

# Kinabalu

## Trekking & Survival Skills

4,096



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EXPEDITIONS

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# Kinabalu

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We'll be trekking through **pristine jungle** and learning **ultimate survival skills** as we go – from foraging for local fruit and vegetables and building camp fires to frog-hunting and making shelter.

**Mount Kinabalu (4,095m)**, Borneo's highest mountain, is a **UNESCO World Heritage Site**. It's an area of immense **biodiversity** with over 5,000 plant species including more than 800 different orchids alone. 326 individual bird species also occupy the National Park.

The mountain can actually be climbed reasonably quickly if you begin at the park gate, however, we like to make this much more interesting and more of a challenge by starting far further back in the jungle. We spend 4 days trekking through primary and secondary rainforest, following rivers,

climbing in and out of gorges and along ridge tops, learning key survival skills along the way. By night we camp in hammocks enjoying barbecue suppers. We then reach the park gate to commence the 2-day ascent to the summit.

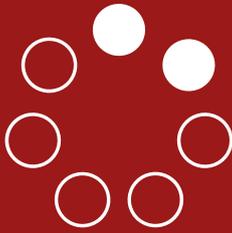
The trek will be challenging; the humidity and temperature lower down, and the altitude gain will test people's fitness and determination, but the summit is within reach of most. Fully supported by local guides and a western guide you can savour this **once-in-a-lifetime trekking and survival experience** whilst they take care of logistics and safety.

This spectacular expedition will come to an end with a visit to the **Sepilok Orangutan Sanctuary**, one of the highlights of Sabah and river safaris across Malaysia's second longest river, **Kinabatangan**.

# Kinabalu

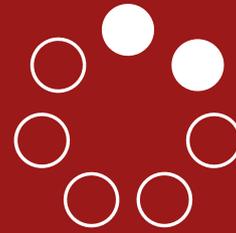
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### Physical - P2

Prolonged walking over varied terrain. There may be uphill and downhill, so a good solid fitness is required. Expect to be able to do a 6 to 8 hour walk over undulating terrain with a few punchy uphill climbs carrying a pack up to 6kg in weight.



### Technical - T2

Consider this a trek, although there may be occasion to use hands for short sections of easy scrambling. No previous climbing or trekking experience is necessary.

Please note that the grading system used is a rough guide only.



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### ITINERARY

#### DAY 1 : LEAVE UK

Departure from UK.

#### DAY 2 : ARRIVE KOTA KINABALU

After checking in at our accommodation, we need to first prepare for our trek. In the evening we could take a little time to see a little of Kota Kinabalu.

#### DAY 3 : TUDAN TO TAPIOCA CAMP

We get picked up early from our accommodation in Kota Kinabalu – the capital of Malaysia’s Sabah state in the northern part of the island of Borneo – for the 1½ hour bus journey to the village of Tudan on the Crocker Range.

Our trek starts at an elevation of 1,500m above sea level. We will make our way through some of the best primary forest on earth – undulating terrain with plenty of hills to tackle. It can be very challenging during a downpour. On the way, we will find out what the local tribes collect for food – wild vegetables such as tapioca leaves, wild ferns, bamboo shoots, wild ginger, the wide array of wild fruits and even reptiles. If we collect enough, we will get to cook this at camp for dinner. Camp is at an altitude of 1,200m right next to a small stream, our main source of water. Due to the altitude it does get chilly at night.

At camp, we need to get organised quickly to take advantage of the remaining daylight. We will be taught how to correctly handle the parang (machete), set up our own camp, build a long drop toilet, collect firewood and make a fire place for cooking and campfire, and more. This evening we go frog-hunting and our accommodation will be hammocks.

Trek – 5-6 hrs (about 8kms) across undulating terrain with plenty of hills.

#### DAY 4 : TREK TO MOUSEDEER CAMP

We need to get up early, allowing time to prepare our own breakfast and pack up camp. Today, we head off for another challenging trek through more primary jungle. There may be sections of the trail that need clearing as we walk through, so the going can be slow. Whilst we are gradually going downhill today, there are still a few hills along the way. As we trek, we will learn more about the diverse array of flora – the medicinal plants, edible ones and those that are poisonous.

We’ll spend another night in primary forest next to a stream at Mousedeer Camp, which is 900m above sea level. There is a small clearing nearby where we can easily see the mighty Mt Kinabalu. At camp, we will learn how to make a shelter. We will tie up our hammocks, collect firewood and make a fire and build a long drop toilet. We have the option of going frog-hunting again or going for a night walk to get a glimpse of the nocturnal wildlife in the area. If we do catch some frogs, we’ll barbeque them on our fire or cook them in bamboo. Back at camp, you’ll be taught how to hunt with a blow pipe and make a fun blowpipe competition to test your skills.

Trek – 5-6 hrs (about 9kms) across undulating terrain, but generally descending overall.

#### DAY 5 : TREK TO SAUNA BOOT CAMP

Today’s trek will involve crossing a few streams and rivers, some knee deep. We will first trek through primary jungle and gradually through some secondary forest. Again, we will collect as many jungle vegetables as possible on the way, for us to cook for dinner at camp.

Sauna Boot Camp is about 500m above sea level, next to a river. Tonight’s skills session will focus on how to make fish and animal traps. We will go look for sago palm grubs – a local delicacy – and get to learn how to cook them! There are plenty of jungle vegetables near camp making for a great, varied supper. All the utensils you’ll use will be made by handmade by you, from bamboo.

Trek – 5 hrs

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## ITINERARY

### DAY 6 : TREK TO KG PINAHAWAN – TRANSFER TO KINABALU PARK

Today's trek is a short one – we should arrive at our pickup location by late morning. It's mostly along deserted village dirt roads, which are again quite undulating and slowly head towards the river near the village. We will need to wash in the river before boarding the bus. It's a 2-hour transfer to our hostel. The rest of the afternoon is for us to relax and rest our legs before attempting Mt Kinabalu tomorrow.

### DAY 7 : TREK UP MT KINABALU TO LABAN RATA

We only take what we need for the night on Mt Kinabalu and leave our main bags at the park base.

We trek up the mountain for approximately 6 hours to the hut where we will spend the night. Our journey takes us through rainforest with pitcher plants and tangled vines, to montane forest where the trees are smaller and orchids are abundant. Finally, we reach the 'bonsai garden', where only small shrubs and trees grow amongst the granite. The trail is well marked with resting stations every 500m. Although climbing steeply up steps at times, this is an easy trail leading us to our hut. Our accommodation is in dormitories at the mountain hut.

Trek – climbing for approximately 6 kms (4-6 hrs)

Altitude – Trek starts at 2,000m above sea level and finishes at 3,280m at Laban Rata Resthouse

### DAY 8 : MT KINABALU SUMMIT – KOTA KINABALU

Today involves a very early start. After a hot coffee, we leave the hut at around 2.30-3am as we start our trek towards the summit of South East Asia's highest mountain, Mt Kinabalu (4,095m). Trekking by head-torch light, our path starts with a series of steps and gently sloping foot ladders before reaching granite slabs. Here, rope hand-rails mark the path towards the summit. Steep at times, the path is easy underfoot as we follow the trail of lights to the summit.

We should arrive at the top as the sun rises over the spectacular view. On a clear day it is possible to see all the way to the coast, with views of the surrounding countryside, forest and towns – simply stunning and worth every drop of the sweat!

We head back to the Resthouse for a well-earned breakfast, pack our bags and head to Kota Kinabalu. It's a coastal city partly surrounded by rainforest and is renowned for its bustling markets, modern boardwalk, beaches and waterfront Kota Kinabalu City Mosque, as well as being the gateway to Kinabalu National Park.

Trek – Approx 11 kms (7-8 hrs)

Altitude – From 3,280m at the rest house to 4,095m at the summit to 20m at Kota Kinabalu- all in one day

### DAY 9 : KOTA KINABALU

Free day in Kota Kinabalu for some well-deserved R&R or exploring. If you'd rather keep up your adventurous activities, there are many options available at a supplementary cost – including mountain biking, ziplining, diving, white-water rafting, visiting local cultural attractions – and more!

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## ITINERARY

### DAY 10 : KOTA KINABALU – SANDAKAN\*

If you're tight on time, you can choose to end your trip early and fly home today.

We take the first flight of the day (6:30am) to reach the city of Sandakan on the east coast of Sabah, a 40 minute flight away.

Here we'll visit the Sepilok Orangutan Rehabilitation Centre to see the morning feeding and learn about the very important work they do for this endangered species. We get our own lunch and then take the 2hr bus journey to the mighty Kinabatangan River.

After checking in at our riverside lodge and a quick breather, we embark on our first wildlife boat ride. The Kinabatangan has one of the most diverse wildlife populations on earth, many of which are endemic to the region. You'll be on the lookout for a variety of bird species, including the majestic rhinoceros hornbill, mammals such as pygmy elephants, as well as primates, crocodiles and rare insects. There is a second wildlife boat ride in the night, which offers a totally different insight into this fantastic eco-system.

### DAY 11 : KINABATANGAN RIVER

Today is a full day of amazing nature watching to make the most of this incredible wildlife habitat. We will have wildlife cruises on the river at dawn and in the afternoon, as well as a night wildlife cruise/walk. We will spend the night at our riverside lodge.

### DAY 12 : GOMANTONG CAVE – SANDAKAN

This morning we will visit Gomantong Cave, en route to Sandakan airport. Gomantong Cave is the largest cave of Sabah, home to swiftlets where locals collect nests for the delicacy of bird's nest soup. From here we start our journey back to the UK.

### DAY 13 : ARRIVE UK

Arrival back to UK.

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## KIT LIST

### Bags & Packs

#### Rucksack

For transporting all your kit. Suitcases and wheeled bags are not suitable

#### Daysack

Approx. 40L capacity. Your day to day pack that you carry with your daily essentials, fitted with shoulder straps and importantly a waist belt

#### Waterproof rucksack cover

To protect rucksack from rain

#### Dry stuffsacks

Nylon rolltop bags (or even just large plastic bags) that keep fresh clothing and other important items like passports and iPods dry in the event of a total downpour that seeps into your kitbag. Good for quarantining old socks

#### Padlocks x x2

For use on your kit bag for travel and on the expedition plus your hotel bag

### Sleeping Gear

#### 2 Season sleeping bag

You should get a sleeping bag rated to 5C and choose a sleeping bag that functions within the comfort rating of this temperature. A silk sleeping bag liner will enhance this rating on the coldest nights.

### Headwear

#### Warm headgear

This can be a warm hat, beanie, balaclava, anything to reduce the heat loss from your head

#### Wide brimmed hat

Keeps the sun off exposed areas like ears and the nape of the neck

#### Buff/Scarf

Essential for protection from the sun and dust

#### Sunglasses

Worth spending money on good UV filters. Julbo is our preferred supplier

#### Sunblock

Essential for protection from the sun

#### Lip salve

Sun cream will not work on your lips and they are very susceptible to burn without proper protection

### Upper Body

#### Base layer

This is the layer closest to the skin and its principal function is to draw (wick) moisture and sweat away from the skin. You can also get thermal base layers for use at higher altitudes that provide an additional insulative layer while still drawing sweat during times of high exertion

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## KIT LIST

### Mid layer

These are typically lightweight microfleece or similar technology that provide varying degrees of warmth and insulation without being overly bulky or heavy to pack

### T-shirts

A couple of T-shirts are advisable for this expedition as some of the days can be hot

### Light insulated jacket

A lighter jacket such as a Primaloft or lightweight down which can be worn at lower to mid altitudes is a great addition to your kit offering greater flexibility with layering

### Waterproof jacket

In case it rains

### Long sleeved T- shirt

### Fleece top/jacket or Softshell

### Gloves

A combination is best to ensure flexibility: Liner gloves - a thinner pair that fit under; Thicker gloves - ski type of mid weight.

### Lower Body

#### Trekking trousers

These tend to be polyester so they dry quickly after a shower and weigh little in your pack. Consider perhaps a pair with detachable lower legs as an alternative to shorts

#### Underwear

How many pairs you take is entirely up to you

#### Swimsuit/shorts

#### Shorts (optional)

Light weight shorts are advisable for this expedition as some of the days can be hot. Zip off trekking trousers are the most versatile. Consider buying this

### Feet

#### Trainers (for the cultural phase)

#### 3-4 season walking boots

Well worn in 3-4 season waterproof boots with mid to high ankle support

#### Sandals

Walking sandals with a good grip are a good choice

#### Spare laces

Just in case

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## KIT LIST

### Hydration

#### Water bottle/Camelback x 2

1L capacity either in a water bottle or Camelback

#### Water purification

Purification tablets work well and are required. You may also wish to bring a filter water bottle or UV light stick

### Toiletries

#### Wash kit

Keep it simple. Essentials are toothbrush, toothpaste and deodorant. Moisturiser is advisable, everything else is a luxury!

#### Travel towel

Travel towels from the likes of Lifesystems are perfect

#### Wet wipes

Preferably biodegradable, these are great for washing when modern shower facilities become a thing of the past

#### Alcohol gel

A must have for good camp hygiene

#### Ear plugs

For protection against the inevitable snorers!

### Insect repellent

Must be suitable for jungle environments. DEET 50% is good. Baby oil or Avon's Skin So Soft is also recommended for sand flies.

### Toilet paper

This can be bought in Kota Kinabalu on arrival day. 2 rolls is more than sufficient and should be protected in waterproof bags.

### Nappy sacks or dog poo bags

Only needed to bag your toilet paper if you are caught short in between camps and for keeping your rubbish tidy in your tent

### Medications

#### Personal first aid kit

The 360 med kits are designed to be used in emergencies and akin to an A&E rather than a pharmacy on Expeditions so please come prepared with useful meds for yourself such as painkillers (Ibuprofen if you can take it and a Paracetamol) plus blister plasters, plasters, antiseptic, rehydration sachets and any muscle rubs you wish to use.

#### Personal medication

Keep this in your daysack

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## KIT LIST

### Misceallaneous

#### Head torch

We recommend Petzl head torches. Bring spare batteries.

#### Trekking poles

These tend to be a personal preference but help with your stability and can dampen the pressure on the knees coming down hill

#### Camera

Bring plenty of spare batteries and memory cards

#### Penknife (optional)

This needs to be packed into your hold luggage.

#### Snacks

You will be fed very well and given snacks each day however we advise bringing a small selection as a little bit of comfort. For summit night it's always good to have a few extra chunky bars for that extra boost. Energy gels and protein bars are not suitable

#### Entertainment

iPod, book, Kindle etc.

#### Cutlery/Spork

To use when wild camping

#### Aluminium mess plate/bowl & mug

### Rain poncho

For rainforest downpours.

### Documentation

#### Passport

Don't forget this! Your passport should have at least 6 months validity. With your passport expiry date at least six months after the final day of travel.

#### Copy of passport

Plus spare passport photos

#### Money

Tips local guides (tipping your UK guide is optional!) plus extra for meals not included, extra drinks on the mountain such as coke and souvenirs.

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## KIT LIST

### Travel insurance

Copy of own travel insurance details. And relevant contact numbers. We have a partnership with True Traveller and would recommend that you contact them when looking for travel insurance for your trip with 360. However, it is vital that you ensure that the insurance cover they offer is suitable for you, taking your personal circumstances (items to be insured, cancellation cover, medical history) into account. Many other insurance providers are available and we do recommend that you shop around to get the best cover for you on the expedition you are undertaking. It is your responsibility to ensure that you have the appropriate insurance for your intended trip. To include medical evacuation and coverage up to the maximum altitude of this trip.

### Solar Charger

These are useful to keep electricals charged but are a luxury rather than a necessity

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## FAQ'S

### Food & Water

#### What is the food like on the trek?

All meals on the mountain are fresh, nutritious and varied. We try to ensure that dietary preferences are met and that local ingredients are used. You'll be amazed what can be produced on a kerosene stove!

The underlying aim is to provide balanced, nutritional meals packed with carbohydrates to refuel hungry bodies and to replenish stores for the next day of activity.

Do bring along any of your favourite snacks and goodie bags from home if you want. Concentrate on high energy food-stuff to give you that little boost on an arduous day.

#### I have food allergies, can these be catered for?

Absolutely, please inform the office of any allergies or intolerances and we will ensure that these are taken into account on the trek.

#### Where does the drinking water come from?

For the first day bottled drinking water will be used. At higher camps we will use locally sourced drinking water from streams or springs. These are usually fresh being topped up from melt water above or by rainfall but we boil it to be on the safe side. We always ensure that our drinking water is 100% bug free.

On the Mt Kinabalu climb, we encourage climbers to carry as much water as possible (at least 3 ltrs) from the trek start to last all the way to Laban Rata Resthouse. On arrival at the resthouse, water bottles can be refilled from dispensers for the summit attempt the following morning and the descent.

#### How often is fresh water available for replenishing during the day?

Before leaving camp in the morning you will fill your water bottles or camel bladder. If this runs low you will have ample more water to replace it with. For most walking days water can be replenished at the lunchtime site.

### FAQ'S

#### Health & Safety

##### **Am I likely to suffer from altitude sickness on this expedition?**

It is highly unlikely you will suffer from altitude sickness on this expedition.

Although our acclimatisation regime ensures that everybody enjoys the best possible chance of getting high on the mountain, altitude related problems can happen. The most common of these is acute mountain sickness (AMS).

Symptoms for this generally include:

Headaches

Nausea

Vomiting

In all this sounds quite dramatic but generally this is just the process your body naturally goes through to adjust to the higher altitudes and the reduced partial pressure of the atmosphere. For some people the acclimatisation process is a little longer and harder than others.

##### **What should I do if I start suffering from AMS?**

AMS might sound frightening but our leaders are fully trained (and experienced) in helping to relieve your personal symptoms and provide advice on how to best proceed. Reducing the chances of AMS can be helped by following some simple yet effective guidelines:

Drink lots of water

Walk slowly

Stay warm

Eat well

Learn to respect it and to know how to deal with it but importantly tell your 360 Leader how you feel.

##### **What happens if there is a problem in the mountain?**

All our guides are in communication with each other by phone and radio.

Our local trekking crew are all experienced in dealing with problems that could arise. Our guides are either doctors or qualified with the highest standard of wilderness first aid qualifications and can handle an emergency to the highest level of competency, in the vast majority of cases without national park assistance.

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## FAQ'S

### **You advocate taking a small first aid kit, what should it contain?**

We advocate a little bit of self-help on the trek. If you have a blister developing for instance then please stop, take off your boot and treat it before it becomes a problem.

Your own first aid kit should contain: a basic blister kit, plasters, antiseptic, high factor sun-protection, your own personal medication (sometimes the mules might get to camp after you and if one is carrying your medication you may not be able to take it according to the regime you are used to), basic pain relief (aspirin and Ibuprofen), a personal course of antibiotics if prone to illness. Foot powder in your socks every morning is great for preventing blisters.

Generally the best approach to take when packing your first aid kit is to include such basic medications as if you would on a family or personal holiday.

Your 360 expedition leader carries a very comprehensive first aid kit which contains a wide range of supplies and medications. He is fully trained to use whatever is needed for any emergency that may arise. We advocate keeping this in mind when packing your own first aid supplies and keeping your own FA kit as compact and light as possible.

### **Do I need to take Malarial drugs?**

The Malaria protozoa generally does not survive over an altitude of 1,500m so Malaria should pose no threat. We recommend that you visit your doctor or travel clinic before departure to get the latest advice.

### **What vaccinations do I need?**

Please see your GP Surgery or travel clinic for information on the latest recommended vaccinations and to ensure you are up to date on any necessary vaccinations.

## **Kit**

### **Is it possible to rent equipment before I go?**

It is possible to rent kit in the UK. While we recommend the use of personal equipment whenever possible if you will be doing many more expeditions, the cost of equipping yourself can be a big deterrent and hiring (or borrowing) is a worthwhile economy. Should you wish to rent any equipment, please take a look at [www.outdoorhire.co.uk](http://www.outdoorhire.co.uk) and then the 360 kit lists under "Partners Kit Lists".

### FAQ'S

#### What clothing should I wear on this trek?

Think about the time of year, and how high you are going. While you may swelter at the bottom of the mountains, it can get surprisingly nippy at altitude.

Both long sleeve tops and trekking trousers are recommended rather than shorts. Long sleeves and trousers are recommended as a deterrent to insects, scratches from bushes and to act as sun protection. Equally, if you wish to bring short sleeve tops or shorts, that's fine, just be careful. Keep an eye on sunburn. The prevailing conditions of the day will dictate what you feel like wearing. And the layering system never fails. If you're cold, put a layer on, if you're hot, take one off.

#### Will I need to bring waterproofs?

As much as we'd like to guarantee eternal sunshine, we can't fix the weather for you. You should bring waterproofs and they should be accessible. It is quite possible to be caught out in an afternoon rainstorm low down on the mountain. Once you get wet and your core temperature drops slightly, it becomes very hard to warm up and dry out your clothing.

Waterproofs should be breathable Goretex material or similar to save you drowning in your own sweat. Additionally they can be used as an invaluable wind shield to protect you against the effect of wind-chill when a strong wind blows.

#### What is the best type of footwear to use?

Because of the huge variety of terrain encountered when ascending these mountains it is very important to wear the right footwear.

Boots should be sturdy, waterproof and offer adequate ankle support.

In addition it is highly recommended that your boots are well worn in to prevent the formation of blisters. A wide range of suitable boots are on the market and further advice as to which brand names are available can be found online or at your local outdoor store. The leather / Goretex combinations are endless and each with their merits.

When in-store try lots of boots on, use the ramps in the shops to test their traction, make sure they are comfortable as you will be almost living in them for days on end and they are very important. Once you've found a pair you like, you think they're comfortable, and will be for several hours a day, buy them. It is not necessary to buy technical boots with crampon clips as crampons are not used for climbing this mountain. But you may enjoy wearing lighter trekking shoes on more gentle days.

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## FAQ'S

### What sort of bag should I have for this trip?

Duffel bags are ideal for this sort of trip. North Face are among the toughest, but Mountain Equipment make one similar that is often very good value in Cotswold Outdoor. Whatever bag you go for make sure they are robust and have a large capacity. It will be far better having a large capacity bag with extra room (after all air doesn't weigh much) than having a bag too small and finding problems packing your kit. A 100 litre plus duffel bag is not too large.

Pack no more than you would want to carry yourself: 15kg is the limit. Any extra weight such as spare clothes etc can be left at the hotel before you head for trek.

### How much should my daysack weigh? What size does that equate to?

Your daysack should weigh no more than 3 – 4 kg and a pack of around 30L capacity will more than suffice. This rucksack can be filled to brim with extra stuff when you check in at the airport. It is important that this bag has an adjustable waist belt to transfer the weight of your daily load onto your hips and from here onto your legs so that your strongest muscles do most of the carrying. It's important to go as light as possible. You will be carrying your daysack so think twice before putting too many hipflasks in.

### What clothing is suitable for when we come back from the trek?

Shorts and T-shirts are fine to wear during the course of the day. Evening wear generally tends to be casual with long trousers and casual shirt being appropriate for all hotels and restaurants.

Malaysia is predominantly a Muslim country. Please be aware of this when packing. We highly recommend modest clothing for this expedition.

### Do I need to bring a bivvy or tarp in case of rainy nights?

If it's thin, compact and lightweight then by all means bring a bivvy or tarp along – it's always better to play it safe.

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## FAQ'S

### The Trek

#### How out of my comfort zone will I be?

On a day to day level remember that you will be camping at altitude. You are likely to be cold, washing and toilet facilities will be limited, your appetite may be affected by the altitude and as you get higher on the trek you are likely to suffer shortness of breath and many people experience difficulty sleeping.

Remember that everyone on the trek is likely to be experiencing exactly the same symptoms: physical and mental.

### The Weather

#### How hot or cold can it get?

During the day, temperatures can be warm even in the mountain region with temperatures reaching the mid 20C's. In the evenings temperatures drop and are much cooler.

Rainfall is high due to the surrounding rain forests. As you will be trekking in a mountain environment, the weather can also change rapidly for the worse so you need to be prepared for all conditions.

### Travel

#### What if I arrive early or depart late? Is there a single room option on this trip?

If you would like to arrive early before the trek or stay out for a few days then let us know and we can make arrangements for you. There is a single room option when we are city-based, again, contact the office for more details.

#### What happens if I need to leave the expedition early?

If a trekker needs to leave early arrangements can be made with the assistance our 360 Guide. Additional Costs (transport, hotels flights etc.) will be incurred by you but our guides will be able to assist in every detail of your departure.

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## FAQ'S

### Insurance

#### Do I need special travel insurance for the trek?

You must carry individual travel insurance to take part in the expedition. We cannot take you on the mountain without proof of insurance.

It is your responsibility to ensure that you have the appropriate insurance for your intended trip. To include medical evacuation and coverage up to the maximum altitude of this trip.

Your insurance details are requested on the booking form, however this can be arranged at a later date. 360 Expeditions will be requesting your insurance details 8 weeks before your departure.

### Entry into Country

#### Do I need a visa to get into Borneo?

British nationals do not require a visa to visit Borneo. If you are not a British passport holder please check the current regulations in good time to obtain a visa if one is required.

### Training

#### How can I best train / prepare for this trek?

Obviously the best way to train for any expedition is to recreate the conditions of the climb as closely as possible. This is going to be difficult depending on where you are based geographically and we appreciate people have busy lives with work and family commitments.

Personal fitness is important for this trek, if you are struggling from day one then you will not enjoy the rest of the trip. Physical preparation does not have to be Herculean: concentrate on cardio-vascular exercise during the week by taking short runs when time allows and try to spend at least 2 weekends a month going on long walks (a decent six hours or 12 miles) carrying a rucksack of around 5kg in a reasonably hilly environment. Not sure what 5kg is? Put 5 one litre bottles of water into it.

This kind of regime will not only prepare your body for carrying minor loads but will harden your body against the big days on the trek itself. In addition it will help break in your boots and get you used to your equipment.

### FAQ'S

#### Finance

##### When is the money due for this expedition?

Generally speaking, deposits (which are non-refundable) are due upon booking, particularly if we are handling your flight bookings. The full amount should be paid 4 months prior to departure. However having said this, our aim is to get you into the mountains and we understand that personal financial situations can vary. Please contact our friendly office crew to discuss a suitable payment plan. We go by the motto of where there's a will there's a way.

If you are doing this for charity, your chosen charity will have particular requirements that they will communicate with you.

##### What currency is used in Borneo?

Borneo uses the Malaysian Ringgit. Keep an eye on the changing exchange rates. ATM's are widespread in more urban areas. Please note that most banks will charge a fee for overseas withdrawals.

##### What additional spending money will we need?

The amount of money you will need depends on how many presents you wish to buy or how much you wish to drink when you come off the hill. As a basic rule of thumb \$200 USD should be more than adequate for any post expedition spending.

Borneo is a relatively cheap place and when indulging in the local custom of haggling then goods can be very good value for money. Your 360 leader will be happy to point out the relative bargains and the suitable prices plus where to get the best value for money.

##### How much do we tip our local crew?

Our local crew work extremely hard to ensure that your expedition runs well. While tipping is not compulsory, it is very much ingrained in Malaysian culture. Once someone sees the hard work the crew provides and realises the small amount of money they get paid relative to your own income, tipping will seem the least you can do to say thank you. As a guide we suggest around \$120 – \$150 per trekker for the entire local crew to be shared amongst them.

Tipping the 360 Leader is entirely at your discretion, although it is their skill, effort and dedication that can make an expedition a success.

### FAQ'S

#### **What is your cancellation policy? What is your refund policy?**

Please read our terms and conditions carefully before you depart for details on this. 360 Expeditions highly recommends trip cancellation insurance for all expeditions as we must adhere to a stringent cancellation policy.

#### **Electronics**

#### **Do we need a travel adaptor for the plug sockets in the hotel or are they the same as UK?**

Borneo uses the British three-pin (rectangular plug). The voltage is 220-240.

#### **Is there mobile phone reception in the trek?**

Mobiles will work sporadically.

#### **Will I be able to charge my phone or camera out in the trek?**

Opportunities to charge your batteries may be limited. If you can get hold of a lightweight solar battery charger this is probably the best option. We recommend Power Traveller products.

#### **General**

#### **Will my valuables be safe?**

While we will do everything we can to provide adequate safety for the group and security for your possessions, the general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces, rings and even watches. Your passport and money should be kept on you at all times. As with travel in any foreign country, you need to look after yourself and your possessions, and this is no different.

#### **Who will I be talking to before departure?**

We're all here to answer any questions you may have, but you will mostly likely be talking to Marni about the trek, and Helen about any flight, invoice or financial queries. If you do have any queries, whether it's about medical concerns, you're unsure about certain things on the kit list, or you want to add a few days onto the expedition at the end to relax a bit, we encourage you to get in touch with us and Marni really loves to talk! The better informed you are, the more likely you are to take on your expedition with confidence, and thus reach your objective.

# Kinabalu

Trekking & Survival Skills | 4,096



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# Kinabalu

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## TRAINING PROGRAM

To begin 6 months prior to the expedition where possible.

1. CVS: Cardiovascular exercise which is low impact such as swimming, cycling, cross trainer, rowing.

2. Weekend walk should be done over undulating terrain. Only a light rucksack needs to be carried.

3. For specific exercises it is worth doing static squats and heel raises on a regular basis to improve leg muscles prior to the trip. Static squats are especially useful to help protect the knees. Please remember that it is still important to have a well balanced workout using a variety of muscle groups.

4. It is worth winding down and resting in the week leading up to the trip, doing several light walks to keep things going.

5. When walking going at a pace of a brisk walk with a light sweat and enough to feel breathless is recommended

6. During the program, rather than step up suddenly each month (example, going for 3 one hour walks each week during the weekdays in April to 3 one and half hour walks suddenly in May) it is better to build up gradually each week so there isn't a large transition (example, going for 3 one hour walks during week 1 in April, going for 3 one hour and ten minute walks during week 2 in April, going for 3 one hour and fifteen minute walks during week 3 in April, going for 3 one hour and twenty minute walks during week 4 in April)

6. It is important you seek medical advice prior to starting any training program, especially if you are not used to regular physical exertion

All the best with your training.

### MONTH 1

#### OPT 1

2 x 30 mins weekday walk  
1 x 1 hour weekend walk  
1 x 10 mins CVS

#### OPT 2

1 x 30 mins weekday walk  
2 x 1 hour weekend walk  
1 x 10 mins CVS

### MONTH 2

#### OPT 1

2 x 45 mins weekday walk  
1 x 2 hours weekend walk  
2 x 10 mins CVS

#### OPT 2

1 x 45 mins weekday walk  
2 x 2 hours weekend walk  
2 x 10 mins CVS

### MONTH 3

#### OPT 1

2 x 45 mins weekday walk  
1 x 2 hours weekend walk  
2 x 10 mins CVS

#### OPT 2

1 x 45 mins weekday walk  
2 x 2 hours weekend walk  
2 x 10 mins CVS

### MONTH 4

#### OPT 1

3 x 1 hour weekday walk  
1 x 4 hours weekend walk  
3 x 15 mins CVS

#### OPT 2

2 x 1 hour weekday walk  
2 x 4 hours weekend walk  
3 x 15 mins CVS

### MONTH 5

#### OPT 1

3 x 1.5 hours weekday walk  
1 x 5 hours weekend walk  
3 x 20 - 25 mins CVS

#### OPT 2

2 x 1.5 hours weekday walk  
2 x 5 hours weekend walk  
3 x 20 - 25 mins CVS

### MONTH 6

#### OPT 1

3 x 2 hours weekday walk  
1 x 6 hours weekend walk  
3 x 30 mins CVS

#### OPT 2

2 x 3 hours weekday walk  
2 x 6 hours weekend walk  
3 x 30 mins CVS



## Why 360?

**1. Experience:** We employ sought-after leaders. We know remarkable individuals make or break expeditions. 360 leaders pack huge enthusiasm, true expertise & dedication on every expedition. It's not uncommon to find yourself trekking Kilimanjaro with an Everest summiteer as your guide.

**2. Standards:** They're high. From office to support in country to supplying fresh tasty food (very important!) Value for money is key. You get what you pay for, and so does the crew. All our Sherpas, porters, cooks, even four legged team members, are treated & paid fairly.

**3. Organisation:** Out in the field & out of your comfort zone, emotionally & physically, you need total support. Our meticulous office staff have wide field experience & ensure everything's covered for a seamless experience: detailed information prior to departure, practical tuition when out, gathering feedback on return. Absolute attention to detail means we're ready for all eventualities.

*"Life should not be a journey to the grave with the intention of arriving safely in a pretty & well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out & loudly proclaiming 'Wow! What a Ride!'"*