

# The Kokoda track (kokoda.commemoration.gov.au)

## A Fighting Retreat

### Lesson: Planning to walk the Kokoda track

#### List of items for walking the Kokoda track

- 1 hat with a wide rim
- 1 long sleeve shirt (for evening wear at campsite and to sleep in)
- 1 top to wear while walking (wash and dry each night)
- 1 spare top - a T shirt
- 1 pair shorts to walk in (wash and dry each night)
- 1 pair long trousers (it gets cool at night on the mountain tops)
- 1 pair of water-proof good quality trekking boots (broken in)
- 1 pair of thongs (use for crossing creeks to keep your walking boots dry)
- 1 small towel
- 1 back pack
- 1 light sleeping bag
- 1 tent
- 1 camel pack or water bottles
- 4 pairs of thick socks (it is essential to keep feet dry)
- 2 pairs of underwear
- 1 poncho style rain jacket.
- 1 sleeping mat
- 1 insect repellent
- 1 sunscreen
- 1 sunglasses
- 1 head torch & spare batteries
- 1 spoon/cup/bowl/fork
- 1 tooth brush and tooth paste
- 2 toilet paper and/or wet wipes
- 1 soap
- 1 hand sanitiser (optional)
- anti-malarial medication
- 1 garbage bag (to keep your clothes dry)
- water purification tablets
- 1 camera
- favourite sweets, one or two each day, for an energy boost
- 1 hiking pole
- 1 inflatable camping pillow
- 1 first aid kit

Answer each of the following questions in at least 30 words.

1. Compare your own list to this list. What did you take too many of and why do you think this list recommends taking less.
2. What was the most surprising item to find on this list and why did it surprise you?
3. Why is it so important to keep your feet and your walking boots dry?
4. What do you think should be in the first aid kit?
5. What does the list tell you about the dangers of walking the Kokoda track?
6. Did you have something on your list that is not on this list, but you still think you should take it to Kokoda? Explain why.