



PACKING LIST FOR Mt. Kinabalu trek

CLOTHING & SHOES

- Short-sleeved t-shirt
- Long-sleeved top
- Trekking trousers/shorts
- Lightweight rain jacket/poncho
- Windproof jacket/windbreaker
- Warm fleece
- Underwear
- Thick and thin hiking socks
- Warm sleepwear
- Sun hat/cap
- Waterproof hiking boots
- Beanie
- Neck warmer
- Waterproof gloves

ELECTRONICS

- Phone
- Camera
- Power bank
- Head torch
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TOILETRIES

- Toothbrush and toothpaste
- Deodorant
- Contact lenses/glasses
- Insect repellent
- High SPF sunscreen
- Lip balm with SPF
- Sleep mask/ear plugs
- Hairbrush
- Shower gel/shampoo
- Toilet paper

MEDICINE

- Allergy medication
- Pain relief
- Insect repellent
- Electrolytes
- Hand sanitiser
- Stomach medication
- First aid kit (including blister plasters)

MISCELLANEOUS

- Original passport
- Insurance certificate/card
- Cash for tipping
- Sunglasses
- Reusable water bottle (1.5-2 litres)
- Daypack with rain cover
- Snacks
- Quick-dry towel
- Optional trekking poles (available for local hire)

OTHER

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