



“ The Real PNG Experience ”

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Considerations

As you pack in preparation for the 9-day trek trip, be sure to consider that there will be sultry hot conditions down at sea level and cold conditions overnight at high altitude. You will not be able to dry your clothes at most times so cotton will stay wet and synthetic materials hold less moisture.

The track will take a toll on your body so it's best to use well broken in footwear, a good quality load bearing pack and comfortable clothing that won't chafe.

When gear is wet, it will be heavier so pack efficiently. Weight is a big issue, should you be carrying your own bag but should you hire a personal porter, also be mindful that they are only human so we try to keep their bags under 20KG.

Buddy Check - The below list is a checklist for each tour member so be sure to partner up with a co-trekker before you depart Sydney and make sure that all items have been packed, weight of bags measured and fittings are adjusted to suit each trekker.

The suggested Paddy Pallin items listed below may be purchased in the Sydney or Brisbane stores, on the internet www.paddypallin.com.au, or by phone 1800 805 398

Simply quote your South Sea Horizons **discount code: 67208** and your **booking number** to receive **10% off the RRP price** (offer only available to Trek attendees)



Tick as
you
pack

Packing List

Paddy Pallin Suggested Items

RRP

Essential Items

<input type="checkbox"/>	Back pack – 70-80 litre (a waterproof cover is very useful)	Berghaus - Verden 65+10	Mens sizing, adjustable harness, split main compartment, top pocket, integrated rain cover	\$219.95
<input type="checkbox"/>	Daypack - 30L (a waterproof cover is very useful)	Black Wolf - Freestyle 30L	Hydration compatible, built in rain cover, side compression straps.950g	\$54.95
<input type="checkbox"/>	Air Mattress (important for comfort and insulation)	Osprey - Talon 33L	Hydration compatible, hipbelt pockets, lightweight and very comfortable harness 800g	\$199.95
<input type="checkbox"/>	Sleeping Bag (0-5 degree comfort rated) • Synthetic materials are best in damp conditions. It can get very cold at night in the highlands, particularly on the back end of the tour – Mt Bellamy, Templetons crossing, Alolo village and Kokoda).	Therm-a-rest - Trail Lite Regular	3.8cm thick, 183 x 51cm, rectangular (dark green colour). Lightweight- 910g, 53 x 11cm rolled up	\$119.00
<input type="checkbox"/>	Head Torch (practical and light, LED versions are efficient)	Pallin - Trek sleeping bag	0 degree minimum comfort rating, synthetic, semi rectangular shape with a full zipper, can open into a blanket. 2.1kg	\$129.95
<input type="checkbox"/>	Cutlery set (plate or bowl, cup, knife/fork/spoon)	Mountain Hardware - Lamina 35	1 degree minimum comfort rating, synthetic, mummy foot, latest welded seam construction, 1.1kg	\$229.95
<input type="checkbox"/>	Camelbak Bladder – 1 Litre (1L = 1kg) • Bear in mind water-purifying tablets take 1 hour to work so you should always have a backup water bottle or 2 camelbaks to rotate.	Princeton Tec - Fuel	3 x LED's, 3 x AAA batteries, Bright and efficient, water resistant	\$49.95
<input type="checkbox"/>	Chamois or pack towel (no cotton, synthetic only)	GSI - Lexan X2 One Person Set	Includes a cutlery set, high sided square plate and cup. Virtually indestructable lexan plastic	\$21.95
<input type="checkbox"/>	Trekking Boots (properly fitted, good quality and well worn in)	Camelbak - Omega Reservoir 1L	Original and the best performing of all bladders on the market. Antimicrobial treatments, non kink hose and a non leak bite valve. Very durable.	\$44.95
		Sea To Summit - Tek Towel Medium	50 x 100cm, XS - XL sizes available, terry towel style, absorbent and synthetic (quick drying)	\$25.95
		Scarpa - ZG65	Gore-Tex waterproof lining, Vibram sole, quick break in time, very long lasting and sturdy boot	\$289.00
		Hi Tec - Addo	Lightweight with quick break in time, soft and comfortable	\$199.95

- Waterproof Jacket/Rain coat (breathable and waterproof)

Berghaus - RG1 Jacket	Breathable & waterproof, lined	\$149.95
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Clothing

You will most likely wear the same clothing for the entirety of the trek but things can get pretty smelly after 8 days so it may be wise to bring an extra piece (optional).

Day set

- Zip off trousers or shorts (no board shorts)
- Bike pants (synthetic)
- x2 T-shirts (preferably not cotton)
- x3 Socks (liner socks too if preferred)
- x3 Underwear (preferably not cotton)
- Hat or cap

The North Face - Horizon Convertible Pant	100% nylon, quick drying, hidden drawcord waist, Beige or Grey S-XXL. Coverts to mid thigh shorts	\$99.95
Skins Half Tight Mens	Compression garment to improve circulation and comfort. Synthetic	\$79.95
Berghaus - Tech Tee	Synthetic, quick drying, cool, anti-microbial	\$39.95
Wigwam - Ultimax Hiking Outdoor	Sock with integrated liner, moisture controlling and comfortable	\$24.95
Exofficio - Boxer Briefs	Synthetic, quick drying, comfortable	\$34.95
Sea To Summit - The Pilbara Hat	56-60cm head sizing (1cm increments), air vents, UPF50+ fabric, floats, removable chin strap, Beige or Dark Brown	\$49.95

Night Set

Needs to be kept in a separate bag and dry at all times

- Thermal Long Sleeve shirt
- Thermal Long Johns (good for sleeping)
- Long casual trousers
- Thin jumper (synthetic fleece is best)
- Warm socks (wool is best)

Sherpa - L/S Crew	Polypropylene synthetic material, lightweight and warm	\$32.95
Sherpa - Long Johns	Polypropylene synthetic material, lightweight and warm	\$32.95
The North Face - Horizon Convertible Pant	100% nylon, quick drying, hidden drawcord waist, Beige or Grey S-XXL. Coverts to mid thigh shorts	\$99.95
The North Face - Glacier	Fleece, 1/4 zip, very lightweight for warmth	\$79.95
Wigwam - Merino Comfort Hiker	67% wool, comes in Navy, Charcoal & Light Khaki. MS, MD, LG, XL	\$19.95

<input type="checkbox"/>	Night footwear – Thongs/sandshoes/sandles (lightweight)	Teva - Terra Fi 2	Rugged and durable sandals	\$149.95
<input type="checkbox"/>	Beanie	Manzella - HT-5PD Powerdry Racer Hat	Thin and warm synthetic material	\$25.95

Accessories (non essential items marked with *)

<input type="checkbox"/>	Pen knife	Victorinox - Climber	Large/small blades, scissors, corkscrew, can opener and more	\$49.95
<input type="checkbox"/>	Dry bag or plastic bag (to stow wet and dirty attire)	Sea to Summit - Dry Sack 13L	Durable waterproof material, drawstring closure	\$19.95
<input type="checkbox"/>	Water Purification Tablets	Katadyn - Micropur Forte	Pack of 100 tabs (treats 100L), Silver ion Chlorine (best tasting of the types available)	\$32.95
<input type="checkbox"/>	Strong insect repellent	Bushmans - Gel 75g, 80% deet	Non greasy, strong and effective	\$13.95
<input type="checkbox"/>	Gaiters *	Berghaus - Snowline Gaiter	Durable, hook front fastener, under foot strap. Small/Medium or Large/Xlarge	\$49.95
<input type="checkbox"/>	Trekking Poles *	Komperdell - Northern Lights	3 section, tungston carbide tip	\$69.95
<input type="checkbox"/>	Waterproof pack cover (to suit rucksack) *	Osprey - UL Raincover Large	To suit 70L pack sizes or below	\$44.95
<input type="checkbox"/>	Waterproof pack cover (to suit daypack) *	Osprey - UL Raincover Xsmall	To suit 40L pack sizes or below	\$29.95

Other Items (non essential items marked with *)

<input type="checkbox"/>	Spare batteries for headtorch
<input type="checkbox"/>	Sunscreen (SPF 30+)
<input type="checkbox"/>	Personal medical needs (advise your leader of any special requirements)
<input type="checkbox"/>	A good book (lightweight) *
<input type="checkbox"/>	Swimming costume *
<input type="checkbox"/>	Gatorade powder (I recommend the group share 1 or 2 tubs – designated carriers) *
<input type="checkbox"/>	Power bars (1 or 2 per day) *