

# PTT OUTDOOR'S

## CHECKLIST TO MOUNT KINABALU



- Backpack
- Personal toiletries
- Sunglasses
- Warm clothing
- Fleece jacket
- Waterproof jacket/disposable raincoat
- Hiking boots
- Socks
- Fluids
- Sun protection cream
- SPF lip balm
- Headlamp
- Insect repellent
- Medicine (Sickness tablets and painkillers)
- Binocular
- Hiking stick
- Camera
- Earplugs
- Snacks
- Passport