

Long Pa' Kau Jungle Survival Camp – 3 days / 2 nights

Description

Long Pa' Kau Survival Camp is situated just 50 minutes drive from Kota Kinabalu in the lush Kiulu Valley. This itinerary provides you with a fun and fascinating look at how to live wild - the way that traditional Borneo tribes have been doing for centuries. Our instructors are all from jungle tribes. Our camp is purpose-built to enable survival training at all levels while ensuring ecological sustainability. There is a beautiful river to wash and swim, western-style toilets and high quality hammocks for your first night in the jungle but can you do without them if you had to?

Itinerary (Timings to be used as guidelines only)

Day 1 (Lunch and Dinner)

You will be picked up from your hotel in Kota Kinabalu and transported to the jungle town of Kiulu. After a short briefing, your guides will lead you on a 2 – 3 hour trek into the camp. They will explain about the things you will see along the way. Once at camp you will learn how to use the most important tool in the jungle, the “Machete” (locally known as a Parang). We don't want any accidents so you will learn how to use one safely and efficiently. You will then set about putting up your hammocks and shelters and making your personal living space organised. You will also learn about the basics of a wild camp, what you need, where things need to be, preventing unwanted wild animals from being attracted and keeping people and equipment safe. You will help to cook dinner on an open fire before bedding down.

Day 2 (Breakfast, Lunch and Dinner)

A full day at and around the camp learning about the four priorities of survival: Water, Shelter, Fire and Food. You will also be taught how to best make use of the jungle environment to keep yourself alive, safe and comfortable. There is a lot of fun to be had making fire with and without a lighter or matches, constructing a home from plants and bamboo, finding food and collecting water. We cater for families, school groups, individuals and also forest professionals, explorers and scientists.

Day 3 (Breakfast and Lunch)

You will start the day nice and early, making the campfire and preparing your own breakfast before we teach you about jungle navigation and the basics of search and rescue. What do you do if you get lost in the forest? After lunch we pack up and trek out to the road head (1 ½ hours) where we will return to Kota Kinabalu by 3.30pm.

Pre-requisites

- A moderate level of fitness – you will be outdoors the whole time, able to trek for up to three hours.
- Prepared to rough it as the camp is very basic! Be prepared to sleep in hammocks and cook on open fires.
- Safety is always the priority and if the guide feels that it is not safe to continue for any reason, their decision must be respected.

Included:

- Hammock, basha sheet and mozzie net
- Food and water
- Transportation
- Guides

Packing list

- Sleeping bags & sheets
- Waterproof jacket



ADVENTURES

- Good walking boots
- Long trousers and a t-shirt/shirt for trekking
- A towel, spare socks
- A dry set of clothes for evening and sleeping
- Rucksack
- Waterproof bag for inside the rucksack
- Small personal medical kit including plasters, personal meds, plenty of insect repellent, etc.
- Torch and spare batteries