

GENERAL TREKKING CHECKLIST

No	ITEM	REMARK
1	Hiking Boots	
2	Leech Socks/Socks	<i>*For leech Socks , You can either bring your own or buy at our souvenir shop in Maliau</i>
3	Rucksack	
4	Clothes/trekking trousers	
5	Head torch / Torchlight	
6	Basic First Aid kit	
7	Refill Water Bottles (1Liter)	
8	Selection of dry bags	<i>(to keep trek bag content dry)</i>
9	Sleeping Bag	
10	Toiletries	
11	Towel	
12	Raincoat	
13	Swimwear	
14	Insect repellent (75-100% DEET)	
15	Camera, flim, Batteries	<i>1 Camera / RM5 – Fees)</i>