



Outdoor Activities Club
National University of Singapore

<http://www.nusodac.net>

Activity Information Sheet

Mount Kinabalu

Mount Kinabalu is the highest mountain in South East Asia. It is located in the east Malaysian state of Sabah, which is on the island of Borneo in the tropics. At around 4095m, you get to see the sunrise from a whole new perspective- from above the clouds. Mount Kinabalu houses one of the richest biodiversity and is probably one of the few places you get to see temperature and altitude- related flora zonation. They also possess some species which are unique to Kota Kinabalu. If you are lucky enough, you may even see Ah Meng's distant relative!

Then, experience adrenaline rush as you scale down the mountain via Asia's highest Ferrata. Not forgetting to end the trip with yet another heart-popping adventure of the infamous white water rafting down the majestic forest of Borneo. The 30km white water rafting adventure makes it the longest rafting journey. No wonder Kota Kinabalu is popular among local and international outdoor enthusiast! Enjoy the sights and "seasonal change" as you trek up Mount Kinabalu- experiences you can't find back at home. Be mentally and physically prepared for the exhilarating adventure.



Organizers:

Name	Designation	Role	HP No.	Email Address
Kenneth Chan	President	Expedition Leader	9685 5626	kenneth@nusodac.net
Lim Xinyi	Asst. Publication Head	Asst. Expedition Leader	8233 0806	xinyi@nusodac.net

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

Cost: \$699 (inclusive of)

- o Two way air tickets
- o Transportation cost
- o Food during trek expedition
- o Guide Fees
- o 3-months Personal Accident Insurance
- o Club Administrative Fee (\$5.00), which is **non-refundable**

NUS ODAC members get \$6 off!

Graduating Students get \$50 off (T&C applies)

Deposit of \$400 required upon confirmation

Duration of Expedition: 5D4N

Dates of expedition: 25th June 2010 to 29th June 2010

Meeting Time & Venue

25th June 2010, 5pm Singapore Changi Airport (tentative)

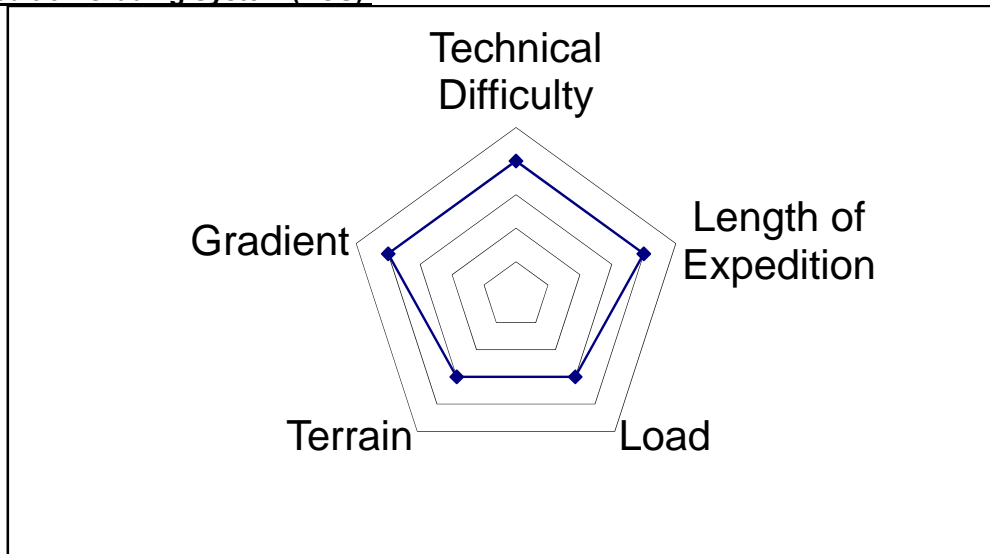
Other Important Dates

Pre-Trip Briefing: To be confirmed

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):

See Appendix B for a detailed guide to EGS.

Mostly 45 degree slopes and muddy paths expected after rain. Some part may require trekkers to go on all fours.

Highlights of Expedition:

- Trekking
- Watch the sunrise from about the clouds
- Lush biodiversity- with species unique only in Kota Kinabalu
- Climb Via Ferrata
- White water rafting

Terrain and Physical Requirements:

- Not recommended for first time trekkers
- Steep terrain with limited water source
- Required to carry heavy loads during the trek
- Participants are strongly 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. 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

25th June 2010	Activity
1700	Meet at Budget Terminal
2050	Flight to Kota Kinabalu
2305	Arrival at Kota Kinabalu
2400	Rest at City Inn Lodge
26th June 2010	Activity
0600	Wake up
0630	Drive to Kinabalu park
0830	Start trek up Mt. Kinabalu
1400	Arrival at Laban Rata @ 3,200m
1500	Check into Pendant Hut
1530	Via Ferrata Familiarization
1800	Dinner at Laban Rata restaurant
27th June 2010	Activity
0130	Wake up for breakfast and pack up
0200	Hike up to Low's peak at 4,095m
0530	Summit Low's peak and catch sunrise
0545	Descend Low's peak
0700	Walk the Torq- Asia's first via Ferrata
0900	Arrive and check out of Pendant Hut
1100	Descend to Kinabalu Park HQ
1600	Back to Kota Kinabalu Town

1630	Back to City Inn Lodge
28th June 2010	Activity
0730	Wake up
0800	Travel to Tenom
1145	Arrive at Tenom and travel by train up to Pangi
1300	Reach Start point of White water rafting
1330	Begin of the 30km white water rafting (lunch included)
1800	Journey back to Lodge
29th June 2010	Activity
0800	Free time at Kota Kinabalu Town
1500	Travel to Kota Kinabalu Airport
1805	Plane back to Singapore
2020	Arrival at 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

Equipment	Qty	Remarks	√ list
Backpack	01	>40L or sufficient to carry personal equipment Sling bags are not allowed	
Daypack	01	>15L or Sufficient for Day trek to the peak	
Rain Gear / Poncho	01	Compulsory	
Clothing	04	Minimum of 4 Sets Recommended	
Trekking Shoes	01	Compulsory, must be fully covered	
Slippers / Sandals	01	Comfort Item	
Personal Toiletries	01		
Powder	01		
Water Bottle / Water Bag	01	Minimum of 4.0L	
Fork / Spoon	01		
Jack Knife, can opener	01	Compulsory, at least one per group	
Torchlight with spare batteries	01	Compulsory	
Whistle	01	Compulsory	
Windbreaker/Winter wear and Track pants		Highly recommended as summit will be very cold (can be close to zero degrees)	
Hat / Cap	01	Optional	
Insect Repellent	01	Optional	
Sleeping bag	01	Optional	
Camera	01	Optional	
Spare Cash (Ringgit)		Around RM 200	
*Personal Medication		Inform First Aider if under medication	

Note:

- 1) Waterproof all items in backpack using Ziploc bags/trash bags.
- 2) Leave some space in backpack for group stores. i.e.: tent, food, gas stoves etc.
- 3) Strictly **no slippers** allowed when trekking.
- 4) Use of contact lens in the outdoors is strongly discouraged.
- 5) Participants are to bring their own medication and inhalants.

- 6) 3 passport photocopies. 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 Trekking boots or shoes are recommended as the trek is prone to ankle injuries. The sharp edges of the stones may also cut the foot if trekkers are not careful.

Final Note: Do constantly check your emails for any updates

Proudly 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