



Outdoor Activities Club
National University of Singapore

<http://www.nusodac.net>

Activity Information Sheet

Gunung Belumut Night Trek

Getting bored with day trekking and dying for something more challenging and exciting? Join us for our 1D1N NIGHT TREKKING at Gunung Belumut.

Gunung Belumut is located 18km east of Kluang, Johor and this mountain is 1010m high. At the summit, a structure known as the Tiger's jaw or Crown Rock (Batu Mahkota), a rock which looks like a giant crown can be found. There is a very nice stream at the base of the mountain where trekkers can take a cool dip at the end of the trek. There is also a small waterfall about a storey high near a campsite 40mins from the starting point of the trek.

It will give you a whole new experience of trekking at night as it will be cooler and chilling to trek at night without the fear of getting tanned under the scorching hot sun. Upon reaching the summit, you will be just in time to catch the most beautiful sunrise there. When you think that it will be end of our trek, we have the waterfall waiting for you near the foot of the mountain where we can chill and relax in the cold stream water.

Last but not least, we will end the trek with a sumptuous seafood feast in Johor's most visited seafood place.



Organizer:

Name	Designation	Role	HP No.	Email Address
Li Peixin	Asst. Hon Gen	Expedition Leader	97562863	peixin@nusodac.net
Chen Huifang	Vice President	A Expedition Leader	81218086	huifang@nusodac.net

Cost: \$59(inclusive of)

- Transportation cost
- Climbing permit
- 3 month insurance
- Breakfast and lunch during the trek
- Seafood dinner

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

Graduating students get \$50.00 off listed price, terms and conditions apply

Duration of Expedition: 1 Day 1 Night

Dates of expedition: 22nd – 23rd May 2010

Meeting Time & Venue : 22nd May 2010
Kranji MRT control station
Time 6pm

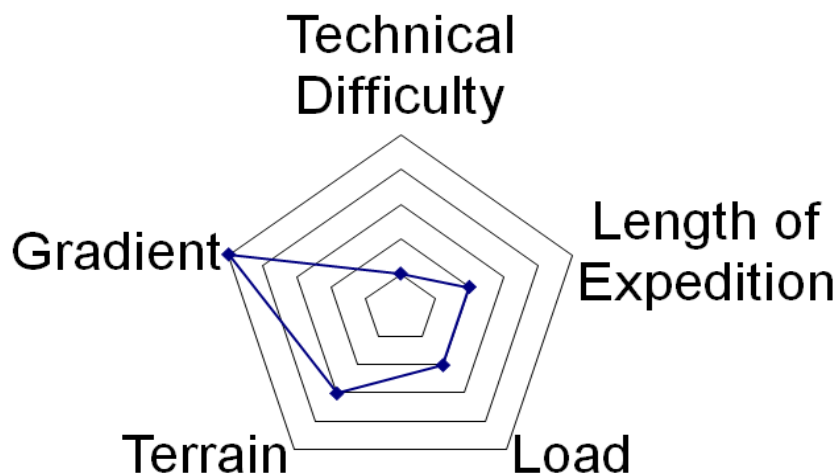
Other Important Dates

Pre-Trip Briefing: 15th May 2010
Time- TBC
NUS Level 4 Yusof Ishak House Student Hub

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

Difficulty Level: ★★☆☆☆

- Suitable for person with average fitness.
- See Appendix A for further definition on the level of difficult
- **Mostly 45 degree slopes and muddy paths expected after rain. Some part may require trekkers to go on all fours.**
- See Appendix B for a detailed guide to EGS.

Expedition Grading System

Highlights of Expedition:

- Night Trek up Gunung Belumut
- Watching sunrise at the peak
- R&R at Waterfall

Terrain and Physical Requirements:

- The mountain is about 1010m high
- The trek is hilly, some parts you will have to climb
- As it is a night trek, there is low visibility of the route, hence, strong headlight/ torchlight is highly recommended.
- Participants are encouraged to do physical training and conditioning on their own (jogging, climbing of staircase, etc) before the expedition.

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.**

Swimming Proficiency Declaration

- All participants are to declare their swimming proficiency in the declaration form provided.
- Participants are expected to have minimal swimming proficiency (e.g. swimming for short distances, keep afloat for short period of time).

Draft Itinerary for Gunung Belumut

22 nd May 2010	Activity
1800	Assemble at Kranji MRT Final Briefing Proceed to Larkin Bus Terminal
1900	Arrival at Larkin Bus Terminal.
1915	Bus to Kluang
2115	Cab to foot of Gunung Belumut
2200	Foot of Gunung Belumut Get ready for trek

23 rd May 2010	Activity
0500	Reach at Summit
0600	Breakfast
0700	Watch Sunrise/ free and easy
0800	Start of Descent/ trek to water fall
1200	Arrival at waterfall/ Lunch/ free and easy
1400	Trek down to foot of Gunung Belumut
1445	Cab back to Kluang Bus Terminal
1530	Bus back to Larkin Bus Terminal
1730	Arrival at Larkin Bus Terminal
1800	Dinner!! Seafood
2200	Home Sweet Home

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
Backpack	01	Sufficient to carry personal & group equipment	
Rain Gear / Poncho	01	Compulsory	
Jacket	01		
Clothing	01	Minimum of 1 Sets Recommended	
Sandals / Trekking Boots/ shoes	01		
Slippers	01	Comfort Item	
Personal Toiletries	01		
Powder	01		
Water Bottle / Water Bag	01	Minimum of 2L total Capacity	
Whistle	01	Compulsory	
Personal Medication	01	To inform trip leader if under medication	
Hat / Cap	01	Optional	
Insect Repellant	01	Optional	
Spare Spectacles	01	Optional	

Camera	01	Optional	
Spare Cash (Ringgit)		Around RM 50-100 (For food and personal expenses)	
Passport & 3 Photocopies		Compulsory	
E-Z link card		For transport within Spore & to JB customs	
Torchlight/ headlamp		compulsory	

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.
- 5) 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.
- 6) Male participants are to inform CMPB beforehand.
- 7) Please ensure that your passport has not expired (at least 6 month validity) before the trip.

Recommended Footwear:

- Trekking boots or shoes are recommended as the trekking activities as the route may be slippery and steep sloped which are prone to ankle injuries and slipping and falling. The sharp edges of the stones may also cut the foot if trekkers are not careful.
- Trekkers are advised to bring a pair of sandals / slippers and extra clothing to change trek

Final Note: Do constantly check your emails for any updates

Presented to you by NUS ODAC 25th 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