

## **KIULU VALLEY 4D3N TREK (Brief description)**

### **Day 1 – KK-Rangalau Kiulu Camp (1 hrs) – good mobile phone signal**

*Rangalau Camp, next to Kiulu river, is a permanent camp with stretcher hammocks, a fully equipped kitchen, proper showers & toilets, piped water and electricity (most of the time!!).*

Depart KK at 9am, arrive Rangalau Camp by 10.15am. Prepare lunch, lunch, set up sleeping space, activities til about 4pm, cook dinner, dinner, final check to prepare for next day's trek.

*Evacuation – a car takes 25 minutes from Rangalau camp to get to Tuaran Hospital (1 hr 15 mins to a KK hospital)*

### **Day 2 – Rangalau Camp-Lg Pa Kou Survival camp (Kiulu) – good mobile phone signal**

*Lg Pa Kou Survival Camp, next to a tributary of the Kiulu river good for swimming (when low tide), 2 toilets, gravity tap water, electricity, sleep in proper string jungle hammocks (provided), cook on open fire.*

Today's trek is about 15 kms, 5-6 hrs of trek (average group speed), 90% flat, plantations & forest, a few rivers and hanging bridges, tiny villages, hot & humid! On arrival at Lg Pa Kou jungle camp, set up hammocks, prepare for the night, cook dinner, swim if there's time, sit around campfire.

*Evacuation – a 4WD can get in to camp and it takes 35 minutes from camp to Tuaran (1 hr 25 mins to KK)*

### **Day 3 – Lg Pa Kou Survival camp-Bungkawas camp (Kiulu) – good phone signal**

*Bungkawas Jungle Camp is on top of a ridge, no electricity, water source from stream nearby, sleep in string jungle hammock.*

Today's trek is approx 7 kms, 5-6 hrs trek (average), 80% going uphill, 1 or 2 rivers, forest and plantations. Arrive Bungkawas camp, set up hammocks, cook & dinner, sit around campfire.

*Evacuation – 30 minutes stretcher carry to road head, then 4WD/car for 40 mins to Tuaran Hospital*

### **Day 4 – Bungkawas camp-Pukak – good phone signal**

About 40% downhill, 60% undulating, approx 5-6 hrs trek, a couple of rivers/streams. Bus pickup is from Kg Pukak, Kiulu, transfer to KK (1 hr 15 mins).

*Evacuation – less than 30 mins stretcher carry, 40 mins 4WD to Tuaran Hospital*

#### **Hospitals**

*Tuaran Hospital – 088-788317*

*KPJ Damai – 088-211333*

*Jesselton Medical Centre, Metro Town KK – 088-366333*

*Gleneagles KK – 088-518888*

### **Recommended Minimum Packing List**

Sleeping bags (2-season is adequate) – we will need this as mornings can get chilly!  
Waterproof jacket (or thin rain ponchos)  
A hat (wide brimmed, if possible, to protect from the sun)  
Sunglasses  
Good walking (hiking) boots  
A light pair of sandals (for camps and river crossing)  
Fast-dry Long trousers and a t-shirt/shirt for trekking  
A thin shower towel & a face towel  
Spare socks and undies  
Dry sets of clothes for evenings and sleeping  
A refillable water bottle  
A few water purification tablets (or Iodine) – *just in case!*  
A rucksack  
A waterproof bag for inside the rucksack  
Energy snacks  
A small personal medical kit which should contain plasters, antiseptics, personal meds, plenty of insect repellent, sun block, a tiny bottle of “Skin-so-soft” baby oil to use against sandflies, rehydration salts.  
A plate, bowl, mug and cutlery (all light-weight)  
Torch & camera and spare batteries  
A ziplock bag to keep all valuables and important papers  
Good pair of garden gloves for hand protection (you will need to hold on to stumps, small trees, vines along the way)  
Maybe a trekking pole for some

### **Normally included are**

Trek guides (1:8 ratio)  
A basic First Aid kit (with the lead guide)  
Hammock sets – which trekkers must carry themselves on the trek  
Transportation to/from the Kiulu Valley  
Village JKKK and camping fees and permits

### **Optional**

Personal porters (this needs to be confirmed when booking, additional cost)

### **Not included are**

Personal activity insurance  
Alcoholic and fizzie drinks, fresh juices, and others not mentioned above  
Roll mats

### **Additional Reminder**

*Please keep all used wrappings (e.g. from biscuits, candies, dry noodles, etc) in your bag and take it out to Kiulu village on the last trek day for proper disposal (leave absolutely nothing behind!)*