

Kinabalu

Best of Borneo

| 4,096



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EXPEDITIONS

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Kinabalu

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Mount Kinabalu (4,095m), Borneo's highest mountain, is a UNESCO World Heritage Site and an area of immense biodiversity.

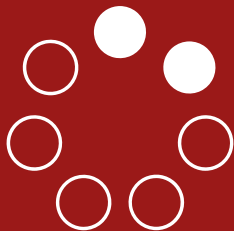
We make our climb more interesting and more of a challenge by starting further back in the jungle. We'll be trekking through **pristine jungle** and learning **ultimate survival skills** on the way – from foraging for local fruit and vegetables and building camp fires to frog-hunting and making shelter. When we reach the park gate, we have a 2-day ascent to the summit. The trek will be challenging; the humidity, temperature and altitude gain test people's fitness and determination, but the summit is within reach of most. Fully supported by local guides and a western guide you can savour this **once-in-a-lifetime trekking and survival experience** whilst they take care of logistics and safety.

This spectacular expedition will come to an end with a visit to the **Sepilok Orangutan Sanctuary**, one of the highlights of Sabah, and a river safari across Malaysia's second longest river, **Kinabatangan**. Explore the best of Borneo with us!

Kinabalu

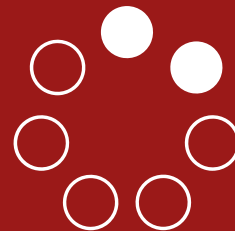
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Physical - P2

This trip is challenging and a good solid fitness level is required. There will be prolonged walking over varied terrain and you should be training to comfortably walk for 6 to 8 hours, over undulating terrain, with a few punchy uphill climbs, carrying a pack up to 6kg in weight.



Technical - T2

Consider this a trek, although there may be occasion to use hands for short sections of easy scrambling. No previous climbing or trekking experience is necessary.

Please note that the grading system used is a rough guide only.



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ITINERARY

DAY 1 : Leave UK

Departure from the UK if flights booked through 360

DAY 2 : Arrive Kota Kinabalu

After checking in at our accommodation, we'll spend some time preparing for the trek. Hopefully we'll have time to see a little of Kota Kinabalu – the capital of Malaysia's Sabah state in the northern part of the island of Borneo – and enjoy a stunning sunset over the South China sea.

DAY 3 : Tudan to Tapioca Camp

We get picked up early from our accommodation in Kota Kinabalu for the 1½ hour bus journey to the village of Tudan on the Crocker Range.

Our trek starts at an elevation of 1,500m above sea level. We will make our way through some of the best primary forest on earth – undulating terrain with plenty of hills to tackle. It can be very challenging during a downpour. On the way, we will find out what the local tribes collect for food – wild vegetables such as tapioca leaves, wild ferns, bamboo shoots, wild ginger, the wide array of wild fruits and even reptiles. If we collect enough, we will get to cook this at camp for dinner. Camp is at an altitude of 1,200m right next to a small stream, our main source of water. Due to the altitude it does get chilly at night.

At camp, we need to get organised quickly to take advantage of the remaining daylight. We will be taught how to correctly handle the parang (machete), set up our own camp, build a long drop toilet, collect firewood and make a fire place for cooking and campfire, and more. This evening we go frog-hunting and our accommodation will be hammocks.

Trek 5-6 hrs (about 8kms) across undulating terrain with plenty of hills.

DAY 4 : Trek to Mousedeer Camp

We'll get up early, allowing time to prepare our own breakfast and pack up camp. Today, we head off for another challenging trek through more primary jungle. There may be sections of the trail that need clearing as we walk through, so the going can be slow. Whilst we are gradually going downhill today, there are still a few hills along the way. As we trek, we will learn more about the diverse array of flora – the medicinal plants, edible ones and those that are poisonous.

We'll spend another night in primary forest next to a stream at Mousedeer Camp, which is 900m above sea level. There is a small clearing nearby where we can easily see the mighty Mt Kinabalu. At camp, we will learn how to make a shelter. We will tie up our hammocks, collect firewood and make a fire and build a long drop toilet. We have the option of going frog-hunting again or going for a night walk to get a glimpse of the nocturnal wildlife in the area. If we do catch some frogs, we'll barbeque them on our fire or cook them in bamboo. Back at camp, you'll be taught how to hunt with a blow pipe and make a fun blowpipe competition to test your skills.

Trek 5-6 hrs (about 9kms) across undulating terrain, but generally descending overall.

DAY 5 : Trek to Sauna Boot Camp

Today's trek will involve crossing a few streams and rivers, some knee deep. We will first trek through primary jungle and gradually through some secondary forest. Again, we will collect as many jungle vegetables as possible on the way, for us to cook for dinner at camp.

Sauna Boot Camp is about 500m above sea level, next to a river. Tonight's skills session will focus on how to make fish and animal traps. We will go look for sago palm grubs – a local delicacy – and get to learn how to cook them! There are plenty of jungle vegetables near camp making for a great, varied supper. All the utensils you'll use will be made by handmade by you, from bamboo.

Trek 5 hrs

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DAY 6 : Trek to Kg Pinahawan – transfer to Kinabalu Park

Today's trek is a short one – we should arrive at our pickup location by late morning. It's mostly along deserted village dirt roads, which are again quite undulating and slowly head towards the river near the village. We will need to wash in the river before boarding the bus. It's a 2-hour transfer to our hostel. The rest of the afternoon is for us to relax and rest our legs before attempting Mt Kinabalu tomorrow.

DAY 7 : Trek up Mt Kinabalu to Laban Rata

We only take what we need for the night on Mt Kinabalu and leave our main bags at the park base.

We trek up the mountain for approximately 6 hours to the hut where we will spend the night. Our journey takes us through rainforest with pitcher plants and tangled vines, to montane forest where the trees are smaller and orchids are abundant. Finally, we reach the 'bonsai garden', where only small shrubs and trees grow amongst the granite. The trail is well marked with resting stations every 500m. Although climbing steeply up steps at times, this is an easy trail leading us to our hut. Our accommodation is in dormitories at the mountain hut.

Trek – climbing for approximately 6 kms (4-6 hrs)

Altitude – Trek starts at 2,000m above sea level and finishes at 3,280m at Laban Rata Resthouse

DAY 8 : Mt Kinabalu Summit – Kota Kinabalu

Today involves a very early start. After a hot coffee, we leave the hut at around 2.30-3am as we start our trek towards the summit of South East Asia's highest mountain, Mt Kinabalu (4,095m). Trekking by head-torch light, our path starts with a series of steps and gently sloping foot ladders before reaching granite slabs. Here, rope hand-rails mark the path towards the summit. Steep at times, the path is easy underfoot as we follow the trail of lights to the summit.

We should arrive at the top as the sun rises over the spectacular view. On a clear day it is possible to see all the way to the coast, with views of the surrounding countryside, forest and towns – simply stunning and worth every drop of the sweat!

We head back to the Resthouse for a well-earned breakfast, pack our bags and head to Kota Kinabalu. It's a coastal city partly surrounded by rainforest and is renowned for its bustling markets, modern boardwalk, beaches and waterfront Kota Kinabalu City Mosque, as well as being the gateway to Kinabalu National Park.

Trek – Approx 11 kms (7-8 hrs)

Altitude – From 3,280m at the rest house to 4,095m at the summit to 20m at Kota Kinabalu- all in one day

DAY 9 : Kota Kinabalu

Today is a free day in Kota Kinabalu for some well-deserved R&R and exploring. If you'd rather something more active, there are many adventure activities that run from KK including mountain biking, ziplining, diving, white-water rafting, visiting local cultural attractions and more! All activities today should be organised by you.

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DAY 10 : Kota Kinabalu - Sandakan*

If you're tight on time, you can choose to end your trip early and fly home today.

We take the first flight of the day (6:30am) to reach the city of Sandakan on the east coast of Sabah, a 40 minute flight away.

Here we'll visit the Sepilok Orangutan Rehabilitation Centre to see the morning feeding and learn about the very important work they do for this endangered species. We get our own lunch and then take the 2hr bus journey to the mighty Kinabatangan River.

After checking in at our riverside lodge and a quick breather, we embark on our first wildlife boat ride. The Kinabatangan has one of the most diverse wildlife populations on earth, many of which are endemic to the region. You'll be on the lookout for a variety of bird species, including the majestic rhinoceros hornbill, mammals such as pygmy elephants, as well as primates, crocodiles and rare insects. There is a second wildlife boat ride in the night, which offers a totally different insight into this fantastic eco-system.

DAY 11 : Kinabatangan River

Today is a full day of amazing nature watching to make the most of this incredible wildlife habitat. We will have wildlife cruises on the river at dawn and in the afternoon, as well as a night wildlife cruise/walk. We will spend the night at our riverside lodge.

DAY 12 : Gomantong Cave - Sandakan

This morning we will visit Gomantong Cave, en route to Sandakan airport. Gomantong Cave is the largest cave of Sabah, home to swiftlets where locals collect nests for the delicacy of bird's nest soup. From here we start our journey back to the UK.

DAY 13 : Arrive UK

Arrival back to UK.

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KIT LIST

Bags & Packs

Kit bag

For transporting all your kit. Suitcases and wheeled bags are not suitable

Rucksack

Approx. 55-65L capacity. Your day to day pack that you carry with your daily essentials (see FAQ's), fitted with shoulder straps and importantly a waist belt

Waterproof rucksack cover

To protect rucksack from rain

Drybags

Nylon rolltop bags that keep fresh clothing and other important items like passports and iPods dry in the event of a total downpour that seeps into your kitbag. Good for quarantining old socks. Please note that many countries are now banning plastic bags. We would always advise buying re-usable nylon rolltop bags for keeping your kit dry (and sustainability).

Padlocks x x2

For use on your kit bag for travel and on the expedition plus your hotel bag

Sleeping Gear

2 Season sleeping bag

You should get a sleeping bag rated to 5C and choose a sleeping bag that functions within the comfort rating of this temperature. A silk sleeping bag liner will enhance this rating on the coldest nights.

Headwear

Warm headgear

This can be a warm hat, beanie, balaclava, anything to reduce the heat loss from your head

Wide brimmed hat

Keeps the sun off exposed areas like ears and the nape of the neck

Buff/Scarf

Essential for protection from the sun and dust

Sunglasses

Worth spending money on good UV filters. Julbo is our preferred supplier

Sunblock

Essential for protection from the sun

Lip salve

Sun cream will not work on your lips and they are very susceptible to burn without proper protection

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KIT LIST

Upper Body

Base layer

This is the layer closest to the skin and its principal function is to draw (wick) moisture and sweat away from the skin. You can also get thermal base layers for use at higher altitudes that provide an additional insulative layer while still drawing sweat during times of high exertion

Mid layer

These are typically lightweight microfleece or similar technology that provide varying degrees of warmth and insulation without being overly bulky or heavy to pack

T-shirts

A couple of T-shirts are advisable for this expedition as some of the days can be hot

Light insulated jacket

A lighter jacket such as a Primaloft or lightweight down which can be worn at lower to mid altitudes is a great addition to your kit offering greater flexibility with layering

Waterproof jacket

In case it rains

Long sleeved T- shirt

Fleece top/jacket or Softshell

Gloves

A combination is best to ensure flexibility: Liner gloves – a thinner pair that fit under; Thicker gloves – ski type of mid weight.

Lower Body

Trekking trousers

These tend to be polyester so they dry quickly after a shower and weigh little in your pack. Consider perhaps a pair with detachable lower legs as an alternative to shorts

Underwear

How many pairs you take is entirely up to you

Swimsuit/shorts

Shorts (optional)

Light weight shorts are advisable for this expedition as some of the days can be hot. Zip off trekking trousers are the most versatile. Consider buying this

Feet

Trainers (for the cultural phase)

3-4 season walking boots

Well worn in 3-4 season waterproof boots with mid to high ankle support

Sandals

Walking sandals with a good grip are a good choice for river crossings and in camp.

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KIT LIST

Spare laces

Just in case

Hydration

Water bottle/Camelback x 2

1L capacity either in a water bottle or Camelback

Water purification

Purification tablets work well and are required. You may also wish to bring a filter water bottle or UV light stick

Toiletries

Wash kit

Keep it simple. Essentials are toothbrush, toothpaste and deodorant. Moisturiser is advisable, everything else is a luxury!

Travel towel

Travel towels from the likes of Lifesystems are perfect

Wet wipes

Preferably biodegradable, these are great for washing when modern shower facilities become a thing of the past

Alcohol gel

A must have for good camp hygiene

Ear plugs

For protection against the inevitable snorers!

Insect repellent

Must be suitable for jungle environments. DEET 50% is good. Baby oil or Avon's Skin So Soft is also recommended for sand flies.

Toilet paper

This can be bought in Kota Kinabalu on arrival day. 2 rolls is more than sufficient and should be protected in waterproof bags.

Nappy sacks or dog poo bags

Only needed to bag your toilet paper if you are caught short in between camps and for keeping your rubbish tidy in your tent

Medications

Personal first aid kit

Your own first aid kit should contain: A basic blister kit, plasters, antiseptic, sun-protection, any personal medication, basic pain relief (paracetamol/aspirin/ibuprofen), strepsils, anti-nausea, a personal course of antibiotics if prone to illness etc.

Personal medication

Keep this in your daysack

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KIT LIST

Miscellaneous

Head torch

We recommend Petzl head torches. Bring spare batteries.

Trekking poles

These tend to be a personal preference but help with your stability and can dampen the pressure on the knees coming down hill

Camera

Bring plenty of spare batteries and memory cards

Penknife (optional)

This needs to be packed into your hold luggage.

Snacks

You will be fed very well and given snacks each day however we advise bringing a small selection as a little bit of comfort. For summit night it's always good to have a few extra chunky bars for that extra boost. Energy gels and protein bars are not suitable

Entertainment

Of course optional, but most trekkers like to bring an iPod, book, Kindle, cards etc for evening entertainment.

Cutlery/Spork

To use when wild camping

Aluminium mess plate/bowl & mug

Rain poncho

For jungle or rainforest downpours! Due to the heat this is often a preferable option over a more bulky waterproof jacket and trousers.

Documentation

Passport

Don't forget this! Your passport should have at least 6 months validity. With your passport expiry date at least six months after the final day of travel.

Copy of passport

Plus spare passport photos

Money

Tips for local guides (tipping your 360 leader is optional) plus any extra cash for meals not included, or additional drinks, snacks or souvenirs on the trek. Please see the FAQs or for advice on additional spending money.

KIT LIST

Travel insurance

Copy of own travel insurance details. And relevant contact numbers. We have a partnership with True Traveller and would recommend that you contact them when looking for travel insurance for your trip with 360. However, it is vital that you ensure that the insurance cover they offer is suitable for you, taking your personal circumstances (items to be insured, cancellation cover, medical history) into account. Many other insurance providers are available and we do recommend that you shop around to get the best cover for you on the expedition you are undertaking. It is your responsibility to ensure that you have the appropriate insurance for your intended trip. To include medical evacuation and coverage up to the maximum altitude of this trip.

Solar Charger

These are useful to keep electricals charged but are a luxury rather than a necessity

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FAQ'S

Food & Water

What is the food like on the trek?

All meals on the mountain are fresh, nutritious and varied. We try to ensure that dietary preferences are met and that local ingredients are used. You'll be amazed what can be produced on a kerosene stove!

The underlying aim is to provide balanced, nutritional meals packed with carbohydrates to refuel hungry bodies and to replenish stores for the next day of activity.

Do bring along any of your favourite snacks and goodie bags from home if you want. Concentrate on high energy food-stuff to give you that little boost on an arduous day.

I have food allergies, can these be catered for?

Absolutely, please inform the office of any allergies or intolerances and we will ensure that these are taken into account on the trek.

Where does the drinking water come from?

For the first day bottled drinking water will be used. At higher camps we will use locally sourced drinking water from streams or springs. These are usually fresh being topped up from melt water above or by rainfall but we boil it to be on the safe side. We always ensure that our drinking water is 100% bug free.

On the Mt Kinabalu climb, we encourage climbers to carry as much water as possible (at least 3 ltrs) from the trek start to last all the way to Laban Rata Resthouse. On arrival at the resthouse, water bottles can be refilled from dispensers for the summit attempt the following morning and the descent.

How often is fresh water available for replenishing during the day?

Before leaving camp in the morning you will fill your water bottles or camel bladder. If this runs low you will have ample more water to replace it with. For most walking days water can be replenished at the lunchtime site.

FAQ'S

Health & Safety

Am I likely to suffer from altitude sickness on this expedition?

It is highly unlikely you will suffer from altitude sickness on this expedition.

Although our acclimatisation regime ensures that everybody enjoys the best possible chance of getting high on the mountain, altitude related problems can happen. The most common of these is acute mountain sickness (AMS).

Symptoms for this can include headaches, nausea and vomiting.

In all this sounds quite dramatic but generally this is just the process your body naturally goes through to adjust to the higher altitudes and the reduced partial pressure of the atmosphere. For some people the acclimatisation process is a little longer and harder than others.

We don't recommend using Diamox as a prophylactic and if you have been prescribed it by your GP, please raise this with your expedition leader.

What should I do if I start suffering from AMS?

AMS might sound frightening but our leaders are fully trained (and experienced) in helping to relieve your personal symptoms and provide advice on how to best proceed. Reducing the chances of AMS can be helped by following some simple yet effective guidelines: drink plenty of water, walk slowly, stay warm and eat well – and listen and talk to your guides.

The most important thing is not to fear it, but to respect it and to know how to deal with it and more importantly tell your guides how you feel. Our guides have seen every condition that the mountain produces, and they will always know how to deal with problems.

FAQ'S

Should I bring Diamox on the expedition with me?

Although we recommend you come armed with a course of Diamox or other high-altitude drug on this expedition, we do not recommend that take you these as a prophylactic during the trek or climb. We view Diamox as a treatment drug rather than a preventative medicine. Most adventure medics give similar advice, however we do appreciate this can be confusing, as many GPs (who aren't necessarily mountaineers) do suggest taking it as a prophylactic.

We pride ourselves on designing all our itineraries with acclimatisation very much front and centre and this expedition itinerary has been carefully designed to allow for your body to adjust to the altitude gradually, safely and comfortably. However, if you find that you are still having problems adjusting to the altitude (see our FAQ on Altitude Sickness) then your expedition leader or expedition medic will recommend the correct course of action regarding taking Diamox.

Should I take Diamox?

It is far preferable to take Diamox if and when needed during the course of the expedition. If you are already taking it and then start having altitude related problems you are left with few options but to descend to a more comfortable altitude which sadly often means that the summit is not attainable.

Furthermore, Diamox is a diuretic, meaning you will have to drink a lot of fluid to prevent dehydration. Of course, the upshot of this is you'll have to pee more which means you'll probably be having to get up more in the night and take cover behind rocks during the day. Another quite common side-effect is that it can cause your extremities to "buzz and tingle" including your fingers, toes and lips which can feel quite unsettling. Other side-effects can include dizziness and light headedness with loss of appetite, nausea, vomiting and diarrhoea. Although all these side-effects are manageable when you have symptoms of altitude sickness, we personally believe it is counter-intuitive to take it unless necessary.

Of course, it is totally up to you, this is just our recommendation and we're not doctors. If you do decide to take Diamox on the advice of your doctor then please do let your leader know in situ so they are aware of this. We also suggest you take the drug for a couple of days a few weeks before travelling so you can experience the symptoms before taking them during the trek.

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FAQ'S

What happens if there is a problem in the mountain?

All our guides are in communication with each other by phone and radio.

Our local trekking crew are all experienced in dealing with problems that could arise. Our guides are either doctors or qualified with the highest standard of wilderness first aid qualifications and can handle an emergency to the highest level of competency, in the vast majority of cases without national park assistance.

You advocate taking a small first aid kit, what should it contain?

We advocate a little bit of self-help on the trek. If you have a blister developing for instance then please stop, take off your boot and treat it before it becomes a problem.

Your own first aid kit should contain: a basic blister kit, plasters, antiseptic, high factor sun-protection, your own personal medication (sometimes the mules might get to camp after you and if one is carrying your medication you may not be able to take it according to the regime you are used to), basic pain relief (aspirin and Ibuprofen), a personal course of antibiotics if prone to illness. Foot powder in your socks every morning is great for preventing blisters.

Generally the best approach to take when packing your first aid kit is to include such basic medications as if you would on a family or personal holiday.

Your 360 expedition leader carries a very comprehensive first aid kit which contains a wide range of supplies and medications. He is fully trained to use whatever is needed for any emergency that may arise. We advocate keeping this in mind when packing your own first aid supplies and keeping your own first aid kit as compact and light as possible.

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FAQ'S

Do I need to take Malarial drugs?

The Malaria protozoa generally does not survive over an altitude of 1,500m so Malaria should pose no threat.

Our team have taken quite a number of groups trekking Tudan/Kiulu, and, so far, have had no incidences of malaria being contacted! But this doesn't mean the trail is free from malaria. It is a relatively new trail and the jungle is quite dense as most of it is primary untouched jungle. Even in places where we rarely hear of malaria incidences have been known to have it, e.g. Danum forest, parts of Kinabatangan (rare cases have been reported, very rare!). There are pockets of forest out there that do harbour malaria, especially where monkeys (and other apes) roam freely.

So, we will always advise people to protect themselves – better safe than sorry! But, we're not doctors, and so we always recommend that you visit your GP or travel clinic before departure to get the latest advice.

What vaccinations do I need?

Please see your GP Surgery or travel clinic for information on the latest recommended vaccinations and to ensure you are up to date on any necessary vaccinations.

Kit

Is it possible to rent equipment before I go?

It is possible to rent kit in the UK. While we recommend the use of personal equipment whenever possible if you will be doing many more expeditions, the cost of equipping yourself can be a big deterrent and hiring (or borrowing) is a worthwhile economy. Should you wish to rent any equipment, please take a look at www.outdoorhire.co.uk and then the 360 kit lists under "Partners Kit Lists".

What clothing should I wear on this trek?

Think about the time of year, and how high you are going. While you may swelter at the bottom of the mountains, it can get surprisingly nippy at altitude.

Both long sleeve tops and trekking trousers are recommended rather than shorts. Long sleeves and trousers are recommended as a deterrent to insects, scratches from bushes and to act as sun protection. Equally, if you wish to bring short sleeve tops or shorts, that's fine, just be careful. Keep an eye on sunburn. The prevailing conditions of the day will dictate what you feel like wearing. And the layering system never fails. If you're cold, put a layer on, if you're hot, take one off.

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FAQ'S

Will I need to bring waterproofs?

As much as we'd like to guarantee eternal sunshine, we can't fix the weather for you. You should bring waterproofs and they should be accessible. It is quite possible to be caught out in an afternoon rainstorm low down on the mountain. Once you get wet and your core temperature drops slightly, it becomes very hard to warm up and dry out your clothing.

Waterproofs should be breathable Goretex material or similar to save you drowning in your own sweat. Additionally they can be used as an invaluable wind shield to protect you against the effect of wind-chill when a strong wind blows.

What is the best type of footwear to use?

Because of the huge variety of terrain encountered when ascending these mountains it is very important to wear the right footwear.

Boots should be sturdy, waterproof and offer adequate ankle support.

In addition it is highly recommended that your boots are well worn in to prevent the formation of blisters. A wide range of suitable boots are on the market and further advice as to which brand names are available can be found online or at your local outdoor store. The leather / Goretex combinations are endless and each with their merits.

When in-store try lots of boots on, use the ramps in the shops to test their traction, make sure they are comfortable as you will be almost living in them for days on end and they are very important. Once you've found a pair you like, you think they're comfortable, and will be for several hours a day, buy them. It is not necessary to buy technical boots with crampon clips as crampons are not used for climbing this mountain. But you may enjoy wearing lighter trekking shoes on more gentle days.

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FAQ'S

What sort of bag should I have for this trip?

Whatever bag you go for make sure they are robust and have a large capacity. It will be far better having a large capacity bag with extra room (after all air doesn't weigh much) than having a bag too small and finding problems packing your kit. A 100 litre plus duffel bag for international air-travel is not too large. This can be left with any clothes/luxury items you don't need for the trekking with our local crew. You will be reunited with it after the jungle trek and then can leave it again with our local crew whilst trekking Kinabalu.

Once on expedition a 55-65L rucksack to carry everything you need for both jungle and the mountain phases of this expedition is perfect.

Pack no more than you would want to carry yourself: 10kg is the limit.

How much should my rucksack weigh? What size does that equate to?

Your rucksack should weigh no more than 10 kg for both the jungle and mountain phase of this expedition. A pack of around 55-65L capacity will suffice. You will only need to carry your daily essentials for both phases of this expedition; a dry set of clothes, a light sleeping bag, toiletries/personal medicine, a mosquito net and hammock form the essential items of the jungle phase. You will be sleeping in mountain huts on Kinabalu; no need for hammock and mosquito net. For the summit push you'll need water, a warm jacket, waterproofs, snacks and a camera.

It is important that this bag has an adjustable waist belt to transfer the weight of your daily load onto your hips and from here onto your legs so that your strongest muscles do most of the carrying. It's important to go as light as possible. You will be carrying your own daysack so think twice before putting too many hipflasks in.

What clothing is suitable for when we come back from the trek?

Shorts and T-shirts are fine to wear during the course of the day. Evening wear generally tends to be casual with long trousers and casual shirt being appropriate for all hotels and restaurants.

Malaysia is predominantly a Muslim country. Please be aware of this when packing. We highly recommend modest clothing for this expedition.

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FAQ'S

Do I need to bring a bivvy or tarp in case of rainy nights?

If it's thin, compact and lightweight then by all means bring a bivvy or tarp along – it's always better to play it safe.

Is it possible to get a porter to carry some of my kit?

Yes! If you are concerned that carrying 10kg for 4 days whilst trekking through the jungle may be too much it is possible to hire a porter locally. They can carry up to 10kg of kit for an additional cost of RM250 per day (about £50 per day). This can of course, be split between a few of you.

If you would like a porter to help with the carrying they must be booked in advance. Please let the office know if you would like us to book a porter in for you.

The Trek

How out of my comfort zone will I be?

On a day to day level remember that you will be camping at altitude. You are likely to be cold, washing and toilet facilities will be limited, your appetite may be affected by the altitude and as you get higher on the trek you are likely to suffer shortness of breath and many people experience difficulty sleeping.

Remember that everyone on the trek is likely to be experiencing exactly the same symptoms: physical and mental.

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FAQ'S

I see we are sleeping in hammocks for a few days. I have a terrible back is there another option?

Sleeping in hammocks is the traditional style in the jungle. Being off the jungle floor is the most practical option, as it protects you from creepy crawlies and the unforgiving ground. It also makes for quicker camp set up and de-rig!

Hammocks are incredibly comfortable to sleep in and you'll be taught how to best set it up to maximise comfort. The hammock sets that we will use on the trek is a complete set of the hammock itself + a mosquito net and a basha sheet.

If you do have a back issue that doesn't allow for such a style then we will of course liaise with our ground crew and do our very best to accommodate!

The Weather

How hot or cold can it get?

During the day, temperatures can be warm even in the mountain region with temperatures reaching the mid 20C's. In the evenings temperatures drop and are much cooler.

Rainfall is high due to the surrounding rain forests.

For Mt Kinabalu, the night time temperatures can drop to 2-3°C and the summit sometimes dips a few °C below zero.

As you will be trekking in a mountain environment, the weather can change rapidly so you need to be prepared for all conditions.

Travel

What if I arrive early or depart late? Is there a single room option on this trip?

If you would like to arrive early before the trek or stay out for a few days then let us know and we can make arrangements for you. There is a single room option when we are city-based, again, contact the office for more details.

Kinabalu

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FAQ'S

What happens if I need to leave the expedition early?

If a trekker needs to leave early arrangements can be made with the assistance our 360 Guide. Additional Costs (transport, hotels flights etc.) will be incurred by you but our guides will be able to assist in every detail of your departure.

Insurance

Do I need special travel insurance for the trek?

You must carry individual travel insurance to take part in the expedition. We cannot take you on the mountain without proof of insurance.

It is your responsibility to ensure that you have the appropriate insurance for your intended trip. To include medical evacuation and coverage up to the maximum altitude of this trip.

Your insurance details are requested on the booking form, however this can be arranged at a later date. 360 Expeditions will be requesting your insurance details 8 weeks before your departure.

Entry into Country

Do I need a visa to get into Borneo?

British nationals do not require a visa to visit Borneo. If you are not a British passport holder please check the current regulations in good time to obtain a visa if one is required.

FAQ'S

Training

How can I best train / prepare for this trek?

Obviously the best way to train for any expedition is to recreate the conditions of the climb as closely as possible. This is going to be difficult depending on where you are based geographically and we appreciate people have busy lives with work and family commitments.

Personal fitness is important for this trek, if you are struggling from day one then you will not enjoy the rest of the trip. Physical preparation does not have to be Herculean: concentrate on cardio-vascular exercise during the week by taking short runs when time allows and try to spend at least 2 weekends a month going on long walks (a decent six hours or 12 miles) carrying a rucksack of around 5kg in a reasonably hilly environment. Not sure what 5kg is? Put 5 one litre bottles of water into it.

This kind of regime will not only prepare your body for carrying minor loads but will harden your body against the big days on the trek itself. In addition it will help break in your boots and get you used to your equipment.

Finance

When is the money due for this expedition?

Generally speaking, deposits (which are non-refundable) are due upon booking, particularly if we are handling your flight bookings. The full amount should be paid 4 months prior to departure. However having said this, our aim is to get you into the mountains and we understand that personal financial situations can vary. Please contact our friendly office crew to discuss a suitable payment plan. We go by the motto of where there's a will there's a way.

If you are doing this for charity, your chosen charity will have particular requirements that they will communicate with you.

What currency is used in Borneo?

Borneo uses the Malaysian Ringgit. Keep an eye on the changing exchange rates. ATM's are widespread in more urban areas. Please note that most banks will charge a fee for overseas withdrawals.

FAQ'S

What additional spending money will we need?

The amount of money you will need depends on how many presents you wish to buy or how much you wish to drink when you come off the hill. As a basic rule of thumb \$200 USD should be more than adequate for any post expedition spending.

Borneo is a relatively cheap place and when indulging in the local custom of haggling then goods can be very good value for money. Your 360 leader will be happy to point out the relative bargains and the suitable prices plus where to get the best value for money.

How much do we tip our local crew?

Our local crew work extremely hard to ensure that your expedition runs well. While tipping is not compulsory, it is very much ingrained in Malaysian culture. Once someone sees the hard work the crew provides and realises the small amount of money they get paid relative to your own income, tipping will seem the least you can do to say thank you. As a guide we suggest around \$120 – \$150 per trekker for the entire local crew to be shared amongst them.

Tipping the 360 Leader is entirely at your discretion, although it is their skill, effort and dedication that can make an expedition a success.

What is your cancellation policy? What is your refund policy?

Please read our terms and conditions carefully before you depart for details on this. 360 Expeditions highly recommends trip cancellation insurance for all expeditions as we must adhere to a stringent cancellation policy.

Electronics

Do we need a travel adaptor for the plug sockets in the hotel or are they the same as UK?

Borneo uses the British three-pin (rectangular plug). The voltage is 220-240.

Is there mobile phone reception in the trek?

Mobiles will work sporadically.

Will I be able to charge my phone or camera out in the trek?

Opportunities to charge your batteries may be limited. If you can get hold of a lightweight solar battery charger this is probably the best option. We recommend Power Traveller products.

FAQ'S

General

Will my valuables be safe?

While we will do everything we can to provide adequate safety for the group and security for your possessions, the general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces, rings and even watches. Your passport and money should be kept on you at all times. As with travel in any foreign country, you need to look after yourself and your possessions, and this is no different.

Who will I be talking to before departure?

We're all here to answer any questions you may have, but you will mostly likely be talking to Marni about the trek, and Helen about any flight, invoice or financial queries. If you do have any queries, whether it's about medical concerns, you're unsure about certain things on the kit list, or you want to add a few days onto the expedition at the end to relax a bit, we encourage you to get in touch with us and Marni really loves to talk! The better informed you are, the more likely you are to take on your expedition with confidence, and thus reach your objective.

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TRAINING PROGRAM

To begin 6 months prior to the expedition where possible.

1. CVS: Cardiovascular exercise which is low impact such as swimming, cycling, cross trainer, rowing.

2. Weekend walk should be done over undulating terrain. Only a light rucksack needs to be carried.

3. For specific exercises it is worth doing static squats and heel raises on a regular basis to improve leg muscles prior to the trip. Static squats are especially useful to help protect the knees. Please remember that it is still important to have a well balanced workout using a variety of muscle groups.

4. It is worth winding down and resting in the week leading up to the trip, doing several light walks to keep things going.

5. When walking going at a pace of a brisk walk with a light sweat and enough to feel breathless is recommended

6. During the program, rather than step up suddenly each month (example, going for 3 one hour walks each week during the weekdays in April to 3 one and half hour walks suddenly in May) it is better to build up gradually each week so there isn't a large transition (example, going for 3 one hour walks during week 1 in April, going for 3 one hour and ten minute walks during week 2 in April, going for 3 one hour and fifteen minute walks during week 3 in April, going for 3 one hour and twenty minute walks during week 4 in April)

6. It is important you seek medical advice prior to starting any training program, especially if you are not used to regular physical exertion

All the best with your training!

MONTH 1

OPT 1

2 x 30 mins weekday walk
1 x 1 hour weekend walk
1 x 10 mins CVS

OPT 2

1 x 30 mins weekday walk
2 x 1 hour weekend walk
1 x 10 mins CVS

MONTH 2

OPT 1

2 x 45 mins weekday walk
1 x 2 hours weekend walk
2 x 10 mins CVS

OPT 2

1 x 45 mins weekday walk
2 x 2 hours weekend walk
2 x 10 mins CVS

MONTH 3

OPT 1

2 x 45 mins weekday walk
1 x 2 hours weekend walk
2 x 10 mins CVS

OPT 2

1 x 45 mins weekday walk
2 x 2 hours weekend walk
2 x 10 mins CVS

MONTH 4

OPT 1

3 x 1 hour weekday walk
1 x 4 hours weekend walk
3 x 15 mins CVS

OPT 2

2 x 1 hour weekday walk
2 x 4 hours weekend walk
3 x 15 mins CVS

MONTH 5

OPT 1

3 x 1.5 hours weekday walk
1 x 5 hours weekend walk
3 x 20 - 25 mins CVS

OPT 2

2 x 1.5 hours weekday walk
2 x 5 hours weekend walk
3 x 20 - 25 mins CVS

MONTH 6

OPT 1

3 x 2 hours weekday walk
1 x 6 hours weekend walk
3 x 30 mins CVS

OPT 2

2 x 3 hours weekday walk
2 x 6 hours weekend walk
3 x 30 mins CVS

360^{EXPEDITIONS}



"Life should not be a journey to the grave with the intention of arriving safely in a pretty & well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out & loudly proclaiming 'Wow! What a Ride!' "

Dream it. Plan it. Live it.