

Borneo

Ethical Adventures

Travelling soon?

Here's a check-list to help make things go smoothly.

SECTION 1

Firstly, let's see what important documents we are waiting on.

- Passport (valid for minimum 6 months after end of tour)
- Travel insurance (You CAN NOT volunteer without valid insurance)
- International flight details
- Complete and return your Traveller Information Sheet

All ticks? Great! You're all clear for take off.

SECTION 2

Well-prepared travellers take these few simple steps

- Photocopy vital documents and keep them separate from original documents.
- Check visa requirements. Currently, Australian travellers do not require a visa to visit Malaysia on holidays for less than 90 days.
- Leave your itinerary and contact details with family.
- Log your travel plans with Smart Traveller and sign up for updates on the region. Visit smartraveller.gov.au.
- Consult Smart Traveller and/or your doctor regarding any health advice or inoculations.
- Notify your bank of your travel plans.
- Have a Plan B to access funds in case you lose your wallet. For example, most foreign currency Cashcards have a backup card in case you lose your primary card.
- Carry some cash (and small denominations) for Mulu as there are no banks or ATMs in the area (especially if you want to buy local crafts).
- We recommend installing 'What's App on your mobile phone. It enables you to make free international and local calls, send images and messages via wi-fi or your mobile data plan. Link up to my mobile +61 458 099 210 and your nearest and dearest before travelling.



And now it's time to pack! You'll need ...

BAGGAGE

If your tour involves trekking and you are planning on hiring porters your backpack needs to weight less than 20kg. Bags above 20kg will incur an extra fee and suitcases are not feasible (but are ok if you are not trekking).

DAY PACK

Look for a pack with well-padded wide shoulders (as you would a good backpack). Most have a small hole to allow for your camel pack/ rehydration pack to pop through.

One that is waterproof or has a cover to keep the rain out will always be useful in the rainforest.

A good camping/outdoor store should have all these things in stock.

SHOES

Comfortable shoes. Wear them in before you travel please! Either way a few blister plasters in your bag are handy as plasters are not so easy to buy in Malaysia.

Choose shoes with a flexible sole, that are easy drying and are not leather. I find Krotan Travel-Walker just perfect. They are easy drying, great for trekking or wearing around town, machine washable and super light.



KROTAN TRAVEL-WALKERS
www.paulcarroll.com.au/travel-walker-mesh-ladies

Any synthetic runner should do as long as it has a good open tread (wide teeth).



*Leave no trace ...
 Take only photos ...
 Leave only footprints*

CLOTHING

You don't need to go overboard with clothing in Borneo but a few common courtesies are standard.

No nudity in public or topless sun baking.

Men – keep your shirt on unless you're near a pool or waterfall.

Females – Save the plunging necklines and micro-minis for another day.

Outside of those basic guidelines usual dress standards apply.

You might want one smart casual outfit for dining, bars in Kuching or special events like a celebration at the Chief's house in the jungle.

You may also need:

A lightweight sweater – Where will you need a sweater in Borneo you ask?

Airplanes, taxis, hotel lobbies, shopping centres and perhaps in the evening while trekking.

Trekking and caving gear – Clothing similar to a gym work out is perfect (i.e. lightweight and easy drying).

Loose breathable pants and long sleeve shirt for evenings.

Synthetic underwear. Cotton takes way too long to dry.

DRINKING VESSEL

You need to drink plenty of water in the tropics and there is no better way to do this than with a camel pack drip feeding you as you walk.

I found I could easily drink a litre an hour while trekking whereas those with a water bottle only drank water when they made a point of stopping.

Flushing your body with water as you trek creates a healthy mind and body and sweating creates a natural air-conditioning similar to the old Coolgardie Cooler technique!

Best of all, wouldn't it be great if we could travel plastic water bottle free as often as possible!



HEADLAMP OR TORCH

You'll be given one to use during adventure caving but it's always handy to have your own for getting around at night in the jungle.

TOILETRIES AND OTHER

You can pick up most things that you may have forgotten in Kuching. However, first aid kits and the contents (like good quality plasters) are rare and expensive. Any item that you generally travel with like strapping tape or ankle supports are best purchased prior to departure.

A strong mosquito/leech repellent is popular with trekkers. DEET (the green one) is sought-after by Mulu residents and is unavailable for purchase in the region.

In fact, very little is available to purchase in Mulu.

If you use good quality hydration salts, or protein bars, buy before you travel.

Zip lock bags to protect phone/camera from rain.

There are a couple of health stores and organic shops in Kuching but once sold out in one shop, the chances are they are sold out everywhere for months.



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