

THRILL ADVENTURES (002483937-P)

F-1-13 Jalan Pandan Indah 22,
55100 Kuala Lumpur, Malaysia
Tel: +6012 3407895 / +6017 357 0285
E-mail: info@thrilladventures.com.my



HIKING CHECKLIST FOR MULTI-DAY HIKES

MUST HAVE EQUIPMENT

- Day pack (12-30L) - If there is a day hike to the peak in the itinerary
- Backpack rain cover
- Backpack pack (50-60L)
- Water bottle (1 litre; increase for hot weather, longer days and increased difficulty)
- Headlamp or torchlight with extra batteries
- Food (sweets, chocolates and snacks)
- Matches/ Lighter and pocket knife
- First-aid kit – each hiker must have own first aid kit (incl. mini-scissors & band-aids)
- Whistle
- Survival blanket
- Zip lock plastic / dry bag (use to keep your clothing/handphone/wallet dry)
- Disposable rain coat
- Sleeping bag
- Messin, fork, spoon & cup
- Sleeping mat / Carry mat
- Toiletries set (Top to toe body wash, tooth brush & tooth paste)
- Portable stove and butane gas (OPTIONAL)
- Shelter (Fly and sheet/tent)
- Gloves (Hiking/Sports Gloves)

FOOTWEAR

- Boots / shoes suitable for hiking
- Slipper / sandal to wear on camp site
- Thick hiking socks
- Leech socks (If trail has leeches)

CLOTHING (SUITABLE FOR TROPICAL WEATHER)

- Quick drying t-shirt
- Quick drying pants
- Sleepwear
- Undegarments
- Shorts / Kain batik
- Headband/Hat/Buff/Bandana
- Windbreaker

NOTE! Wearing bright colors (red, yellow, orange) makes you more visible to the rest of the group or to searchers if you become lost.

THRILL ADVENTURES (002483937-P)

F-1-13 Jalan Pandan Indah 22,
55100 Kuala Lumpur, Malaysia
Tel: +6012 3407895 / +6017 357 0285
E-mail: info@thrilladventures.com.my



HIKING CHECKLIST FOR MULTI-DAY HIKES

LEAVE IN THE CAR

- | | |
|--------------------------|--|
| <input type="checkbox"/> | Change of shoes/sandals/slippers |
| <input type="checkbox"/> | Change of dry clothes (so you don't have to drive home in wet clothes) |
| <input type="checkbox"/> | Plastic bag (to put in soiled clothes & shoes/boots) |
| <input type="checkbox"/> | Snacks and drinks as a refreshment |

OTHERS (LIST YOUR OWN)

| | | |
|-------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |