

MIR Takun Climbing Meetup details

Past trip video: <https://youtu.be/Tz7PUMvH7fo>

Meetup: 8am, GPS location (if bigger group we gonna meet early at 730am)
<https://maps.app.goo.g/Z8GnCiSuAJQFczTe9> or GRAB to address below

Jalan 3/1, Templer Heights, Templer Park, 48000 Rawang, Selangor

You will arrive at the residential guard house as shown in the pic below, get down the car and meet our guides there. If you are driving, our guides will show you where to park the car. Send a whatsapp message or call our guide if did not see them.



Things to noted

1. Wear sporty attire, long sleeve shirt and long pant for insect bites protection especially those having skin allergy to plants and insects, expect some mosi during the initial hikes. wear good grip of shoe for jungle walk or we recommend Malaysian jungle shoe **“Adidas Kampung”** for the hikes as trail could get slippery on normal walking shoe.



Cheap RM10 Adidas Kampung shoe, can get from local shoe store or hardware store (MR. DIY)

2. Bring extra set of cloths for changing after the activities in case got wets and dirty
3. Bring small backpack to carry water, energy food and drink (recommended 100Plus drink), insect repellent, waterproof your electronic items as might have chance get rain in the middle of activity.
4. We will distribute the helmet, harness and shoe at the meet up point for you to carry in. Keep it inside your small backpack (helmet can clip outside your backpack loop) and bring plastic bag to store provided rock climbing shoe.



Harness, Helmet, Rock climbing shoe will be provided during the meetup, participant will require to store it inside backpack and carry into the hikes.

5. For breakfast, don't eat too heavy as you will get nausea during the initial steep hikes.

6. 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.