



Outdoor Activities Club
National University of Singapore

<http://www.nusodac.net>

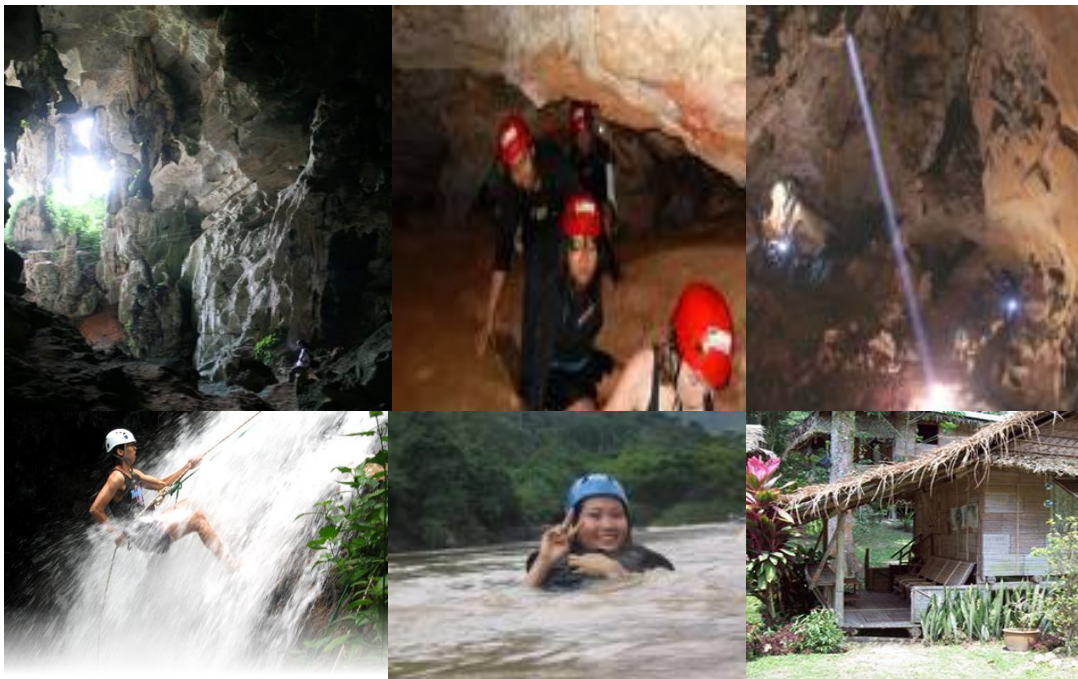
Activity Information Sheet

Gua Kandu Cave Exploration (27th May – 30th May 2010)

Gua Kandu is a limestone outcrop near Kampung Jahang, Gopeng, and can be spotted easily from the North South Expressway. It is the 8th largest cave in Peninsular Malaysia at 1100m long. Gua Kandu is a multi-level and multi-chamber cave with many unique formations within it. It is believed that a river used to run through the cave, but it has since dried up and is now a dry cave. During the Malayan Emergency, Gua Kandu was used as a hideout by Chinese Communists. There are various evidence of it, in the form of cave carvings and drawings of communist slogans and symbols.

Next, if you have always enjoyed being in the outdoors, why not get to grips with abseiling! This is an activity that will be both challenging and exciting! Feel an adrenalin rush as you abseil down the rocky face of a cliff with a waterfall splashing onto your body, and just when you think its impossible to go down, that's where the challenge begins. Start off slow, but with practice, you'll soon be coming down in a few leaps and bounds!

Lastly, relish the thought of going down a water slide? How about a natural one? Try body rafting down a river, as the fast-flowing water gushes down and carries you along with it. An experienced guide will watch out for you at all times, so no worries about safety. Join us for this not-to-be-missed experience!



Organizers:

Name	Designation	Role	HP No.	Email Address
Brandon Leong	Marketing Head	Expedition Leader	98445906	branlhe@yahoo.co.uk
Justin Chia	Logistics Secretary	Expedition Co-Leader	84150432	jus_3c@hotmail.com

In the event the expedition leader is un-contactable, please feel free to approach any of the organizers.

Cost: \$197 (inclusive of)

- Guide fees, admission fees, rubbish fee etc.
- Equipment rentals
- Accommodation
- Transportation cost
- Most food during expedition

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

Duration of Expedition: 3D3N (Located in Ipoh, Perak)

Dates of Expedition: 27th to 30th May 2010 (Thursday – Sunday)

Meeting Time & Venue

27th May 2010, 1900hrs at Kranji MRT Control Station*

**subject to changes*

Other Important Dates

- **Pre-Expedition Briefing:** 8th May 2010, Saturday, Time – 4pm
NUS Yusof Ishak House Student's Society Area
 - *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 paths may require trekkers to go on all fours.**
- See Appendix B for a detailed guide to EGS.

Highlights of Expedition:

- Gua Kandu Cave exploration
- Jungle Trekking to a Waterfall, and Wet Abseiling
- Body Rafting

Terrain and Physical Requirements:

- The caving activity covers a total distance of 1.1km, and is suitable for first-time spelunkers
- Spelunking will involve walking through pitch black areas, and cavers would be required to turn off all lights at certain points in time
- The trekking routes may involve wading through mud and water
- The trek is hilly, some parts will involve climbing.
- Participants are encouraged to do physical training and conditioning on their own (jogging, climbing staircases, 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 cave/jungle and there is a flood, we will only proceed into the dry routes of the cave or relocate to another dry cave/ camp at the base camp and not proceed into the jungle)
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 \$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

1st day	Activity
1900	Meet at Kranji MRT Station
2200	Clear checkpoint and reach Larkin Bus terminal
2200	Bus from Larkin Bus terminal to Ipoh (breakfast not provided)
0600	Travel to Adeline's Rest-House + Check-In
1100	Lunch at AH
1400	Exploration of Gua Kandu Cave!
1800	Dinner
1930	Night walk (to try and spot wild animals)
2nd day	Activity
0800	Breakfast
0900	Jungle Trekking to the Waterfall and Waterfall Abseiling!
1300	Lunch
1500	Body Rafting!
1800	Dinner
2000	Leave Adeline's Rest House for Gopeng (Ipoh)
2030	Leave Ipoh for Singapore
3rd day	Activity
0600	Arrive in Singapore
0800	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 pre-trip briefing on 8 May 2010.

Personal Equipment List

Equipment	Qty	Remarks	√ list
Backpack	01		
Daypack	01	For carrying valuables and water during trek/ cave exploration	
Rain Gear / Poncho	01	Compulsory	
Jacket	01	Weather is cold at night	
Clothing	03	Minimum of 3 Sets Recommended	
Trekking Boots/ Shoes	01	Sandals not recommended	
Slippers/Sandals	01	Comfort Item	
Personal Toiletries	01	Including a bathing towel	
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	
Torchlight		No specific requirements	

Note:

- 1) Waterproof all items in backpack using Ziploc bags/trash bags..
- 2) Strictly **no slippers or sandals** allowed when caving and 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/Relevant NS Dept.s 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 caving and 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 into after each day's activities.

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