

# PACKING LIST

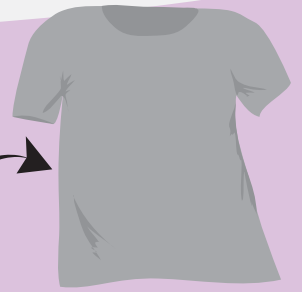


## Sweater/Jackets

- Light or medium-weight sweater or jacket of synthetic fabric.
- It gets cold in early morning and evening if you are visiting areas like Mt. Kinabalu, Trusmadi, Sayap, etc.

## Clothing

- Casual clothes.



- Long sleeves are desirable for sun and bug protection during hikes.



- Dress modestly, especially in rural areas for eg. village Abai on the Kinabatangan River.

## Luggage



- Duffel bag or suitcase. max weight 44 pounds.



- Daypack. It should have a capacity of 25 to 35 litres, and can double as your carry-on bag

- Casual city clothes
- Lightweight
- Easily washable items that can be mixed and matched.

## Bandana

Keep your neck from getting sunburned, can double as a hand towel.



## Swimwear

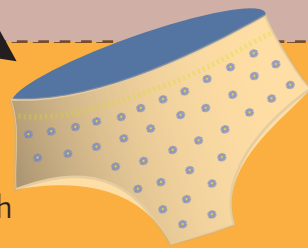
- Swimsuits or swim shorts
- Bikini or bathing suit

## Pants/Trousers

- Full-length pants, preferably of quick-drying synthetic material
- Knee-length skirt or loose traveling skirt for women
- Capri pants or long shorts

## Underwear

- Regular underwear.
- Synthetics are easier to wash and dry



## Footwear

- Sturdy, properly fitting footwear is essential. If you're buying new shoes, be sure to completely break them in prior to the trip.
- Comfortable walking shoes or lightweight hiking shoes with good ankle support and good traction.
- Slip-on shoes. Teva, Flip-flops or Chaco sandals are a good choice.
- Booties for the island portion of your trip (optional)
- Athletic or lightweight hiking socks suitable for your walking shoes.

## Shirts

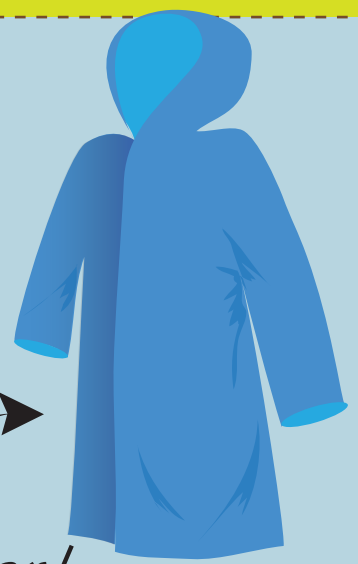
- Long-sleeved cotton or synthetic shirts
- Short-sleeved cotton or synthetic T-shirts

## Headwear

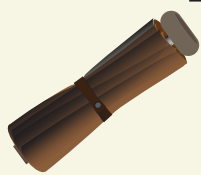
- Sun hat with wide brim
- Preferably with a chin strap to keep it from blowing off

## Outerwear/ Foul Weather Gear

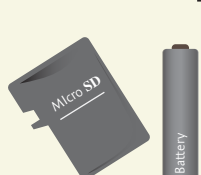
Lightweight wind/rain jacket



## TRAVEL ACCESSORIES



small folding umbrella – helpful for sun protection



Camera with memory and extra batteries



Toiletry kit— soap, toothbrush, and so on



Insect repellent



Sunglasses with strap  
Spare pair of prescription glasses, prescription sunglasses, or contact lenses.



Sunscreen and lip protection of SPF 30 or higher



Headlamp with spare batteries (best if waterproof) or small flashlight for night walks



Hand sanitiser or disposable pre-moistened towelettes for quick hand washing and hygiene



Binoculars



Ziploc bags work well (they're also great for camera gear)



Small padlocks or combination locks for your duffels



Personal first aid kit



Water bottle

### Note:

Consider bringing your own water bottle to refill along the way. The sale of bottled water contributes to an enormous environmental problem around the world. In addition to the water in bottles, the production of a 1 litre plastic bottle takes 2 litres of water and 200ml of oil. A large proportion ends up in limited landfill or discarded in waterways and natural environments. Although it can be difficult to avoid bottled water when travelling, please consider water purification techniques such as iodine or micropur and use the water dispensers which are provided at some of the accommodation.