



Koiari Trekking Ltd | PO BOX 360 BOROKO NCD PNG | Mobile: 0416 611 614 |
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WHAT YOU CAN EXPECT TO EAT ON A KOIARI TREKKING KOKODA TREK

When you trek with Koiari Trekking you can expect to receive five meals a day. Each of these five meals will be prepared for you, and you are not expected to carry any of the food and or help prepare any of your meals - these will all be prepared for you by our kitchen staff who are all trained to serve you the meals to satisfy your hunger and within your nutritional needs.

You will note our meals have been chosen to offer you as many nutrients we can provide. We strive to have a mixed balance of carbohydrates, proteins, and fats. While we find protein sources the hardest to come by on the trail, we do our best to offer you this balance.

You will see in the meals there are a lot of carbohydrates, this is to best offer you the fuel you need to successfully walk Kokoda. You will also note our morning and afternoon tea meals are “salty snacks”, this is to balance the sodium losses through sweating.

One thing to note is all meals detailed on this list can be amended to suit vegetarians, vegans, celiacs and any other allergy or intolerance you may have.

PLEASE NOTE: there is no refrigeration on the trail so there are no dairy products other than powdered milk. To date, we’ve had no issues with those who have an intolerance to dairy using milk powdered products, that said, if you have a concern, please contact us to discuss your specific situation.

One final thing we wish to detail is as we’re Niugini based, we’re unable to obtain the same items you may be able to purchase in Australia. While we do our best to replicate these items, please remember where we’ll be trekking and the austerity of the environment – we believe we do a good job with the items we’re able to offer you within these conditions.

The meals

Breakfast: Every morning will me a mixture of some or all of the following

- Weetbix (GF Available),
- Cereal (GF Available),
- Porridge,
- Pancakes (GF Available), and
- Fresh Fruits where available.

Morning Tea: Every day there will be a mixture of some or all of the following:

- Sweet biscuits (GF Available),
- Savoury biscuits (GF Available),
- Peanuts, and
- Chips.

Lunch: Every day there will be a mixture of some and or all of the following: Please note these items are all separated so you can choose to eat what you desire.



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- Woppa Crackers (think like a Sao) GF options available,
- Two-minute noodles,
- Spaghetti,
- Baked Beans,
- Tuna,
- Spam,
- Fresh fruit and vegetables where available (Pineapple, banana, paw paw, avocado, carrot, and cucumber), and
- Spreads like Jam, Vegemite and Peanut Butter.

Some of the meals the cook will make for you for lunch include:

- Rice Paper Rolls,
- California “sushi” rolls,
- Track spring rolls, and
- Track buns. (Please be aware we do our best to cater for all food preferences, but working with Gluten Free flour is a work in progress for us... we find it doesn't reach like normal flour, but we're trying.

Afternoon Tea: will be a mixture of Popcorn and or Prawn Crackers. Where available we will have other fruits, chips, and snacks available for you.

Dinner: Will be a mixture of stew-based meals supported by rice, pasta, and or spaghetti. You will be served at least two mild curries on your trek with all meals supplemented and filled with fresh and locally obtained vegetables.

As an example of a meal plan you could expect:

- Curried sausages with vegetables on a bed of mash
- Irish stew with vegetables on a spaghetti
- Pizza and Pasta night where there is enough for everyone to have both options.
- Beef Stew on a bed of rice
- Chunky beef stew with pasta.
- Spaghetti and meatball sauce
- Curried chicken and vegetables on a bed of rice.

Please note: Another item which may be served with dinner will be a cake which baked over an open fire.

Please note: All main meals and all cakes can be made Gluten Free and or with vegetarian and or a vegan option.

Please note: If you are a celiac or gluten free, all pasta and spaghetti items on the trail will be free from gluten to prevent cross contamination.

Should you have any questions on the meals, please call or email, we're happy to work with you for your specific dietary requirements. Not only do we want to see you walk Kokoda, but we also want you to feel happy and excited for the meals you will receive and know they're safe for your consumption.