

Toogee Treks - Booking Form 2016

Please read the Trekkers Agreement below, if you agree with the conditions, print and complete this form and return it along with your \$600 deposit. The balance of your payment is payable 60 days prior to the departure date of your trek.

TREKKERS AGREEMENT

- 1 I acknowledge that Toogee Treks is the organiser of the "Kokoda Trek" across the Kokoda Trail, in Papua New Guinea.
- 2 I agree to participate in this trek subject to the terms and conditions contained in this Agreement.
- 3 I acknowledge the trek is a "recreational activity" (as defined in the NSW Civil Liability Act and the Trade Practices Act) which involves significant risk of physical harm.
- 4 I agree to release and indemnify Toogee Treks in the manner set out in this agreement.
- 5 I acknowledge that I have received appropriate warnings as to the risks associated with the Kokoda Trail including (without limitation) from Toogee Treks:
 - (a) The hazardous nature of the terrain and waterways;
 - (b) The physically arduous nature of the Trek;
 - (c) Criminal or malicious acts of people who may be encountered on the Trek;
 - (d) Becoming lost or disoriented;
 - (e) Injury or illness caused by plant or animal life;
 - (f) Injury or illness as a result of exposure to the elements;
 - (g) Illness as a result of the consumption of food or drink in the course of the Trek;
 - (h) Illness as a result of contracting disease including (without limitation) cholera, malaria, typhoid, tetanus & hepatitis.
- 6 I acknowledge the significant risks inherent in participation in the Trek and agree that:
 - (a) In order to safely complete the Trek I will require a high level of physical and medical fitness and exceptional endurance ability;
 - (b) I will need to take appropriate medical precautions and advice before, during and after the Trek to avoid illness or disease;
 - (c) I have been advised to consult a medical practitioner prior to commencement of the Trek;
 - (d) I agree to take my own safety precautions and first aid equipment and all such items as specified by Toogee Treks;
 - (e) I am medically fit to participate in the Trek and have obtained certification of medical fitness from a qualified medical practitioner.
 - (f) I acknowledge that I have been advised to take out a personal travel insurance policy to protect me against any medical or compassionate reason which might prevent me from participating in the trek and I acknowledge that I have to effect
- 7 I agree:
 - (a) To assume full responsibility for all risks associated with participation in the Trek;
 - (b) That Toogee Treks is not responsible for my safety;
 - (c) That I will act in accordance with all reasonable instructions given by Toogee Treks and/or its trek guides in and about the Trek.
- 8 I hereby release and indemnify Toogee Treks from and against all actions, proceedings, claims, damages, liabilities, suits, demands, losses, costs, fees and expenses whatsoever incurred or arising out of my/our participation in the Trek,
- 9 I acknowledge that the deposit I pay for my trek is non-refundable.
- 10 I acknowledge that I have been advised to engage a Personal Carrier if I am not in peak condition. I acknowledge and agree that I will pay the full fee for a Personal Carrier plus a surcharge of \$150 if I have to engage a Personal Carrier during the trek.
- 11 In the event of engaging a personal porter I agree to keep the weight of my camping gear, first aid items, trek snacks, clothing and toiletries to a maximum of 12 kg.
- 12 I acknowledge that in the event of my withdrawal from the trek for any reason whatsoever I will be responsible to meet all of my transport, food, medical and accommodation expenses in Port Moresby. I acknowledge that it is my responsibility
- 13 I acknowledge that should the Australian Trek Leader, Trek Master or Head Guide be forced to withdraw from the trek for any valid reason I will continue for the duration of the trek under the leadership of the next in command and not hold
- 14 I acknowledge that Toogee Treks is not liable for any personal, medical, transport, food or accommodation expenses if I have to withdraw from the trek for any reason.
- 15 I agree that the interpretation of this Agreement will be governed by the law in the State of New South Wales and submit to the jurisdiction of the Courts in the State of New South Wales in respect of all matters arising hereunder.

I have read and accept the Trekkers Agreement and the Terms and Conditions.

(Sign here)

Dated

Note: By typing your name in the space above you acknowledge that this represents your handwritten signature.

PLEASE CHOOSE YOUR PACKAGE OPTION

NOTE: The first day and last day listed for each trek are travel days to and from Australia
e.g. 5th - 15th March - so the 6th - 14th are the actual 'days on the track' dates.

APRIL

ex Port Moresby - 12 Day ANZAC Trek Package Only \$.....
15th April - 26th April - ANZAC TREK - 9 days / 8 nights trekking from Kokoda to Owers Corner - includes Dawn Service at Bomana War Cemetery and one extra night in Port Moresby for ANZAC Day at the end of the trek.

JULY

ex Port Moresby - 11 Day Kokoda Adventure Trek Package only \$.....
9th July - 19th July - Adventure Trek - 9 days / 8 nights trekking Owers Corner to Kokoda

AUGUST

ex Port Moresby - 14 Day Kokoda & Northern Beaches Trek Package only \$.....
13th August - 26th August - KOKODA & NORTHERN BEACHES TREK - 9 days / 8 nights trekking Owers Corner to Kokoda plus 3 days / 3 nights Buna and the Northern Beaches Battlesites

SEPTEMBER

ex Port Moresby - 11 Day Kokoda Adventure Trek Package only \$.....
20th Sep - 30th Sep - Adventure Trek - 9 days / 8 nights trekking Owers Corner to Kokoda

Personal Porter \$650. \$.....
TOTAL COST \$.....

PAYMENT

A \$600 deposit is required at the time of booking, together with a completed Booking Form.

The balance of payment is due 60 days before your departure date.

PAYMENT OPTIONS

CREDIT CARD

I authorise Arts Entertainment Pty Ltd to debit my credit card for the amount of \$.....
as part payment / payment for the above selected trek. NOTE: A charge of 2% applies on all card transactions

Card Type: VISA MASTERCARD AMEX

Expiry Date:

Card Number: -----

Cardholders Name:.....

Cardholders Signature:

Note: Insert Signature above OR By typing your name in the space above you acknowledge that this represents your handwritten signature and authorise the payment of the agreed amount shown above.

Your credit card statement will show payment to Arts Entertainment Pty Ltd.

DIRECT DEPOSIT

Please make payment to: Arts Entertainment P/L

Greater Building Society

BSB: 637-000

Account Number: 713539775

(Please include name and trek date in reference e.g. jsmith 120416)

CHEQUE

Please pay Arts Entertainment Pty Ltd 32 Berkeley Street Stroud NSW 2425

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REQUIRED INFORMATION

PASSPORT DETAILS

Full Name (as it appears on your passport):

Passport No: Expiry Date: Place of issue:

YOUR DETAILS

Preferred First Name or Nickname:

Last Name:

Preferred Contact number:.....

Work Ph: Home Ph:

Mobile Ph: Fax:

Email:

Suburb: State: Post Code:

DOB: (dd/mm/yyyy) Age:

Height: Weight: Shirt Size:

Do you have any First Aid or medical Qualifications?

Type of Qualification:.....

EMERGENCY CONTACT

First Name:..... Surname:.....

Preferred Contact number:.....

Work Ph: Home Ph:

Mobile Ph: Fax:

Email:

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CURRENT HEALTH STATUS (mark one)

Below Average Average Above Excellent

MEDICAL SELF-EVALUATION (mark one)

Do you suffer from any condition that requires the regular care of a Medical Doctor?

Yes No Comment:

Do you have any allergies to food, bites, stings or drugs?

Yes No Comment:

Are you allergic to penicillin?

Yes No Comment:

Have you been hospitalised or had surgery in the last 5 years?

Yes No Comment:

Do you have any heart problems such as myocardial infarction or arrhythmia?

Yes No Comment:

Have you ever suffered a heart attack or stroke?

Yes No Comment:

Do you have high or low blood pressure?

Yes No Comment:

Do you suffer from asthma or have any other respiratory problems?

Yes No Comment:

Are you diabetic?

Yes No Comment:

Do you suffer from epilepsy or seizures of any kind?

Yes No Comment:

Do you have any physical or mental limitations that might preclude you from the trek?

Yes No Comment:

Are you on any medication (prescription, psychiatric or over the counter drugs) for any condition?

Yes No Comment:

Do you feel you will be physically prepared for the trek by the date of departure?

Yes No Comment:

Any other comments:

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TREK PACKAGES EX PORT MORESBY INCLUDE:

- * A comprehensive programme including - 2 nights hotel accommodation in Port Moresby on share room basis (single use of room add \$320). (Breakfast and Dinners included in Port Moresby). Note: The number of nights accommodation may vary depending on the trek package booked.
- * International airport transfers in Port Moresby.
- * Flight from Kokoda or Popondetta to Port Moresby (or via versa) at the start / finish or the trek.
- * Sensible trekking itinerary.
- * Professional Australian Trek Leader (groups of 8 plus) - including briefings at all battle sites and points of interest.
- * Professional Trek Master (for all treks)
- * First Aid Officer
- * Professional Bush Chef
- * Local Head Guide and Porters from villages along the track.
- * All accommodation along the track in a roomy, mosquito proof 2 man tent (each). Carried, erected and taken down by the crew at each of our campsites.
- * All meals during the trek prepared by our Bush Chef (using fresh local produce where possible).
- * The use of a Backpack, daypack and tent
- * Group camping and cooking equipment
- * Visit to Bomana War Cemetery in Port Moresby
- * Port Moresby sight seeing tour
- * All necessary land transport in PNG including transfers from Port Moresby to Owers Corner (or visa versa).
- * Porters to carry group camping and cooking equipment. (See Personal Porter option).
- * All emergency equipment, including ropes, bush knives, axes and tarps. Back to base VHF radios (linked to the Kokoda Track village network) and satellite phones (for emergency use only) are carried on all treks
- * Kokoda Trail trek permit. (Issued by the Kokoda Track Authority)
- * All camping fees and firewood fees.
- * Entry to ALL accessable relic sites and points of interest.
- * \$10 million Trek Operators Public Risk Insurance.
- * A commemorative Polo shirt.
- * Certificate of Achievement suitable for framing.
- * A copy of Bill James' 'FIELD GUIDE TO THE KOKODA TRACK' (sent to you upon payment of your deposit).
- * Kokoda Assistance line 02 49945800 - 7 days per week

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NOT INCLUDED IN YOUR PACKAGE

- * International flights (unless booked as part of your package)
- * Passport (see following paragraphs)
- * PNG entry visa (see following paragraphs).
- * Personal Travel Insurance (including Remote area Medical Evacuation) (see following paragraphs).
- * Medical Certificate (see following paragraphs)
- * Personal Camping equipment (see following paragraphs)
- * Anti-malarial medication (see following paragraphs)
- * First-Aid items (see following paragraphs)
- * Personal porter (see following paragraphs - please advise when booking)
- * Gratuities / Gifts (see following paragraphs)
- * Meals / snacks in Port Moresby (other than those included in your package)
- * Phone calls (some mobile phones with global roaming will work in Port Moresby, but not all, you should check with your provider before you depart Australia),
- * Wireless Internet (pre paid cards are available at the hotel), souvenirs, drinks and any other personal expenses.

OTHER IMPORTANT INFORMATION

CANCELLATION NOTICE AND CHARGES

Cancellation of confirmed bookings are to be in writing. The following penalties will apply:

- * 60-30 days prior to departure: Loss of deposit plus 50% of trek payment.
- * Less than 30 days: Loss of 100% of trek payment

DOCTOR'S CERTIFICATE

- * The trek is tough and physically demanding. It is therefore imperative you are healthy and physically fit.
- * You should have a thorough medical examination prior to commencing your training programme and be assessed again closer to the trek date.
- * If you are over the age of 40 and are identified with at least one cardiac risk factor you will be required to undertake either an exercise stress test, a myocardial perfusion scan or have a stress echo as recommended by your medical doctor before you can obtain a medical clearance.
- * **You will be required to have a Medical Doctor certify that you are in good health and physically capable of completing the trek. This certification must be forwarded to Toogee Treks at least 60 days prior to the commencement of your trek.**

PASSPORT & VISA

A 60 day tourist visa is required for all Australian passport holders and must be obtained prior to departure from a PNG consulate in Sydney, Brisbane or Canberra. It usually takes 2-3 days to receive visa documentation once the application, payment and supporting documents are received (you should allow several weeks turn around). For procedures please refer to: www.pngcanberra.org

How to apply for PNG visa?

Complete and sign the correct application form (<http://www.pngcanberra.org/pdf/application.PDF>)

Attach one passport size photograph. Provide any other documentary information as requested (refer to the appropriate entry category) Send or deliver your application to the nearest Papua New Guinea diplomatic mission together with your valid passport.

Your passport must be valid for at least six months from the date of intended travel.

TRAVEL INSURANCE

You are required to have personal travel insurance that includes remote area medical evacuation. You can apply online here <http://www.covermore.com.au>

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FITNESS & HEALTH:

This is a demanding A Grade trek and you need to be fit. Begin training at least 8 weeks before departure and work towards being able to carry a 16 -18kg pack up hills or stairs.

PACK WEIGHT & WHAT YOU CARRY:

If you intend to carry your own pack please try and limit weight to a total weight 16-18 kilos. Unless you are an experienced trekker or have a high level of fitness it is recommended you employ a Personal Porter (see below). If you do have a personal porter you will still carry say 5 - 7 kilos, please consider this during your pre trek training.

OPTIONAL PORTER FOR YOUR BACKPACK:

If you wish to walk the track but not carry your pack, a porter can be arranged at an additional cost of \$650. Please notify us in advance if a porter is required. One porter shared between two people to lighten your own load is often a good compromise and makes for a more relaxed **trip**.

Engaging a Personal Porter is mandatory for ALL trekkers 55 years and older.

Group porters carry group cooking and camping equipment and are not available to carry any trekker's excess weight.

Please note: If a porter has to be engaged during the trek additional fees will apply (please refer to #10. Trekkers Terms and Conditions)

CAMPING GEAR

You should bring two sets of casual clothing. One set for the flight and a change for our stay in Port Moresby. You can leave these clothes in storage at the hotel while we are on the track.

Regarding our trekking clothes. The weather is hot and humid during the day, however as we spend most of the time under the jungle canopy the nights can be quite cold.

You should therefore wear a long sleeve shirt and long pants for proper protection from both the elements and mosquitoes. Other essential items to wear whilst trekking include a sweat rag to wear around your neck, a hat or peak cap, thick socks, walking boots and gaiters. For protection against chafing it is a good idea to wear a pair of lycra gym shorts as underwear.

Each night we camp beside creeks with plenty of fast flowing, crystal clear, mountain water. We always have the opportunity to have a good refreshing bath. After this you will change into a spare set of dry clothing and your joggers. It's a good idea to have a waterproof poncho because it rains on a fairly regular basis. You should wrap your spare clothing in plastic snap lock bags and then store these with a heavy-duty garbage bag in your pack. This will ensure you always have something dry to wear around the campfire each night.

You will receive a list of requirements with your booking confirmation.

MEDICAL

We carry a first-aid kit for the group however there are items you should bring to treat minor ailments or irritations. Plan to look after your feet. Ensure you have a comfortable pair of boots and good thick socks. Each night after your bath you should give your feet a liberal sprinkling of anti-fungal foot powder to dry them out during the night. Next morning it is advisable to liberally coat them with 'Bepanthen' antiseptic cream for protection.

Blisters won't be a problem if you have a good fitting pair of boots. Nevertheless it is a wise precaution to have a couple of blister kits with you. The 'Spenko Blister Kit' contains a soothing 'second skin' and is highly recommended.

You will receive a list of requirements with your booking confirmation.

IMMUNISATION

There are no mandatory vaccinations for entry into PNG. However you should discuss this with your doctor and ensure your tetanus cover is up to date. Also double-check the requirements for cholera, typhoid and hepatitis. You might visit the Australian Government's website Smartraveller for the latest updates [http://www.smartraveller.gov.au/zw-cgi/view/Advice/Papua New Guinea](http://www.smartraveller.gov.au/zw-cgi/view/Advice/Papua%20New%20Guinea)

MALARIA

Malaria is a major concern within PNG. The best protection is to avoid being bitten - and the best way to do that is to wear long sleeve shirts / long pants and apply Bushman's or RID mosquito repellent to exposed areas of the skin prior to sunset. Another prevention is to sleep in your mosquito proof tent each night. Advise your Doctor that you are going to PNG for 11 days and will be on the Kokoda track in the Owen Stanley Range. He/She will prescribe the necessary anti-malarial medication for you.

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DUTY FREE

We take advantage of our visit to the Duty Free Shop at the airport prior to departure to purchase a carton of cigarettes each (any brand, but only mid strength). At the start of the trek we give these to our Guide to distribute to the porters. This is one of life's small luxuries for them and the gesture is well appreciated. During the course of the trek you will see how much and how much they deserve it as they inevitably go out of their way to assist each and every one of us at some stage.

The second necessary item to procure is a litre of Bundaberg Rum (or whatever your favourite reviver might be!) I find a nip in the coffee at the end of the day's trekking does wonders for the soul. You will need to decant this into a light aluminium container to carry in your backpack. Film and Batteries may also be purchased duty free prior to departure. NOTE: You can now purchase goods to be taken overseas prior to leaving and then claim back the tax at the airport before departure - has to be \$300 + purchased at the on time from the one store though.

PERSONAL GIFTS FOR GUIDES

Besides the carton of cigarettes and the gratuity for the group porters (say \$20 each trekker), past trekkers have always wanted to give something a little extra for their guides at the end of the trek. You will understand why when we finish. The most valuable item you could give is a football jumper (size L will fit all). It doesn't have to be new - a good second hand one will do or a T-shirt from your wardrobe would also be appreciated. For those trekkers engaging Personal Porters who might like to give their porter something extra. \$50 would be an appropriate amount.

SPONSORSHIP

Each year Toogee Treks supports the continued education of several village children, usually the younger siblings of our guides and porters. If, after your trek you would be interested in sponsoring a child please contact me to discuss your options.

CASH REQUIREMENTS

You will need about \$200 in cash - change it into Kina (small notes) at the airport before departure or through your bank before hand. (Gratuities for your porters at the end of the trek; and \$20 for purchases of fresh tropical fruits, drinks etc along the track, plus personal expenses in Port Moresby).

In Port Moresby you will only need extra money for any additional drinks, room service or telephone / internet charges you incur at the Hotel.

If time allows on our city tour we will visit PNG Primitive Arts warehouse where you can buy souvenirs such as masks, carvings and art work as well as T-shirts and bilum (woven) bags.

Visa / MasterCard / AMEX are accepted at the hotels and PNG Art. ATMs are available at the airport, hotels, banks and shopping centres. Note -you cannot use Bankcard in PNG.

PHYSICAL PREPARATION

The trek is physically demanding - you therefore should be physically fit!

Your training plan should include a program to improve your aerobic fitness and leg strength.

Aerobic fitness can be gained by commencing a vigorous walking program. The minimum requirement is to start with walks of 45 minutes duration. This should be increased by intervals of 10% per week. After a couple of weeks you should include some hills in your circuit.

As you progress it is a good idea to mix in some slow jogging.

Other good aerobic activities include aerobic step classes at the gym, jogging and cycling (for at least 45 minutes per session). Strength can be improved by completing specific exercises at a certain intensity. The best place to do this is at your local gym. Step machines are ideal! Plan a program to strengthen your leg and abdominal muscles.

Treadmills are also ideal for physical preparation. You can get a good feel for the trek by setting the machine on maximum elevation with walking speed of 6 km/h for 40 minutes.

Acclimatisation is a problem as we move suddenly from a temperate to a tropical climate. It is therefore a good idea to workout in a tracksuit. The fitter you are the quicker you will acclimatise.

Think of your training as a deposit in your fitness account - everything you do between now and the trek will pay a dividend on the track. You can't cheat on yourself in preparing for the trek! If you do the work you'll complete it with ease - although there will be some patches where you might have a bit of doubt. The only other characteristic you require is mental toughness.

But no matter how fit you are at the start - you will have to pull your belt in a couple of notches by the time we get to the finish of the trek!

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