

## WARNING

**DO NOT CLIMB** if you are suffering from or have a history of the following ailments:

1. Heart Disease
2. Hypertension
3. Chronic Asthma
4. Peptic Ulcer
5. Severe Anaemia
6. Diabetes
7. Epileptic
8. Arthritis
9. Palpitation
10. Hepatitis (Jaundice)
11. Muscular Cramps
12. Obesity (Over Weight)
13. Any other sickness that may be triggered by severe cold, exertion, and high altitude.

### Help Preserve Mt. Kinabalu Malaysia's First World Heritage Site

While you are in the park, please observe the rules and regulations of the park.

It is an offence under parks enactment, 1984 to deface damage, set fire to or remove anything existing inside the park or to introduce any plants or animals into the Park without the written approval of the Director of Sabah Parks.

Please help to protect the environment. Do not litter or leave any rubbish behind on mountain. Please bring down all your rubbish.

Thank You

## IMPORTANT NOTES FOR CLIMBERS ON MT. KINABALU

Please take a minute to listen to your mountain guide and read through these safety and security instructions. They may save your life.

1. Identify your mountain guide who will display an identification card.
2. Travel together in your own group and stay with the mountain guide at all times.
3. Follow the instructions of your mountain guide, such as do not run while on mountain rock face, etc.
4. Alert your mountain guide if you face any difficulty.
5. Display your climbing permit and show it to Park Officials at the checkpoint at Timpothon Gate, Laban Rata and Sayat-Sayat on your way up and down.
6. If, for any reason, you are separated from your group or the mountain guide, please follow the white rope that marks the summit trail. If visibility is very low or in the dark please hold onto the rope and follow it. (There is a thick white rope leading all the way from the vegetation belt above Pendant Hut to the summit. Use this rope to help climbing up and prevent falling when walking down). **PLEASE FOLLOW and USE THE ROPE FOR YOUR OWN SAFETY.**
7. The weather in the summit area can deteriorate in a matter of minutes. Thick mist may reduce visibility to only 3 meters, and rainstorms and wind of up to 120 km/hr. May occur at times. Please hold on to the **ROPE**, which will lead you to safety.
8. While climbing to the summit please make sure to carry with you the followings:-
  - ✓ **Wear enough warm clothing.** Temperature can be freezing at times.
  - ✓ **A torch light.** To light your way during the pre-dawn climb and to signal for help when needed
  - ✓ **A rain coat.** To protect you from rain and the wind, and it will slow down the loss of body heat
  - ✓ **A whistle.** Only to be used when help is needed. Three short blasts to attract attention, long continuous blasts for emergency and serious injuries
  - ✓ **Some energy food and water.** For emergency use when you are waiting for help to arrive
9. Do not leave your belonging unattended.

### Emergency contacts:

- 1) Mobile: 019-8620707, Office : 088-889888 (Park Manager)
- 2) Mobile: 014-9560884, 014-8743000 Office : 088-888627 (Protection & Enforcement)
- 3) Office : 088-889095 (Counter at Kinabalu Park Complex), 088-871550 (Counter at Mesilau)
- 4) Mobile: 019-8626295, 016-8034628, Office: 088-870102 (Poring Hot Springs)
- 5) Mobile: 017-8653798, 017-8329780 (Monggis)
- 6) Mobile: 019-8937713, 019-8305282 (Serinsim)
- 7) Mobile: 014-8743000, 019-8024110 (Mountain Rescue)
- 8) Mobile: 014-8743000, 019-8024110 (Maintenance)