

GRAFTON DIOCESE SCHOOLS 2018 ANNUAL KOKODA TREK PROPOSAL



ORGANISERS: GRAHAM JONES & GARRY CLIFTON

Graham Jones

- Group leader PNG Kokoda Trek Kokoda Challenge Youth Program – 20 Youth – 2012
- Kokoda Challenge Event Finisher (96km)– 2011, 2012, 2013, 2014, 2015
- Kokoda Challenge 2017 Event – Lindisfarne Anglican Grammar School Kokoda Challenge Coordinator – 6 teams – 24 students and 6 adult leaders (96km / 48km)
- The North Face 100 Finisher (100km in Blue Mountains) – 2013, 2014, 2015, 2016

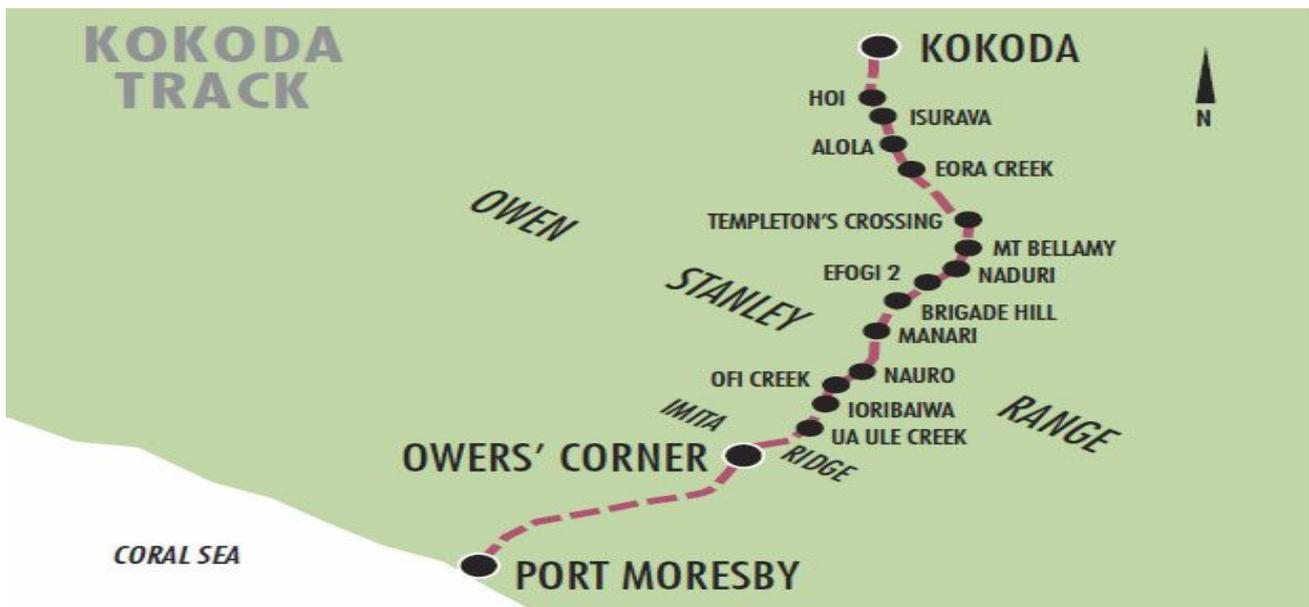
Garry Clifton

- Australian Army Reserve Officer – has served for 30 years as an infantry officer (currently holding the rank of Major) postings including Company Commander, Staff Officer and training command appointments
- Trekked Mt Kilimanjaro Summit – 1995
- Qualified Scuba Diving instructor

PRELIMINARY DETAILS

- Duration – 9 days
- Date – 2018 Term 3 holidays – 30 September to 14 October 2018
- Cost – Up to \$4,000 per student
- Expressions of interest from schools due by 31 July 2017
- Deposit details -TBA
- Open to all schools
- 2018 Year levels – 10 – 11
- One adult to cover 6 students
- Training program to be set
- Full itinerary to be set
- Graham Jones to act as Australian guide – major cost saving
- Cost to adults – Based on size of the group some free of charge treks will be provided. These will be allocated to each school based on committed numbers. Airfares will be additional to this. Schools will need to determine payment arrangements with adults.

- Each School to prepare and undertake presentation at famous sites:
 - o Bomana war memorial
 - o Brigade Hill
 - o Isuarava
 - o Kokoda
 - o Japanese Camp
 - o Surgeons Rock
- We will look to Anglican travel; for airfare pricing
- Trek to be led by Graham Jones – Group leader of 20 youth in 2012 trek
- Adults to be trained in first aid
- Trek to be an annual event
- Expedition and group leaders to be rotated through schools each year
- Preferred trekking company – Kokoda Spirit.



DETAILS ON TREKKING WITH KOKODA SPIRIT

Foundations, Organisations and Charities Have Included:

National Breast Cancer Foundation (Kokoda Chicks)	Heart Foundation	Soldier On	Blind Courage (Guide Dogs Australia)
Smiling for Smiddy	Mission Australia	Indigenous Marathon Foundation	Autism Victoria
RSL Life Care	Mark Hughes Foundation	Kokoda for Koda	ANGLS (Aussie Nurses Giving Life)
Centacare	PTSD Association Canberra	Give Me Five For Kids	Bully Zero Foundation Australia
Cotton On	Coca-Cola	Qantas	CUFA (Credit Union Foundation Australia)
Barrack Gold Corporation	Wood and Grieve Engineers	Zing	Centre Stage Management

School Groups Have Included:

Haileybury College	Newcastle Grammar	Berne School	Nhulunbuy High School
Rostrevor College	St Ignatius Riverview College	Hale School	Yarrowonga Secondary College
Mackillop College	Sunshine Coast Grammar	Victorian College of Deaf	Knox Grammar
Ravenswood School for Girls	St Luke's Anglican Bundaberg	St Hilda's College (Melbourne Uni)	MASP
Ela Murray International School Port Moresby	Mirboo North Secondary College	Chancellor Park State College	Murray High School
Surf Coast High School Torquay			

Defence & Para Military Force Groups Have Included:

Australian Defence Force Academy	Victorian RSL	39 th Battalion	Australia's Federation Guard
HMAS Darwin	HMAS Coonawarra	48 th Battalion	Australian Federal Police
Queensland Police Service	RAAF Townsville	Army Logistic Training Centre	Army HQ 1 Div Joint Deployable Force
HMAS Newcastle	VECCI	Border Protection	

Leadership & Mentoring Groups Have Included:

Y Lead Youth Leadership Program	MASP Youth Leadership	Kokoda Challenge Youth Program	Jobs Australia Indigenous program
NSW Young Achievers Rugby League team			

The Experience

Trekking Kokoda with us means you see things as an explorer, historian and adventurer. Kokoda Spirit prides itself on its friendly, professional and knowledgeable staff. They truly make all the difference and ensure that all trekkers have a safe and memorable trip.

Knowledge of Kokoda

All treks have two Senior Guides on the trek with you (Trek Master and Trek Leader). The guides are passionate and specialists in the Kokoda Campaign history and offer comprehensive battle site briefings and dignified services along the war time Kokoda Track/Trail.

They have a wealth of experience and have been operating in PNG and along the Kokoda Track since 2004. Over 7000 trekkers' have now successfully and happily trekked Kokoda with us.

Australian Defence Force organisations and Australian Para Military organisations have chosen and continue to choose Kokoda Spirit for our professionalism and in-depth knowledge of the Kokoda Track and the battles along the trail.

In the Media

Kokoda Spirit has also been privileged enough to be the chosen trekking company by the producers of "Kokoda" the movie and has appeared on Channel Seven's Sunday Night Program and Channel Seven's Today Tonight program. We have also had an ABC Foreign Correspondent trek with us and have had articles published in The Australian, Sydney Morning Herald Age, Courier Mail, Japan Times newspapers and Air Niugini In-flight Magazine.

Partners

Kokoda Spirit has helped to organise and lead a host of corporate groups, school groups, defence groups, charities, individual clients and celebrities across the Kokoda Track. They have worked closely and trekked with Paralympian and Adventurer Michael Milton, Paralympian Kurt Fearnley (Crawling Kokoda), Paralympian, Author and Motivational, speaker Don Elgin, Rugby League Legend, Paul "The Chief" Harragon, NRL Premiership winning players Mark Hughes and Billy Peden, Australian Rugby League representative players David Fairleigh and Brad Godden, Manu Feidel from MKR, Kate Peck model and MTV presenter, Miss Universe Australia Laura Dundovic and Miss World Australia Erin Holland.

Kokoda Accreditation

They are fully licensed and adhere to the Kokoda Track Trekking Code of Conduct and the laws and regulations of both Australia and PNG. They hold KTA Licence No.3.

Going Local

Not only is 'going local' the best way for you to have a real travel experience, but working with the local people and their businesses means that the economic benefit derived from your trek stays with the local community.

They have excellent relationships with the villages, communities and elders along the track and will continue to work with the local people in PNG and along the Kokoda Track to ensure everyone benefits from this once in a lifetime experience.

They exclusively use local guides who were born or raised along the Kokoda Track. They are all highly qualified, trained and English speaking and their intimate knowledge of the track will show you things that you wouldn't otherwise find. You'll also experience the track from a uniquely local perspective even meeting their friends and family along the journey.

With Kokoda Spirit, you can trek knowing that the money you spend directly benefits your leader, the porters and their families and the local community. In as many ways as we can, they support local businesses and communities in our travels, it's the ethical way. It is the only way to get a true understanding of PNG and the Kokoda Track.

Safety

Safety is the highest priority. They have developed and adhere to an extensive risk and safety management procedure for all of our adventures. They have contingency plans in place and 24 hour back up, with Satellite phones. We have a First Aid trained Medic/Guide and first aid kits carried on every trip and we also carry \$10 million in Public Liability insurance. They will provide you with a comprehensive medical form that must be completed by your Doctor before you participate to make sure that you are in peak condition for Kokoda.

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Food

Your trek will be physically tough so we know how important it is to have the right food to keep your strength up. We have hearty food and plenty of it - freshly prepared pastas, stews, rice, potato and vegetable dishes all enhanced with local fresh garden ingredients (not hydrated packages) by camp chefs. Meals are designed to ensure you receive plenty of carbohydrates and protein to fuel your body.

Prepare yourself for a gourmet delight, great food, including treats of Pastries, Pizzas and even donuts! We cater, for Vegetarians, Vegans and Gluten free.

Porters

Porters are paid flights/transport to and from the Kokoda Track or we pay them a walk back wage. They are supplied all of their food and camping equipment and uniform too. None of the Porters are made to carry more than the specified weight recommended by the Kokoda Track Authority and always carry less than the International Porters code.

Supporting the Community

Kokoda Spirit believes passionately in responsible travel and promotes this through the development of sustainable eco-trekking along the Kokoda Track. This commitment will enable us to assist the local **Koiari** and **Orokaiva** people develop the skills and experience to gain employment and develop eco-tourism business across the Kokoda Track.

Kokoda Spirit is also committed to developing and implementing programs to assist the people across the track. We believe people who work for Kokoda Spirit should be treated fairly, paid a fair wage, are supplied with adequate trekking gear, have a safe work environment, have access to health and education programs and further career opportunities. We also believe that we should learn and respect the culture and the customs of the country we are visiting so that we do not offend the local people.

Local people benefit economically from trekking by employing them as porters, cooks, leaders and guides. We also train our staff in hospitality, customer service, and first aid and assist them with both education and health. Kokoda Spirit assists programs across the track to help with the distribution of schoolbooks, home readers, gardening products and first aid kits.

Projects have included: Village Reader, Village Garden, Green Fire, Lighting up the track (in association with the KTF)

INCLUSIONS

Flights, Food & Accommodation (Pre & Post Trek)

- Return airfares – Brisbane /Port Moresby
- Airport transfers
- Internal flight from Kokoda to Port Moresby and bus transport to or from Owers' Corner
- Personal travel/medical insurance

Exclusions

- Anti-malaria medication and/or inoculations as recommended by your Doctor
- Personal first aid and personal care items
- Medical Assessment
- Passport
- Trekking Gear List items

People, Logistics & Safety on the Track

- Experienced and professionally trained PNG Trek Master and experienced PNG Trek Leader
- Professionally trained group/camp porters & guides who are all exclusively from the Koiari and Orokaiva villages along the Kokoda Track
- Professionally trained rope and river crossing specialist
- Group Porters / Camp Porters
- Kokoda Track Authority fee and permit including campsite fees
- Hire of two-person tent
- Full camp site logistics with group camping, cooking and equipment
- 24-hour emergency support network in Port Moresby and Australia
- Communication and emergency equipment including satellite phones
- First Aid trained guides and support including group medical kits

Support & Preparation

- Comprehensive pre-trek information and support package
- Experienced support staff to answer your questions and requests prior to your trek

Food & Water on the Track

- Porters will carry all our food and supplies for the complete trek, avoiding any risky and delayed/cancelled halfway food drops plus we get the opportunity to give more work to our porters for the whole trek
- All meals during the trek (prepared fresh by our professionally trained cooks and camp staff)
- We do not use dehydration packs just fresh wholesome food

Merchandise

- Kokoda Spirit Certificate on completion
- Kokoda Spirit Cool Dry shirt and cap

MATTERS FOR DISCUSSION

Medical Clearance

Approximately 3 months prior to your trek we will email you a letter to take to your Doctor. We require that every trekker must obtain medical clearance from his or her Doctor. If we do not receive the original Doctors letter, unfortunately your trek will be cancelled. You must also ensure you bring any required medications with you - there is nowhere along the Kokoda Track to get access to any medications.

Fitness Levels

While you do not need to be an Olympic athlete, you do need to be in great physical condition, with good endurance and stamina. You need to be able to walk up to 10 hours per day in hot and humid conditions. The terrain over the Kokoda Track is tough and very steep. You need a strong heart, lungs, quads, calves and a strong and positive attitude. A dedicated training program is required. Once again we recommend you consult your medical practitioner before undertaking any new training program.

Do We Walk the Real Kokoda War Time Track?

Yes we do walk the real Kokoda War Time Track through Kagi and also through Naduri. There are multiple tracks and trails that run across the Owen Stanley Ranges. You will walk in the footsteps of heroes, the same Track as our diggers.

Does Kokoda Spirit have an Office in PNG & Australia?

Kokoda Spirit has an office with administration staff, storage facilities and our own vehicles in Port Moresby, and our Head Office on the Sunshine Coast, Queensland.

Do you Cover the Military History and Cultural Aspects of the Track?

We will be showing and telling the story of the legends on the Kokoda Track to our trekkers. It is a story that every Australian should know about. The guides are passionate about the history and will share their detailed knowledge of the track and its history with you. The PNG Guides and Porters are from the track and will share their history and culture with you.

How Knowledgeable are the PNG Guides?

The PNG Guides are among the best on the track, with years of on the track history training and guides will show you all the historic and cultural sites across Kokoda.

What Happens when we Arrive in PNG?

After you pass through PNG Immigration, collect your luggage and then you will go through Customs. You will be met by staff and transported to the war memorial at Bomana. From here the group will be transferred to Owers Corner and commence the trek on the first day arriving at a camp site for the night.

Visa Requirements

A Visa can be obtained on arrival into PNG. You can however apply for a Visa prior to travelling to PNG.

Information for Australians obtaining a visa for PNG from the consulate:

- A visa application for PNG takes 5-7 days to be processed (process starts once documents are received) providing all paperwork is complete
- PNG Consulates are located in Sydney, Brisbane and Canberra. A new Consulate office will open in Cairns in the near future.
- The application form and requirements remain the same:
 - 1 x passport photo
 - Copy of travel itinerary
 - Completed application form
 - <http://www.pngcanberra.org/visas/> (website)
 - <http://www.pngcanberra.org/pdf/application.PDF> (form)
- Cost for a visa will remain the same:
 - \$0 – Tourist Visa (no application fee)
 - \$215 – single entry business visa
 - \$435 – Multiple Entry Business visa (12 month period commences on first arrival)

BRISBANE

Consulate-General of Papua New Guinea

Level 3, 344 Queens Street

GPO Box 220

Brisbane 4001

Tel: (07) 3221 7915

Fax: (07) 3229 6084

Email: pngcg@kundubne.org (Note: New Office Location - Level 3, 344 Queens Street)

SYDNEY

Consulate-General of Papua New Guinea

Level 2, Clarence Street

Sydney NSW 2000

PO Box A2273

Sydney South, NSW 1235

Tel: (02) 9283 9020 Fax: (02) 9283 5424

Email: pngcg@kundusyd.org

CANBERRA

Consulate-General of Papua New Guinea

Ph: 612 62 733 322

Fax: 612 62 733 732

Email: kundu@pngcanberra.org

If you do not hold an Australian Passport, please contact the Papua New Guinea Consulate for their advice.

Travel / Medical Insurance

We will organize travel insurance.

How Much Money Will I Need on the Kokoda Track?

On the Track you need to take with local currency (PNG Kina). You can organise to buy PNG currency through your local bank before you leave Australia or at the money exchanger at the International Airports. We would highly recommend that you have PNG currency before leaving Australia.

Most things on the Track will cost K5 – K10 (5 Kina approx \$3.00 AUD) i.e. bunch of bananas, photo with Fuzzy Wuzzy Angel, can of Coke. Around 100 - 200 Kina should be plenty.

Please Note: the local villages do not have change to give you, therefore lots of small change is best. In Port Moresby Eftpos machines are few and far between. For your own safety we do not recommend you go into Port Moresby town to the local bank.

Do We Tip Porters?

PNG is a non-tipping society, so tipping your porter is not necessary. However, you may want to reward a job well done, so K100 is a good tip. Any of your excess clothes or caps, t-shirts etc would be very much appreciated.

What Do I Need to Bring?

We will have a comprehensive Trekking Gear List to help you with your essential items.

What Size Backpack Do I Need?

Kokoda Spirit will provide each trekker with a 70/75 litre backpack approximately 15 kilos in weight including all gear.

Water / Electrolytes

You will need to carry a minimum of 3 litres of water on you. There are many places to fill water bottles along the track. Your porters will advise the best places to fill up your water bottles. The furthest you will walk between water is approximately 4 hours.

It is essential that you take electrolytes with you. We highly recommend our own Trek Fuel which can be bought via Kokoda Spirit at <http://www.kokodaspirit.com.au/booknow/trek-fuel/>.

Put in your water, every 3rd litre, it prevents dehydration due to high perspiration losses due to exertion and high humidity. Dehydration, overheating and hyponatremia can become major issues on the track. **It is very important to keep drinking fluids and utilising salt and electrolyte replacements on the Track.** Because of the higher level of activity, temperature and humidity you will tend to sweat more. With the increased fluid intake and sweating you also tend to flush out of your system essential minerals, salts etc.

Electrolytes: If unsure please discuss with your doctor.

Water purifying tablets or some form of water purification must be taken as a precaution. The water is generally very good along the Track but always check with the Trek Master or Trek Leader about the quality of the water.

With the different environments, conditions, food and water, upset stomachs, vomiting and diarrhoea can occur. Please ensure you bring adequate medication.

What Food Do We Eat on the Kokoda Track?

Kokoda Spirit needs to be advised when booking if there are any particular dietary requirements. We do our best to manage your requirements, but accept no responsibility due to availability. Supplements may be implemented. We are able to supply Gluten Free and Vegetarian menus on request; we do need to be advised at least 6 weeks prior to trek departure.

Below is a general outline of meals whilst on the trek.

- The Trek Master and the team organise and cook all your meals. They also take care of the washing up. The porters are also well catered for with food on the Track.
- **Breakfasts** we have cereals, usually Weet-Bix or porridge, rice cakes with spread and limited fruits depending on availability, tea, coffee, biscuits, sometimes pancakes and damper.
- **Lunches** are often canned meats spam, beef and fish, fruit, cheeses, biscuits, spreads, rice crackers and snack bars (We do not cook lunches).
- **Dinners** are fresh local veggies, potatoes, rice and pastas with the cooks special PNG mixes rotated on alternative nights. Pre-dinner snacks are varied - may be soup, popcorn, biscuits. Tea and coffee is available.
- The meals are large, filling and very nourishing.
- Food may vary due to season and/or availability.
- We recommend you take your own energy treats/snacks e.g. lollies, muesli bars, energy bars, protein bars, trail mix for extra supplements (enough for the duration of your trek).

PEANUTS – when cooking our meals some of our sauces have peanut traces. Our porters and trekkers do eat peanuts, muesli bars, biscuits which may contain peanuts. **Upon booking it is your responsibility to advise Kokoda Spirit if you or any people you are booking for have an allergy to peanuts.**

Can We Bring Food into PNG?

Yes you can. This has not been an issue before. You must declare your food and advise customs that it is for trekking on the Kokoda Track.

What are the Washing / Cleaning / Toilets / Shower Facilities on Kokoda Like?

The facilities on Kokoda are very basic at best.

- Toilets on the Track and villages are known as 'long drops' and 'short drops'. These are simple, deep pits or short pits that have been dug in the ground for use as toilets. There are no toilet seats. These facilities have a roof and screen over them for privacy.
- You do need to take your own toilet paper (2 rolls).
- The river is used for the shower and washing facilities or in some villages a simple water pipe is used to flow the water onto the trekker for washing. Washing of clothes is done in the river. We suggest you bring environmentally friendly soap.
- Antibacterial Hand Gel is essential.
- There are no specific changing rooms on the Kokoda Track or villages.

What are the Walking Times and Distances Each Day?

- Wake up time on the track is usually around 5.00 am.
- Breakfast on the track is usually served from 6.00 am.
- We usually start walking around 7.00 am.
- There is usually 5-10 minute breaks every 30 mins or so along the track and depending on the size of the hill more often and a stop for morning tea and lunch.
- The walking pace is best described as the 'Kokoda Shuffle', which is a consistent but reasonably easy pace. This can vary depending on the terrain.
- Each walking day will vary between 5 to 10 hours with 7 to 8 hours being the average. On average arrival times in the camps and villages are around 2.30pm to 3.30p.m.

When are the Best Conditions to Trek Kokoda?

The conditions on the Track vary due to the changes in the season. The seasons are broken up into the dry season and the wet season. These seasons also have sub seasons which fringe the wet and dry season.

The dry season is normally from late May to late October. Good conditions can still be expected in April and November. **It is possible to get rain and consequently mud on the Track during any season or month.** Late November, December, January, February and March can be wet and muddy.

The temperature will range from 24-28 degrees under the canopy and up to 32 degrees out in the open areas. The night time temperature will range from 18 degrees in the lower sections down to 8 degrees in the higher areas like Mt Bellamy. Humidity will range 80% – 95%.

Do We Trek During the Night?

Kokoda Spirit does not trek at night. The itinerary will be designed to ensure you are in camp well before nightfall.

What Happens in Case of an Emergency?

Kokoda Spirit carries satellite phones on all treks; we have an emergency evacuation plan, which is implemented. On receiving call for assistance they will activate their plan and organise medical, travel insurance and evacuation plans.

What is the Accommodation Like on the Kokoda Track?

The accommodation on the Kokoda Track is very basic. Jungle camps and campsites along the Kokoda Track are basic at best.

The Guest House accommodations are open-air huts with no mosquito protection. Guest House accommodation is not always available, so we will camp at the best available campsites. We recommend tents for privacy and mosquito protection.

Is a Walking Pole Necessary?

Walking poles are a must! They are used as a support and braking system for the steep downhill sections. You can buy walking poles through our office or from camping stores. It is a good idea to train with the poles. Some people find one pole sufficient, but it is your choice.