

Sg Pisang Waterfall Abseiling Meetup details

Past trip video: <https://www.youtube.com/watch?v=e8pwJ-z2YUs>

Meetup: 9am

Location: The Coffee Bean store around Batu Caves area

GPS: 3.239624108804489, 101.69979572276239

Google map <https://maps.app.goo.gl/VC2YRncBdhHWHdgr6>

Taking GRAB

Enter the following address at the GRAB app as destination

The Coffee Bean & Tea Leaf - Prima Gombak

Driving yourself

We can meet directly at the trail head, follow this location

<https://maps.app.goo.gl/3g5oUBuGvm7YMZYQ9>

Limited car park there, carpool if possible. parking fees RM10,

Things to take note

1. Wear sporty attire, quick-dry long pant for scratches protection when you slip on abseiling, otherwise, short is suitable too.

*** Please note you will dip in the water from the start up to knee height

2. Please bring a set of spare clothes, shoe to change as you don't want to bring wets into the car. Bring laundry bag/plastic to keep your wet clothes and shoe
3. Snacks, energy foods, choc, banana etc.
4. toilet is kind of limited there, bring another set of dry clothes for changing when back to car
5. Small waterproof backpack/dry bag to carry water, mobile phone, camera, snacks
6. For breakfast, don't eat too heavy as you will get nausea during the initial steep hikes.
7. We will monitor the weather from time to time, in case it's rain, depends how bad is the condition, we can proceed if just drizzle, if too heavy and lightning then we have to retreat immediately.
8. Get the glasses retainer strap for those wearing glasses, water current is strong might flush it away
9. Recommended to wear the following shoes from start until end, normal shoe will slip a lot more on abseiling.

1. Adidas Kampung – Malaysian rubber shoe

Cheap RM10 Adidas Kampung shoe, can get from local shoe store or hardware store (google map for MR. DIY near your area, must wear socks as sands might get inside the shoe)



2. Aqua shoe

Can get it at around RM30 at sport store **Decathlon** Malaysia, google map for Decathlon near your area

