

## GEAR LIST & CHECK LIST FOR SABAH CAS ADVENTURE

### Points to remember:

- **Mobile phones**, MP3 players, and other similar items - if these are taken, they are the students responsibility. Best to leave them at home to save them being broken, lost, drenched, or stolen.
- **Personal Medication** - by all means bring a small medical kit for your personal use (band-aids, etc). However, **ALL medication** (including panadol, asprin) **MUST be given to the Group Leader at the beginning of the trip (Mr Braund)**.
- **Spending Money** - very little opportunity to spend, so not much is needed. Local currency is the Malaysian Ringgit (allow about \$3HKD to 1MYR). Again - spending money is the students responsibility.
- **Luggage / Bags**
  - NO suitcases. You **MUST** have a comfortable back pack (**essential** for Mt Kinabalu climb). (Checked in baggage when flying).
  - A daypack (small backpack) is also advisable to carry water, hat, sunscreen, insect repellent, poncho, etc. (Carry on baggage when flying)
    - Consider buying waterproof covers for your backpack and daypack.
  - A light, foldable, zip-up utility bag is also required to leave unnecessary items at Mt Kinabalu HQ. We will only be carrying what we need for an overnight hike up the mountain.
  - NOTE: pack all liquids, toiletries, sharps (nail files, utility knives) in to your large back pack when flying to avoid problems at airport security.
- **Clothing - Project Phase / General wear**
  - As much as possible, make all outer clothing quick-dry material.
  - 2 x Light, long sleeve shirts (protect from sun, insects)
  - 2 x light, long pants (definitely NOT cotton tracksuit pants or jeans)
  - 3 x t-shirts
  - 3 x shorts (comfortable for hiking, working)
  - 4-5 pairs socks (including long socks eg. football socks) - comfortable for hiking.
  - Underwear (of course!!)
  - Sleep wear.
- **Clothing - Mt Kinabalu Trek specific**
  - Some of the above clothing will be used in the trek up Mt Kinabalu - 2-3 pairs socks; hiking shirt / shorts; dry set of clothes for evening / sleeping.
  - Clothing specific to the climb includes:
    - Waterproof jacket (poncho is not suitable)
    - Warm fleece jacket
    - Beanie (warm hat) / light warm gloves (not ski gloves)
    - Long trousers (for sleeping & hiking, NOT jeans)

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- **Other Equipment / Gear**

- Two pairs of enclosed shoes
  - Hiking boots or shoes - need to be sturdy. Waterproof would be an advantage but not essential.
  - Sports shoes / Sneakers - light weight, for miscellaneous activities (not working on project or hiking)
- Flip-flops / Sandals - for evening / indoor wear; showers.
- Work / gardening gloves - for project work.
- Head torch (plus spare batteries)
- Toiletries - toothbrush / paste, hair brush, soap, shampoo, sanitary items, DEODORANT!!
  - Makeup, perfumes, etc are unnecessary and impractical in this environment.
- Towel - camp towel is ideal.
- Sunscreen - water resistant, 30+ SPF.
- Insect Repellent - high DEET percentage.
- Hat - preferably broad brimmed, though a cap is the minimum (not a visor).
- Sunglasses
- Rain poncho (protects your shorts and your body - not suitable for Mt Kinabalu trek. Not a disposable poncho)
- Waterproof bag - to go inside backpack and hold wet items. Also bring some plastic bags for dirty clothes.
- Camera (plus spare batteries) - perhaps a small waterproof bag for this as well.
- Notebook and pen.
- **WATER BOTTLE** - preferably more than 1 litre. Put it in your backpack (empty) when flying; don't carry it on. Plastic bottles purchased during the journey are OK, but you run the risk of leakage in your pack.