

2D1N SURVIVAL CAMPING

PERFECT FOR FAMILIES!

- Minimum 3pax, Max 10pax



Long Pa Kou Survival Camp

As we most likely may not be able to travel out of Sabah this coming school holidays, **FIELD SKILLS ADVENTURES SDN BHD** are offering some really exciting activities for families to experience and enjoy so you can make the most of your holiday times.

We are offering 2D1N Survival Camping at our very own Survival Camp at Long Pa Kou in the Kiulu valley. It's only a 45 minutes' drive from KK and there is a parking area very safe to park your car. **Mr Henry Daud**, our lead survival guide, has some 25 years of experience in the wild, and once held the Malaysian book of record for the longest unaided jungle trekking (on Borneo) of 54 days! So who better to share some amazing Borneo survival tips with us!



Our river pool

Approximate timeline for this itinerary:

Day 1

8am - Drive your car to Kiulu (we'll provide directions), arrive at 8.45am, quick safety briefing.

9am - Trek 45 minutes to our Lg Pa Kou Survival Camp. On the trek we learn about the flora & fauna of the Borneo jungle, walk over hanging bridges, rice fields and secondary forest. When we arrive camp we get a quick breather and then a camp safety briefing.

10.15 - With our guide's assistance, we make our own sleeping spaces. We encourage you to experience sleeping in a jungle hammock, if you have never done it before!

12 noon - Lunch

1pm - We'll do some survival activities (shelter building, food and water foraging and fire-making) - lots of fun!

4.30pm - Swim and wash in the river (if water level permits).

5.30pm - We help out cooking dinner.

6.30pm - Dinner is served near the campfire.

7.30pm - Either we go frog-hunting (another local survival technique) or have a blowpipe competition or story-telling/singing around the campfire.

9pm - Bed time.

Day 2

6.30am - Wakey wakey!

7.30am - Breakfast and then we continue with Survival techniques.

10.30am - We pack up, clean up camp.

11.30am - Brunch

12.30pm - We trek out to our car, drive home.

NOTE : IF YOU WOULD LIKE TO DO A 3D2N ITINERARY OR AN ALL-ADULT ITINERARY, PLEASE DO GET IN TOUCH WITH US AND WE'LL SEND YOU A PROPOSAL.

Recommended Minimum Packing List

A sleeping sheet or bag (2-season is more than adequate)

Waterproof jacket (or thin rain ponchos)

A hat (something to protect from the sun)

Good walking (hiking) boots

A light pair of sandals (for camps and river)

Fast-dry Long trousers and a t-shirt/shirt for trekking

A quick-dry shower towel, a face towel and toiletries

Spare socks, undies, swim gear & sunglasses

Dry sets of clothes for evenings and sleeping

A refillable water bottle

A small sleeping pillow (if you will)

A backpack to carry your belongings (with a waterproof cover, if possible)

Your favourite snacks

Your personal medical kit which should contain plasters, antiseptics, personal meds, plenty of insect repellent, sun block, a tiny bottle of "Skin-so-soft" baby oil to use against sandflies, rehydration salts.

A torch (don't forget!) and camera and spare batteries

A ziplock bag to keep all valuables and important papers

Price for this trip

2D1N - RM250/adult (16 & above), RM200/child* (8-15).

3D2N - RM450/adult, RM360/child.

Included in the price

Meals and drinking water/cordial from lunch Day 1 to brunch Day 2, cutlery and utensils

Hammock sets (otherwise tents, with roll mats)

A basic First Aid kit

Camping and village fees and permit

All the amazing and fun activities

Evac Protocol

5 minutes 4WD to road head, and then 20 minutes to Tuaran Hospital or 45 minutes to Gleneagles KK (barring heavy traffic)

NOTE : Your booking must be paid in full once your space is confirmed (either via an email or a WhatsApp message). If it has to be cancelled due to MCO restrictions or force majeure, we will refund your payment in full on the next working day.

*If parents feel that their younger children will be able to come on this trip, then we will have no objections to this, except that parents will take full responsibility if the itinerary is interrupted in any way.

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Fieldskills Adventures have been organising and running school trips, tours and first aid, forest safety and survival courses in Malaysia and the region since 2006.