



Green Holiday Sdn Bhd KPL/6073

祥青假期有限公司 Company No : 875042D

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Mountain Climb Check List

- √ Long Sleeves Shirt / Warm Clothes
- √ Change of Clothes
- √ Suitable Walking Shoes – sport shoes [bring extra pair of shoes]
- √ Sandals
- √ Gloves / Cap / Mask
- √ Extra Socks
- √ Wind Breaker, Rain Coat
- √ Small Towel
- √ Toothbrush, Toothpaste....Toiletries that you may need
- √ Sun Block & Lip Gloss
- √ Insect Repellent
- √ Headache Tablet [Paracetamol]
- √ Plasters (for cuts / blisters)
- √ Deep Heat Lotion (for muscle cramp)
- √ Plastic Bags (for wet clothes, camera.....etc)
- √ Camera and charger
- √ Torchlight or head light
- √ High Energy Food (Chocolates, nuts, raisins, biscuits)
- √ Water Bottle [small]

Remember

Take Nothing but Photographs

Leave nothing but Footprints