

MY HIKING CHECKLIST

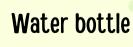


Snacks and juice

Change of clothes



Lightweight raincoat



DO'S & DON'TS



Follow the instructions of your tour guide.



DO NOT LITTER. Please use the garbage bags and bins provided along the trail and at the Lunch spot.

DO NOT REMOVE any plants or vegetation along the trail.





WHAT TO WEAR

Wear a comfortable pair of sneakers with socks. No Crocs, slippers or hiking slippers are allowed.



Wear a long-sleeved shirt/blouse. Shorts or Sleeveless tops are not advised as you will go through a bushy area.

