

# CHECKLIST FOR MT KINABALU

## **CLOTHES:**

- ☐ 4 dry fit T-shirt
- ☐ 2 hiking pants
- ☐ 2 pairs of leggings
- ☐ 2 pairs of socks
- ☐ 4 pairs of underwear
- ☐ 1 pair of night clothes
- ☐ 1 pair of thermals
- ☐ Small microfiber towel
  - there were bath towels at both the HQ dorm and at Laban Rata
- ☐ 4 smaller napkins
  - to wipe hands/sweat
- ☐ 1 pair waterproof gloves
- ☐ 1 waterproof windbreaker with a hood
- ☐ 1 fleece/down jacket
- ☐ 1 rain poncho
- ☐ 1 pair of spare socks and underwear
  - in case of rain
- ☐ Beanie
  - to cover your head and ears for the summit climb
- ☐ Sun visor/cap
- ☐ Knee guards if you need them

## **OTHER ESSENTIALS:**

- ☐ Peppermint and lavender essential oil roll on
  - available at [www.iherb.com](http://www.iherb.com)
- ☐ Small bottle of citronella oil
  - available at [www.iherb.com](http://www.iherb.com)
- ☐ Ear plugs
- ☐ Change Malaysian Ringgit
- ☐ 1 liter water bottle with a cap converter and mouthpiece
  - / water pouch with a mouthpiece
  - available at decathlon. Very useful to have the mouthpiece so you don't have to reach for the bottle for quick sips.

## **GEAR:**

- ☐ Good pair of hiking shoes
- ☐ Lightweight hiking backpack with rain proof cover
- ☐ Head torch
- ☐ Batteries for head torch
  - make sure they are new
- ☐ Hiking poles
  - can also be rented for 10RM from HQ
- ☐ Whistle
  - in case of emergency in bad weather or if visibility is very low
- ☐ Waterproof cover for your camera
- ☐ Waist pouch
  - easy access for phone and money

## **FIRST AID KIT:**

- ☐ Plasters/Band-Aids
- ☐ Panadol
- ☐ Diamox for altitude sickness
  - this is a prescription only drug in Singapore
- ☐ Crepe bandage
- ☐ Safety pins
- ☐ Iodine filled cotton buds for bruises from falls
  - available at Watsons/Guardian

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## **TOILETRIES:**

- ☐ Travel size deodorant
- ☐ Travel size body cream
- ☐ Travel size shower gel
- ☐ Travel size toothpaste
- ☐ Tooth brush
- ☐ Lip balm
- ☐ Small toilet roll

## **FOOD AND SNACKS:**

- ☐ Mini snickers/mars
- ☐ Energy bars
- ☐ Cashew nuts
- ☐ Peanuts
- ☐ Dried fruit
- ☐ Small packets of biscuits
- ☐ 90% cacao bar

## **MISCELLANEOUS:**

- ☐ Slippers
- ☐ Extra zip lock bags
  - to protect your things in case of rain
- ☐ Sun glasses
- ☐ 2 dry tissue packets
- ☐ 2 wet tissue packets
- ☐ Hand sanitizer
- ☐ Phone/camera chargers
- ☐ Pocket Wi-Fi
  - convenient rentals at [www.changirecommends.com](http://www.changirecommends.com)
- ☐ Eye mask
  - if light bothers you

## **REMEMBER TO:**

- Get your Malaysian visa if you need one
- Change your currency to Malaysian Ringgit
- Print your flight tickets for quick access
- Get sports insurance from [www.etiqa.com.sg](http://www.etiqa.com.sg)
- Clip your toe nails before the climb. It can be a very painful experience on the way down if you haven't.

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