

## **2D1N SURVIVAL CAMPING (V2)**

*(Minimum 3pax, Max 20pax)*



*Long Pa Kou Survival Camp*

**FIELD SKILLS ADVENTURES SDN BHD** are offering some really exciting activities for domestic guests and adventure seekers to experience and enjoy so you can make the most of your holiday and leisure times.

We are offering 2D1N, 3D2N and 4D3N Survival Camping at our very own Survival Camps at Long Pa Kou and/or Waig-Waig Waterfall in the Kiulu valley. They are only a 45-60 minutes' drive from KK. **Mr Harry Daud**, our lead survival guide, has some 25 years of experience in the wild, and once held the Malaysian book of record for the longest unaided jungle trekking (on Borneo) of 54 days! So who better to share some amazing Borneo survival tips with us!



*Our river pool*

### **Approximate timeline for a 2D1N itinerary at our Long Pa Kou Survival Camp :**

#### **Day 1**

8am - **Drive your own car** to Kiulu (we'll provide directions), arrive at 8.45am, quick safety briefing. Safe parking area provided.

9am - Trek 45 minutes to our Lg Pa Kou Survival Camp. On the trek we learn about the flora & fauna of the Bornean jungle, walk over hanging bridges, rice fields and secondary forest. When we arrive camp we get a quick breather and then a camp safety briefing.

10.15 - With our guide's assistance, our first survival activity is to make our own safe sleeping spaces. We encourage you to experience sleeping in a jungle hammock, if you have never done it before!

12 noon - Lunch

1pm - More Bornean survival activities (shelter building, food and water foraging and fire-making) - lots of fun!

4.30pm - Swim and wash in the river (if water level permits).

5.30pm - We help out cooking dinner - the basic Survival way!

6.30pm - Dinner is served (all using jungle utensils) near the campfire.

7.30pm - Either we go frog-hunting (another local survival technique) or have a blowpipe competition (another survival skill) or story-telling/singing around the campfire.

9pm - Bed time.

## **Day 2**

6.30am - Wakey wakey!

7.30am - Breakfast and then we continue with looking at/doing more Bornean Survival techniques.

11.00am - We pack up, clean up camp.

12noon - Lunch

1pm - We trek out on a shorter trail to our car, we drive home.

**NOTE : IF YOU WOULD LIKE TO DO A 3D2N OR 4D3N ITINERARY OR A TAILORED-FAMILY ITINERARY, PLEASE DO GET IN TOUCH WITH US AND WE'LL SEND YOU A PROPOSAL.**

### **Recommended Minimum Packing List**

A sleeping sheet or bag (2-season is more than adequate)

Waterproof jacket (or thin rain ponchos)

A hat (something to protect from the sun)

Good walking (hiking) boots

A light pair of sandals (for camps and river)

Fast-dry Long trousers and a t-shirt/shirt for trekking

A quick-dry shower towel, a face towel and toiletries

Spare socks, undies, swim gear & sunglasses

Dry sets of clothes for evenings and sleeping

A refillable water bottle

A small sleeping pillow (if you must)

A backpack to carry your belongings (with a waterproof cover, if possible)

Your favourite snacks

Your 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 torch (don't forget!) and camera and spare batteries

A ziplock bag to keep all valuables and important papers (you know how much rain we get sometimes!)

### **Price for this trip**

2D1N - RM320/adult (16 & above), RM250/child\* (8-15).

3D2N - RM480/adult, RM380/child.

4D3N - RM640/adult, RM500/child.

### **Included in the price**

Meals and drinking water/cordial from lunch Day 1 to lunch final day, cutlery and utensils\*\*

Hammock sets (otherwise tents, with roll mats)

A basic First Aid kit and 24-hr emergency evacuation service

Camping, conservation and village fees and permit

All the amazing and fun activities

### **Evac Protocol**

5 minutes 4WD to road head, and then 20 minutes to Tuaran Hospital or 45 minutes to Gleneagles KK (barring heavy traffic)

**NOTE :** Your booking must be paid in full once your space is confirmed either via an email or a WhatsApp message. If it has to be cancelled due to MCO restrictions or force majeure or if you have to cancel due to sickness (with Doctor's cert), a refund is not possible but we will retain your payment as credit for you to use on another trip with us within 1 year of the original trip date.

\*If parents feel that their younger children will be able to come on this trip, then we will have no objections to this, except that parents will take full responsibility if the itinerary is interrupted in any way.

\*\*If you wish for us to supply ice cool beers, please let us know when you book your trip. They're RM5-RM8/can. BYO wine, if you wish.

#### **FIELD SKILLS ADVENTURES SDN BHD**

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**Fieldskills Adventures Sdn Bhd / Fieldskills Training Services have been organising and running school trips, adventure tours and first aid, forest safety and survival courses in Malaysia and the region since 2006.**