



**Outdoor Activities Club**  
National University of Singapore

<http://www.nusodac.net>

## Activity Information Sheet

### Trans Gopeng – Cameron Highlands Trek

The trek will bring you through the vast Kinta jungles bordering Perak and Cameron Highlands. Discover the alternative way to Cameron Highlands by doing river crossing, passing through orang asli settlements, lush green rainforest, giant trees, giant bamboos, etc.



#### Organizer:

Name	Designation	Role	HP No.	Email Address
Low Kok Seong	Honorary General Secretary	Trip Leader	92344220	Lks87723@yahoo.com
Leonard Goh	Publications Secretary	Assistant Trip Leader	97279596	leonard.r34@gmail.com

#### **Cost: \$249 (inclusive of)**

- Transportation cost
- Food during expedition
- Club Administrative Fee (\$3.00), which is **non-refundable**
- 3-months Personal Accident Insurance

**Non NUS ODAC members have to pay an additional \$6.00**

**Duration of Expedition:** 4 Day

**Dates of expedition:** 13<sup>th</sup> Dec 2009 – 16<sup>th</sup> Dec 2009

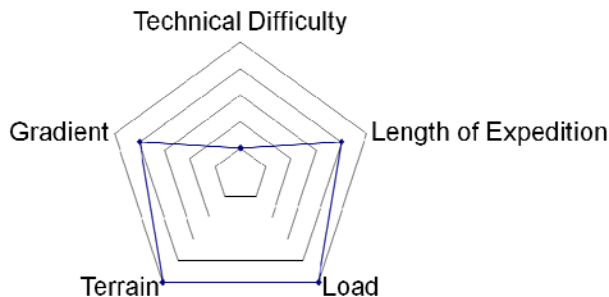
**Meeting Time & Venue :** 13<sup>st</sup> Dec 2009  
Boon Lay Shopping Center  
9.00 am (Tentative)

**Other Important Dates****Pre-Trip Briefing:** 10 Dec 2009, TBC, Students' Societies Area, YIH

*Please bring along 3 photocopies of your passport, indemnities form and remaining trip fees*

**Difficulty Level:** ★★☆☆☆

See Appendix A for further definition on the level of difficulty

**Expedition Grading System (EGS):**

- Mostly slopes and muddy paths expected after rain.
- See Appendix B for a detailed guide to EGS.

**Terrain and Physical Requirements:**

- Participants are encouraged to do physical training on their own (jogging, climbing of staircase, etc)
- Confident swimmers are preferred.

**No-go Criteria:**

1. Social/Political unrest
2. Forest fire (within 100km of trek region)
3. Floods (if we are already at the location and there is a flood, we will only camp at the base camp and not proceed up to the summit of the mountains)
4. Participants fails to submit all relevant documents (Activity Registration Form, Medical Declaration and Indemnity Form), which have to be duly completed and signed before leaving on departure day
5. Participant is certified medically unfit prior to the expedition
6. Presence of bird flu cases

**Refund policy:**

**Full refund** will be given should the organizer cancel the activity

Otherwise, the following applies:

**Case 1:** From Sign-up until 8 days before start of expedition

All money paid will be refunded except for an Administrative fee of \$3 and all expenses that have already been incurred

**Case 2:** Within 7 days to start of expedition

**There will be no refund****Case 3:** Medically unfit with production of Medical Certificate

All money paid will be refunded **except for an Administrative fee of \$3 and all expenses that have already been incurred.**

In the event that the expedition is aborted, the amount to be refunded will be based on the amount of unexpended expedition funds, excluding the \$3 admin fees.

*Any other cases will be considered on a case-by-case basis and refund will be subjected to the approval of the organizer.*

**Medical Indemnity:**

- All participants are to declare any existing medical conditions to the organizer.
- All participants are strongly encouraged to be immunized against tetanus.
- **NUS ODAC and its leaders shall not be held responsible for any consequences arising from existing medical condition(s) caused by the participant's failure to be immunized as recommended by the club.**

**Draft Itinerary**

<b>Day 0</b>	<b>Activity</b>
0900	Meet at Boon Lay Shopping Center
1800	Arrive at Gopeng Town for dinner
2000	Bus to Gopeng Rainforest Resort
2100	Arrive at Gopeng Rainforest Resort
2130	Cleanup Free&Easy
2200	Lights out
<b>Day 1</b>	<b>Activity</b>
0600	Rise & Shine, Breakfast
0730	Set off to orang asli settlement
1200	Lunch Break
1300	Continue trekking to orang asli settlement
1830	Reach orang asli settlement
1900	Dinner Free&Easy
2100	Lights out
<b>Day 2</b>	<b>Activity</b>
1800	Rise & Shine, Breakfast
0700	Set off to Cameron Highlands
1200	Lunch Break
1300	Continue trekking to Pahang Border
1400	Arrive at Bharat Tea plantation
1500	Check-in to Kang Travellers Lodge
1530	Washup Free&Easy
1600	Sungei Palas Tea Centre
1630	Big Red Strawberries Farm
1730	Honey Bee Farm
1900	Dinner
2030	Free&Easy
2200	Lights off
<b>Day 3</b>	<b>Activity</b>
0630	Rise & Shine
0730	Breakfast
1000	Bus to Singapore
2000	Arrive in Singapore

**Note:** The itinerary is subject to change based on actual expedition conditions and the discretion of the Expedition Leader. A more detailed elaboration on the itinerary, terrain and such will be made during the briefing.

**Personal Equipment List**

<b>Equipment</b>	<b>Qty</b>	<b>Remarks</b>	<b>√ list</b>
Backpack	01	>40L or sufficient to carry personal & group equipment <b>Sling bags are not allowed</b>	
Rain Gear / Poncho	01	Compulsory	
Jacket	01		
Clothing	04	Minimum of 4 Sets Recommended	
Sandals / Trekking Boots/ shoes	01		
Slippers	01	Comfort Item	
Personal Toiletries	01		
Powder	01		
Water Bottle / Water Bag	01	Minimum of 2L Capacity	
Whistle	01	Compulsory	
Personal Medication	01	To inform First Aider if under medication	
Hat / Cap	01	Optional	
Insect Repellant	01	Optional	
Spare Spectacles	01	Optional	
Camera	01	Optional	
Spare Cash (Ringgit)		Around RM 70 (For food and personal expenses)	
Passport & 3 Photocopies		Compulsory	
E-Z link card		For transport within Spore & to JB customs	
Sleeping bag	01		
Torchlight/ Headlamp w spare batteries		compulsory	
Jack Knife / Can Opener	01	compulsory	
Fork/ spoon/ cup/ plate	01		

**Note:**

- 1) Waterproof all items in backpack using Ziploc bags/trash bags.
- 2) Strictly **no slippers** allowed when trekking.
- 3) Toiletries are optional
- 4) Use of contact lens in the outdoors is strongly discouraged.
- 5) Participants are to bring their own medication and inhalants.
- 6) The 3 photocopies are needed if there should be any loss of the passport during the activity. 1 copy to be retained by a friend going on the trip, the other copy to be kept by the group leader and the last copy to be kept by participant himself/herself.
- 7) Male participants are to inform CMPB beforehand.
- 8) Please ensure that your passport has not expired before the trip.

**Recommended Footwear:**

- o Sandals or shoes are recommended as the terrain of the trek is steep and rocky. Proper footwear will help prevent any ankle injuries or possible cuts from the sharp edges of rocks.

**Final Note: Do constantly check your emails for any updates**

*Presented to you by NUS ODAC 25<sup>th</sup> Executive Committee*

## Appendix A

### Easy ★

Activity can be completed easily by person of average fitness.

### Moderate ★★

Some physical exertion may be expected.

### Moderate to Strenuous ★★★

Participants should be in good fitness condition. Those who have not been exercising regularly may need to undergo some pre-conditioning.

### Strenuous ★★★★

Extensive physical activity involved. Participants should undergo additional fitness training prior to trip.

### Demanding ★★★★★

Not for the weak hearted. Prior experience needed. Participants are required to undergo a series of training prior to expedition.

## Appendix B

### Technical Difficulty

- 1-2: No or limited technical skill required
- 3: Some technical skill such as roping required
- 4-5: Mountaineering skill required

### Trekking Duration

- 1: 1-3 hr / day
- 2: 4-5 hr / day
- 3: 6-7 hr / day
- 4: 8-10 hr / day
- 5: >10 hrs / day

### Load (includes personal items and group stores)

- 1: <5 kg
- 2: 5-7 kg
- 3: 8-10 kg
- 4: 11-14 kg
- 5: >14 kg

### Gradient

- 1: Minimal ascending (<10 degrees)
- 2: Gentle ascending with undulating slope to be expected (10-30 degrees)
- 3: Moderate ascending with up and down slope expected (30-50 degrees)
- 4: Moderate continuous ascending (30-50 degrees)
- 5: Steep ascending to be expected (>50 degrees)

### Terrain

- 1: Road
- 2: Well-defined Trail
- 3: Rocky
- 4: Muddy
- 5: Slippery / Bashing Required / Crossing of River / Night Trekking Required