

**MALIAU BASIN
CHECKLIST FOR TREKKERS**



1. A compass or Global Positioning System (GPS) – Maliau Basin map given upon request.
2. Personal First Aid Kit (anti malaria pills as a preventive measure)
3. Whistle and Pocket knife
4. Sleeping Bag and Insect Repellant
5. Flashlight (spare bulb and extra batteries)
6. Camera (extra films and batteries)
7. Leech Socks and extra socks
8. Hat and Rain Coat
9. Long Sleeved T-Shirts (Maliau is cool at night) and towels that can dry fast
10. Extra pants
11. Slipper, Trekker Boots or "Adidas" Shoes (useful when trekking on slippery trails)
12. Spare Plastic Bags (to store camera in case of rain and to pack clothing in plastic bags before putting it inside backpack)
13. Drinking Water
14. Garbage Bag (useful protective shield from rain)
15. Heavy Duty Backpack – guests are encourage to carry their own backpack
16. Matches / Lighter and Candles
17. Personal Toiletries (tooth brush, paste, body soap, shampoo, toilet paper and etc.)
18. Personal Items (plastic food container i.e. lunch box, fork, spoon and cup)
19. High energy snacks food e.g. chocolate, nuts and etc.

DO'S AND DON'T'S IN THE MALIAU BASIN CONSERVATION AREA

- No hunting is allowed. Fire arms are absolutely forbidden.
- No collecting or trapping of any plant or animal specimens
- No slashing of vegetation or cutting of new trails
- No graffiti on rocks or trees
- All litter / rubbish must be brought out
- Visitors must only stay in the designated campsites
- Campfires can be lit only under the supervision of Rangers