



Equipment packing list:

CLOTHING

- Quick drying trekking pants, 2 sets
- Quick drying T-shirts , 3-4 sets
- Long sleeved shirt to cover up at dusk (moscitos)
- Fleece
- Rainjacket (Wind- and waterproof!)
- Raintrousers
- Underwear, socks
- Hiking boots that protect ankles
- Sandals

CAMPING/ TREKKING

- Large Backpack, - no suitcases!!! Should be waterproof, or protected by a liner
- Waterproof daypack or daypack with liner to carry water, a jacket, your camera etc. during the hikes
- Water bottle
- Hat against sun
- Head-lamp with 2 sets of batteries
- Small back up torch, in case head lamp gets lost
- light-weight tent
- sleeping bag (temperatures around 10 degrees at night)
- sleeping mat
- camping spoon, fork, plate, cup
- knife or multi tool

VOLCANO

- climbing helmet: If you don't have one, you can rent one from us (30E)
- Gas mask: If you don't have one, you can rent one from us (30E)
- If desired: Hiking poles

PERSONAL

- Small towel
- Swimming gear (snorkelling possible)
- toiletry with soap
- Small medical kit and personal medicine (band-aids, blister patches)
- Think about MALARIA prevention (recommended: Malarone or Doxycycline)
- Mosquito repellent ("Tropical strength"- with DEED)
- Bacterial hand-wash
- Wet wipes
- 2 rolls of toilet paper
- Sunscreen
- Sunglasses (If desired: Spare pair)
- Mosquito net



CAMERA

- Camera with standard lens
- UV-Filter for lens to prevent scratching
- sufficient memory cards
- sufficient batteries
- battery charger
- cleaning set
- Dry bags or plastic bags (ziplock bags) to protect camera from water and dust
- Lightweight Tripod
- If available: Remote control

TRAVEL DOCUMENTS

- Passport, valid for more than 6month
- Visa for Australia (online: <http://www.eta.immi.gov.au>)
- Visa for Papua: On arrival. Costs: 50 AUD. Please, have Australian Dollars ready.
- Photocopies of important documents stored in a different place than the originals.

Note: It's your responsibility to have valid travel documents.

Weight considerations:

You need to carry your own day pack during three or four treks (max. 3 hours). If you wish to use porters on location, you can hire them for a small fee, and they'll be happy that you provide employment. Their carry limit is 15 kg.

Fitness considerations:

You should be reasonable fit and able to hike up to 3 hours a day with your own day pack (Camera, water and rain jacket) .We'll do 3-4 of these hikes. Be prepared for hot and humid climate. Please, tell us if you have any medical conditions relevant to the expedition!

Health considerations:

Please, have a check up, if possible from a doctor specialized in tropical medicine, to see if all your shots are up to date and which medicine to bring along. There is Malaria in Papua New Guinea. We recommend malaria prevention; such as Malarone or Doxycycline.

Note: It's your responsibility to have adequate medication and preparation.

Links:

[World Health Organization](#)