

# WELCOME

**Package Purchased:- Trekking Mount Kinabalu  
4 days/3 nights (Package 24)**

## **Itinerary :-**

### **Day 1: Home - Kota Kinabalu**

Arrive at Kota Kinabalu airport (please advise flight number), meet up our representative and transfer to hotel in a private vehicle. We will assist your check in for one night in the hotel with breakfast. Free at leisure. Overnight 4-star hotel at city centre.

### **Day 2: Kota Kinabalu – Kinabalu Park – Summit Trail**

After breakfast, 0630 transfer 2 hours to Kinabalu Park in a private vehicle. Proceed to summit trail from Park HQ 6000 feet to Laban Rata 11000 feet. Overnight Laban Rata (Dormitory).  
(breakfast/lunch/dinner included)  
(mountain guide/entrance fee/climbing fee/certificate/insurance included)

### **Day 3: Summit Trail – Kota Kinabalu**

Wake up 2 a.m., after breakfast at 0300 a.m., ascend to the summit of Kinabalu before sunrise, return to Park HQ and transfer back to Kota Kinabalu in a private vehicle. Overnight 4-star hotel at city centre. (breakfast / lunch included)

### **Day 4: Kota Kinabalu - Home**

After breakfast. Free at leisure till transfer to Kota Kinabalu airport (please advise flight number). Meet up our representative and transfer to the airport in a private vehicle. We will assist you with your luggages, flight check in and walk you to your departure gate. (breakfast included)

**Include** – Accommodation, private transfers, entrance fees, tour guide and meal as stated.

**Exclude** – Airfare, meals not stated, expenses of personal nature.

**Flight Details:** Please advise your arrival and departure flight details by email: [wildlife918@gmail.com](mailto:wildlife918@gmail.com), so that airport transfer can be arranged for you.

**Emergency Contact:** +60-16-373-2803

Operated by:-  
Borneo Wild & Nature Tours Sdn Bhd  
(Co.No: 958519A) (No. Lesen: KPK/LN:6663)  
Kota Kinabalu, Sabah, Malaysia.

**What to bring:**

Raincoat, warm clothing, windbreaker, a bottle of drinking water, insect repellent, sun block, cap, gloves, warm socks, camera, lip balm, toilet paper, good flashlight or headlight, personal toiletries, towel and other items of personal use. Take some high energy food (chocolate, power bar, nuts, raisins, and glucose sweets). Walking stick (ski pole) may be useful.

Take lightweight cotton shirts, short/long pants recommended. It may rain at the mountain, so bring spare for items that are important to you in case they get wet in the rain. Travel light. Carry a light overnight backpack. Make backpack waterproof by covering contents with large plastic bags. Carry spare plastic bag for wet items in case of rain. Use good trekking shoes.

You will experience variations in atmospheric pressure and unpredictable weather. Bring some headache tablets, diarrhea and vomit pills. Some plaster for cuts or blisters is all useful.

**Note:**

All mountain climbers are required to produce their passport (Non-Malaysian) and/or identity card (Malaysian) during the registration process at the Kinabalu National Park Headquarters. A climbing permit will be issued to climbers.

**Fitness:**

No special skills or equipment are needed to climb Mount Kinabalu. However, climbing requires average fitness and some basic trainings such as brisk walking, swimming, and climbing steps will be useful. Climbers should be healthy and with no history of suffering from the following ailments:

- 1) Heart disease
- 2) Hypertension
- 3) Chronic asthma
- 4) Peptic ulcer
- 5) Severe anemia
- 6) Diabetes
- 7) Arthritis
- 8) Epileptic fits