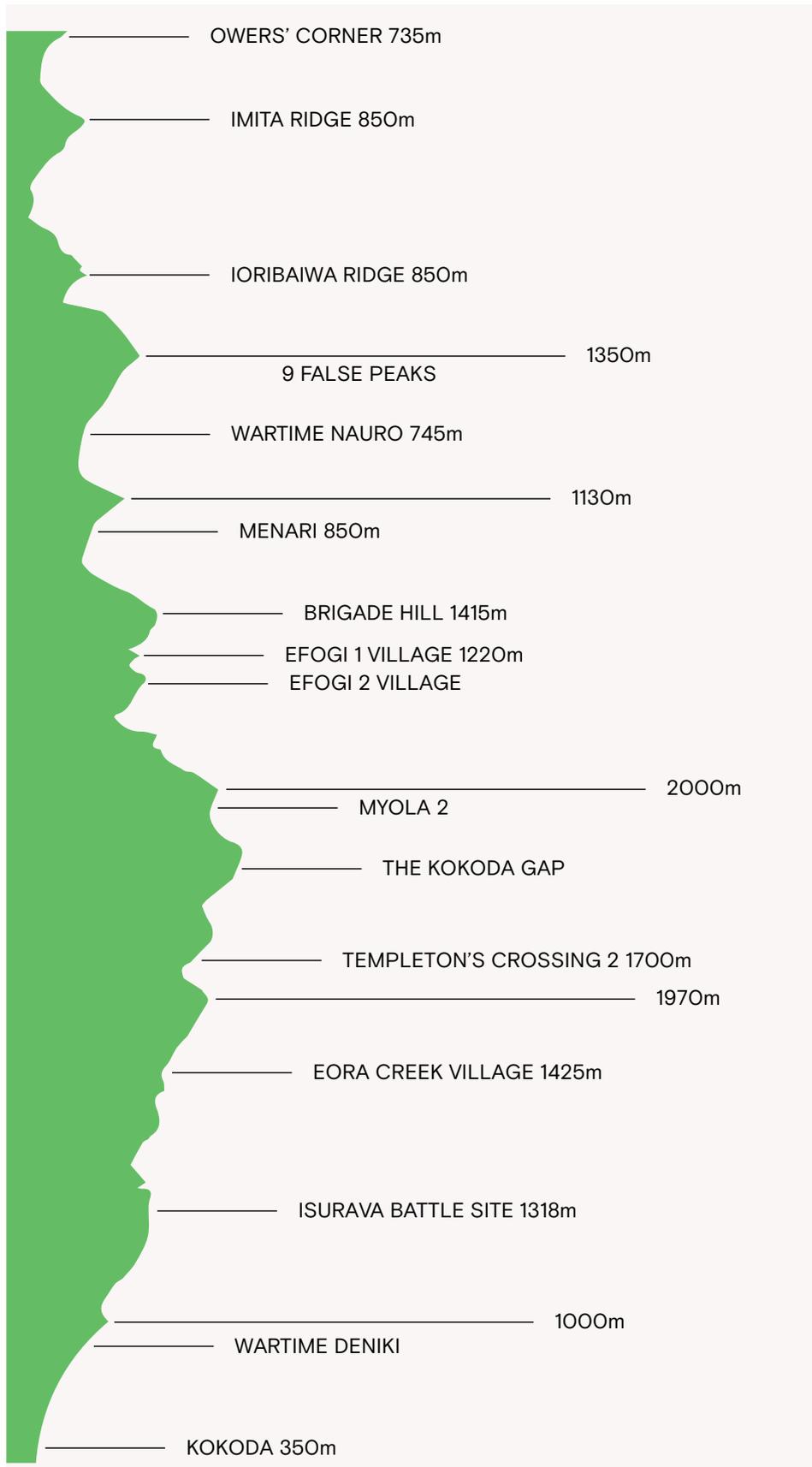
A superb trek into the heartland of Papua New Guinea, the Kokoda Trail holds a very important place in Australian history. Commencing at Ower's Corner, your trek follows in the footsteps of our brave soldiers across the 96-kilometre Kokoda Trail along the Owen Stanley Range to Kokoda Village. You will be spoiled 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 – 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! The 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 Adventure Excellence's 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





About Adventure Excellence

In short, they 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 they deliver what they promise. Your success and safety are central to their operating philosophy – that is why they travel with a medic or doctor on every adventure program; it is why they offer detailed training programs in the months leading up to your adventure; and it is why they deliver a superior level of support throughout the program. Your success and safety is paramount and that is why they 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. They pride themselves on achieving the market-leading level of fundraising per participant, and importantly, 100% of those funds go direct to the chosen charity. You will find the Adventure Excellence experience to be safe, unique, life-changing and memorable. 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 \$1 million 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
- Submitting 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).



Why trek with Adventure Excellence

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

- Team leaders have guided more than 2,000 clients safely and comfortably across the Kokoda Trail.
- Their success rate, and safety record, for trekking the Kokoda Trail is the single best of all Kokoda Operators.
- Their success rate for climbing Mt Kilimanjaro is World Class, both in terms of successful summits and more importantly, personal health and safety.
- 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.
- 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.
- 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 \$1 million.
- 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.

- 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.

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

'I can sum up my 2018 Kokoda experience in just 4 words: Demanding. Emotional. Soul-searching. Rewarding.'



A bereaved parent's experience

I can sum up my 2018 Kokoda experience in just 4 words:

Demanding. Emotional. Soul-searching. Rewarding.

Don't stress so much about your physical fitness. Whilst it is an advantage, you can go at your own pace each day. There is absolutely no pressure in keeping up with everyone else and you can rest at anytime and have a drink.

There is more than enough food in the daily rations so you won't go hungry although you will lose weight - both in training and whilst on the track.

With no phone signal available on the track, there is something unique about being off the 'grid' in this day and age of modern technology. It allows you greater time to relax and reflect on what is around you and have conversations with other amazing people who you will quickly form a bond with.

The local porters are amazing. Aside from carrying your heavy backpack for the whole 96km, they put up your tent each night, light the fire, get you clean water and seem to always be at the right place to catch you should you fall. Their happy go lucky attitude is infectious.

The special ceremony that was held at the top of Brigade Hill for our angel babies was so wonderful and amazing, if somewhat a tear-jerker. The porters singing a special song was memorable.

Being led by ex-Army officers in Brian Freeman and his team at Adventure Excellence gives you a sense of what happens in war including the strategies that they undertake. Listening to their personal stories is one of the highlights of the trek itself.

My fundraising journey was emotional in itself. I gained an enormous sense of pride with my efforts knowing that we are making a difference. Not only a difference to helping future angel families receive the appropriate support and much-needed services from Bears of Hope, but also raising the awareness of our angels being born sleeping to the wider community.

You simply have to "do" Kokoda. It's only once you finish it that you can truly understand what it means.

'Sophie's Daddy'

Doing the training, the preparation, and ultimately the journey of the Kokoda Trail whilst fundraising for the benefit of families who experience the loss of their baby, will generate this true sense of purpose for you.





Adventure with a cause – fundraise for bereaved parents

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 families who experience the loss of their baby, 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.

There are three compelling benefits to joining Bears Of Hope Kokoda 2020:

- 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!

The fundraising goal for each of our trekkers is \$5,000. You will be provided with Fundraising Toolkits that include tips and strategies to help you reach your 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 share your training, and thank those people who are getting behind you.

Once you register, please [create your online fundraising page](#) which can also be found via the Kokoda event details on the Bears Of Hope website.

Complimenting your online fundraising with community fundraising such as fundraising BBQ's, coin box collections, work fundraisers, auctions etc will also help you leverage your fundraising, raising awareness for our cause at the same time. Raise at least \$300, and you will receive a Bears Of Hope T-shirt and cap for your trek.

Adventure Excellence is deeply committed to helping Australian charities. They do not receive any of the funds raised – 100% of the donations come to Bears Of Hope.

Adventure Excellence do not charge Bears Of Hope an administration fee, nor do they charge a charity registration fee to you as the adventurer. They only receive the adventure fee which you pay directly to them.



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. Adventure Excellence take your preparation seriously. Details of our comprehensive 12-week training program will be provided separately to you after your booking is confirmed. They 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 Adventure Excellence 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 Adventure Excellence if you have an injury, are unable to train for any reason, or are finding the training too difficult. They 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, they 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 Adventure Excellence believe you will be below the physical standard required to complete the Kokoda Trail safely or present risk to yourself or your trek team, they 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. They have the track record to prove it. Adventure Excellence 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.

Medical Clearance

Closer to your trek, Adventure Excellence 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. They suggest you inform the medical receptionist that you are seeking a medical clearance when making the appointment, so they can schedule an appropriate length consultation.

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. Adventure Excellence 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 (Doxy) – 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.



Inoculations and anti-malarials

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. Adventure Excellence 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.

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.

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.



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

Adventure Excellence 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 Adventure Excellence, they will provide you with their 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. Adventure Excellence 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. It is recommended 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 they will ensure you are provided with a heavy duty plastic bag within which to keep your sleeping bag dry.

Equipment and packing list

Trek sandals

Adventure Excellence 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 | |

Equipment and packing list

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. Adventure Excellence 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 Adventure Excellence 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.

You will be provided with 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).



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”.

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, Adventure Excellence 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 Adventure Excellence identify the need for any individual to reduce the amount of weight they will be carrying on the Trail, they 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.

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. They have the absolute best safety record of all the Kokoda Trekking service providers. There are four stages they 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.

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 ration packs are purchased and packed in Australia to Adventure Excellence' 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 Adventure Excellence at least one month before the trek if you have any medical dietary restrictions and they 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. It is recommended 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.

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 the contact person will be provided prior to departure.

“Walking the Kokoda Trek was both physically and mentally challenging. Carrying a bear in memory of our little man Xavier and the adventures we never were lucky enough to have was an experience I’ll cherish for a lifetime.”

Jordan Telfer (2019)



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 Adventure Excellence receive the signed Registration Form and have processed your deposit payment, they 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. Adventure Excellence recommend you immediately purchase a travel insurance policy once your deposit has been processed.
4. 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.

Pricing

The KOKODA TRAIL price is \$6,000. Note that no GST is payable as this is an overseas adventure. Sign up with a family member, friend or mentor and their price is reduced to \$5000. Note: the first person in a group pays the full BoH discounted price of \$6,000 and the friend \$5000. Alternatively, each person can pay an equal price of \$5,500 each. Adventure Excellence will 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 installment of \$1,000 is deducted 30 days later. The final instalment is due on or before 90 days prior to you trek date.



Bears Of Hope Kokoda 2020

Participant Registration

Email your completed form to brad@adventureexcellence.com

I would like to participate in the 2020 Bears Of Hope Kokoda Trek with Adventure Excellence 24th July 2020 – 2nd August 2020 (Full price \$6,000 – no GST payable.)

I would like to participate in the 2020 Bears Of Hope Kokoda Trek with Adventure Excellence 24th July 2020 – 2nd August 2020 with a friend, mentor or family member (Full price \$5000 – no GST payable) Name of other person: Name of friend: _____

*Note: the first person in a group pays the full BoH discounted price of \$6,000) Write "Shared Cost" if you want each person to pay an equal price – for 2 that is \$5,500 each: _____

Personal details

Name

Phone (Mobile)

Email

Address

Payment details

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 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.

