The route follows a wet and in places boggy trail, so dependable protection from water matters more than heavy technical equipment. A helmet, climbing harness, crampons and an ice axe are not on the basic personal list. If the local team requires additional equipment for your particular dates, Mountain Guide will tell you before the trip.

You bring all of your own personal equipment. Your choice of wellingtons, trekking footwear, sleeping bag and outer clothing must be agreed with the leader in advance.

Documents

- Passport
- A visa or entry permit for Papua New Guinea
- International and domestic air tickets
- Medical insurance
- Digital copies of your documents on your phone and in cloud storage
- Waterproof document wallet

Baggage and personal equipment

- A soft holdall or a sturdy rucksack for the baggage carried by a porter
- A 35-45 litre summit pack
- Waterproof rucksack cover
- Dry bags or heavy-duty liners for your sleeping bag, clothing and electronics
- Sleeping bag with a comfort rating no higher than -5 °C
- Insulated sleeping mat
- Folding trekking poles – 2
- Water containers holding about 3 litres in total
- Mug, spoon and bowl
- Light shoes or slippers for the hotels and camps
- Your own snacks for the long walking days and summit days

Clothing and footwear

- Tall wellington boots with a comfortable insole, for the boggy ground on Giluwe
- Waterproof trekking boots with a dependable sole, for the Wilhelm route
- Light spare footwear for the flights and the towns
- Quick-drying base layer, top and bottoms
- Quick-drying T-shirts
- A long-sleeved shirt or top
- Fleece jacket
- A warm jacket with synthetic or down insulation
- Waterproof shell jacket with a hood
- Waterproof shell trousers
- Quick-drying trekking trousers
- Thin working gloves
- Warm waterproof gloves
- Spare dry gloves
- Warm hat
- Buff or warm scarf
- Sun cap or brimmed hat
- Synthetic or wool trekking socks
- Long socks to wear with the wellingtons

- A spare set of dry underwear and socks
- Gaiters to protect your boots and the lower legs of your trousers
- Dry clothes for the hotels, lodges and flights

Useful extras

- LED head torch with at least 12 hours of battery life
- A spare set of batteries or cells for your torch
- Sunglasses with UV protection
- Sun cream
- Lip balm with sun protection
- Power bank and the charging cables you need
- Adapter for type I sockets
- Small quick-drying towel
- Toiletries
- Toilet paper in a waterproof bag
- Wet wipes and hand sanitiser
- Insect repellent
- A personal first-aid kit suited to your own medical needs
- Elastic bandage or a personal support brace
- Blister prevention and treatment
- A small amount of cash in local currency

Before the trip we recommend reading our pieces on the personal first-aid kit in the mountains, on malaria prophylaxis and on choosing equipment for high-altitude climbs. Medical decisions should be taken with a doctor who knows the route and your state of health.