

# Mount Kinabalu Equipment Checklist

## Footwear

1. Hiking Boots - normal or mid cut for ankle support
2. Hiking Sandals / Sneaker - for use at Laban Rata

## Bagpack

1. Backpack - 25L - 35L
2. Rain Cover / Waterproof Liner for Backpack
3. Drybag for Electronics (HPhone / Camera )
4. Travel Bags (To leave at Kinabalu Park)
5. Porter Bags if planning to use porter services

## Clothing

1. Hiking Pants
2. Fleece pants
3. Insulated Pants for Day 2
4. Sleeping pants
5. Underwear
6. Hiking Shirt / Tshirt
7. Jacket - Hard / Soft Shell / Rainjacket / Waterproof / Raincoat
8. Insulated Jacket - to stay warm on Day 2
9. Fleece Jacket
10. Lightweight Base Layer
11. Cap / Hat
12. Beanie for Day 2
13. Gloves - Working Gloves / Thin Layer
14. Warm Gloves for Day 2
15. Hiking Socks - Thin
16. Hiking Socks - Thermal for Day 2

## Equipment

1. Headlamp and spare batteries
2. Sun Glass - Eye Protection
3. Trekking Poles
4. Camera / Phone
5. Power Bank

## **Misc**

1. Earplugs
2. Water Bottles
3. Energy Snack eg Chocolate , energy drink , gels
4. Sun Protection / lotion / lip balm
5. Personal Medical Kit / blister pads / paracetamol / ibuprofen
6. Rehydration Salt / Himalaya Salt