

Cost: \$41 (inclusive of)

- Via Ferrata climb
- Choo Choo Trek

NUS ODAC members get \$6 off!

Duration of Expedition: 1D

Dates of expedition: 28th March 2010

Meeting Time & Venue

28th March 2010, 9am King Albert Park MacDonalds (tentative)

Other Important Dates

Pre-Trip Briefing: To be confirmed

Please bring along indemnities form and remaining trip fees

Highlights of Expedition:

- Trekking through abandoned track
- Climb Via Ferrata

Terrain and Physical Requirements:

- Recommended for first time trekkers
- Not required to carry heavy loads during the trek

No-go Criteria:

1. Social/Political unrest
2. Forest fire (within 100km of trek region)
3. Floods
4. If Travel Advisory is imposed
5. 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
6. Participant is certified medically unfit prior to the expedition
7. Presence of H1N1 outbreak

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 \$5 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 \$5 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 \$5 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

28th March 2010	Activity
0900	Meet at King Albert Park MacDonalds and Briefing
0930	Start trek
1200	End of trek
1245	Arrival at NUS
1300	Bathe & Lunch
1600	Arrival at Orchard Central
1630	Briefing and start of climb
1930	End

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

Equipment	Qty	Remarks	√ list
Daypack	01	>15L or Sufficient for own use	
Rain Gear / Poncho	01	Compulsory	
Clothing	01	Minimum of 1 Sets Recommended	
Sport Shoes or covered footwear	01	Compulsory, must be fully covered (for via Ferrata climb)	
Sandals	01	For Choo Choo Trek if you have no extra shoes (trek can be very muddy)	
Personal Toiletries	01	For washing up after the trek	
Water Bottle / Water Bag	01	Minimum of 1.5L	
Whistle	01	Compulsory	
Jeans/ long pants	01	Compulsory	
Hat / Cap	01	Optional	
Insect Repellant	01	Optional	
Camera	01	Optional	
Spare Cash		Around \$10	
EZ Link card		With stored value of about \$10	
*Personal Medication		Inform First Aider if under medication	

Note:

- 1) Waterproof all items in backpack using Ziploc bags/trash bags.
- 2) Strictly **no slippers** allowed when trekking.
- 3) Use of contact lens in the outdoors is strongly discouraged.
- 4) Participants are to bring their own medication and inhalants.

Recommended Footwear:

- Sandals are recommended as the trek may be muddy, especially after rain. Shoes are suitable for the trek, but try not to wear new shoes.

Final Note: Do constantly check your emails for any updates

Proudly presented to you by NUS ODAC 25th Executive Committee