

Kokoda Training Walk for Past and Future Trekkers

Date: Saturday, 30 November 2019

Start: 7:00am

Finish: 11:30am (approximately)

Rating: Beginners to Medium

Location: [Sphinx Trail Ku-ring-gai National Park](#)

Meeting Point: National Park Gates

[Bobbie Head Rd North Turramurra](#)

Considerations: Track has toilet facilities

What to bring:

- Drinking water – you should have approx 600ml per hour of walking
- Hat & Sunscreen
- Mobile phone (for emergency use only)
- A small towel / bandanna to wipe sweat away
- Boots or enclosed suitable walking shoes (even at the sand dunes – no bare feet)
- Your backpack / or a day pack
- A few snacks such as muesli bars, fruit or a sandwich
- First aid kit is recommended / Personal medications such as asthma pumps etc