

# KANDOO ADVENTURES



22-DAY ADVENTURE

## ULTIMATE INDONESIA

Indonesia

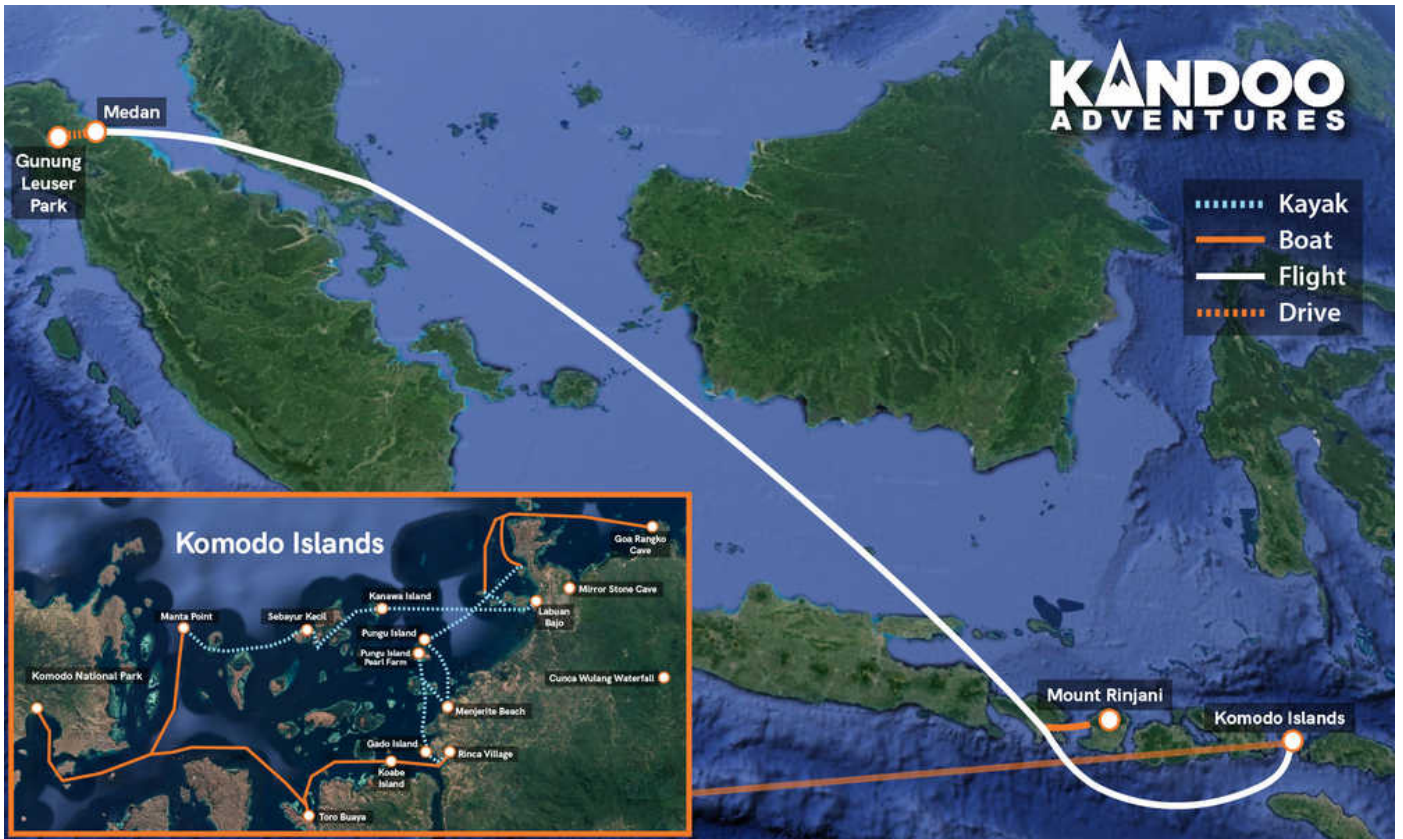
Beginning our unforgettable Indonesian adventure in Medan, the largest city on Sumatra, we have a day of exploration around the city before heading to the Gunung Leuser park to go in search of the famous "men of the forest"; Orangutans. Visiting these copper coloured protected species, in their natural habitat, will be our objective during two day treks into the depths of the jungle accompanied by park rangers. Trek completed, we will fly on to our next destination, Bali.

Here, we embrace our playful spirit; surfing, mountain biking and learning to dance like an Indonesian. We summit the renowned Mount Batur just as the sun begins to rise and relax in scenic, natural hot springs. This is all the warm up for the looming challenge awaiting us at Lombok: summiting the formidable Mount Rinjani. This huge, active volcano sits at 3726m and will be an undertaking, but the rewarding views at the top more than make up for it!

Ready to slow the pace somewhat, we journey on to the tranquility of the Komodo National Park and meet the local people whose lives evolve around this scattered web of islands. Joining up with the Komodo Kayaking open group, we visit the wonders of Cunca Wulang waterfall and Mirror Stone cave before kayaking through lush mangrove forests and snorkelling amongst incredible, Indonesian wildlife including turtles and mantas. We end our adventure in Labuan bajo, a delightful fishing town on the island of Flores.

## TRIP HIGHLIGHTS

- Search for gangly limbed Orangutans deep in the jungle of Gunung Leuser Park
- Learn to dance - Indonesian style!
- Summit the steep sided Mount Rinjani and reach it's crescent shaped crater lake
- Trip fully carbon offset as standard



# ITINERARY

## DAY 1

### ARRIVE IN SUMATRA

Welcome to Sumatra! Our guide will meet us at Medan Kuala Namu Airport (KNO) and transfer us to our hotel.

Transport: **Private transfer**  
Accommodation: **Hotel**

## DAY 2

### MEDAN CITY

Today we will spend exploring the lively city of Medan. We will visit the Sultan's palace with its intricate Asian architecture and domed roofs, as well as the Tjong a Fie Mansion; a beautiful art deco museum dedicated to the life of the famed philanthropist and leader, Tjong a Fie. We will sample local cuisine and bask in the chaotic harmony of North Sumatra's capital before hopping into our vehicle and driving away from the bustle of the city, to the peaceful charm of Bukit Lawang, nestled on the edge of the Gunung Leuser Park.

Transport: **Private transfer (4 hours)**  
Accommodation: **Hotel**  
Meals included: **Breakfast / Lunch**

## DAY 3

### GUNUNG LEUSER PARK

This morning we depart on the first of two trekking days in search of the Orangutans inhabiting the Gunung Leuser Park. Currently there are around 6,000 individuals living in this protected area of rainforest. Accompanied by a park ranger, with an eye accustomed to spotting the traces of these incredible primates, we make our way through the dense jungle. On route we have the opportunity to see other animals native to this forest; White and Black Gibbons, Hornbills and Monitor Lizards are just some of the incredible wildlife that live here. At the end of our days trek we return to our hotel, where we spent the night.

Hiking time: **6 - 7 hours**  
Accommodation: **Hotel**  
Meals included: **Breakfast / Lunch**

## DAY 4

### GUNUNG LEUSER PARK

This morning, we once again continue our search for Orangutans ("men of the forest" in Indonesian), while also discovering the extensive local flora and fauna that blanket the floor and canopy around us. The rich, vibrance of colour is reflected in the hundreds of species endemic to this region. At the end of our hike, our vehicle will take us back to our hotel in Medan ready for an early flight to Bali tomorrow morning.

Transport: **Private transfer (4 hours)**  
Hiking time: **3 hours**  
Accommodation: **Hotel**  
Meals included: **Breakfast / Lunch**

## DAY 5

### MEDAN TO KUTA

This morning we catch an early morning flight from Medan to Denpasar on Bali. We then transfer to our beachfront hotel and have time to relax by the hotel pool or on the beach.

Transport: **Flight (3.5 hours)**  
Accommodation: **Hotel**  
Meals included: **Breakfast**

#### DAY 6

### SURFING AT KUTA BEACH

We will spend today on Kuta beach, either early in the morning or in the afternoon we enjoy a private surfing lesson, depending upon tides. Then head north to the Kintamani volcanic region ready for our sunrise hike tomorrow morning.

Accommodation: **Hotel**

Meals included:

**Breakfast / Lunch / Dinner**

#### DAY 7

### SUNRISE HIKE UP MOUNT BATUR

Very early start today (around 4am), we transfer to the starting point of our hike to Mount Batur. The climb can be tough and steep. We reach the crater rim in time for sunrise, perched 1717m above sea level. An unforgettable experience. This summit offers a 180 degree panorama of Bali as well as Mount Rinjani in Lombok when the weather is clear. After descending we have some time to relax in natural hot springs at the base of the volcano before returning to our hotel for a relaxed afternoon.

Hiking time: **5 - 6 hours**

Ascent: **700 m**

Descent: **700 m**

Max. altitude: **1717 m**

Accommodation: **Hotel**

Meals included:

**Breakfast / Lunch / Dinner**

#### DAY 8

### MOUNTAIN BIKING FROM BATUR TO UBUD

After breakfast we transfer by minibus to Batur Volcano. We enjoy the spectacular scenery of the volcano and its lake before strapping on helmets and backpacks and setting off for 35km of amazing, easy-going, downhill mountain biking all the way to Ubud. We cross bamboo forest and paddy fields on single tracks, and small paved lanes and back roads through the local villages. Back in Ubud by mid afternoon, we can enjoy some free time to discover the cultural capital of Bali.

Activity time: **4 hours**

Accommodation: **Hotel**

Meals included: **Breakfast / Lunch**

#### DAY 9

### CULTURAL HIKE IN TAMPASKRING

This morning we follow a culturally infused trail through the rice paddies of Tampaskring, meeting the local people who farm this land, witnessing the intricate process of crafting traditional Balinese cakes, visit the elaborate Gunung Kawi temple and the ancient spiritual sanctuary, Bukit Gundul. Along the way we will sample a traditional Jamu juice drink, learn to make offerings and be taught to dance like a true Indonesian! We will return to our hotel in the late afternoon to give us time to pack ready for our next island.

Hiking time: **6 hours**

Accommodation: **Hotel**

Meals included: **Breakfast / Lunch**

## DAY 10

### UBUD TO LOMBOK

After breakfast at our hotel in Ubud, we head to Padangbai Harbor to take a speedboat over to the island of Lombok. It's recommended to bring some snacks for the journey as there won't be food available on the boat (ginger biscuits are always a good shout if you're sea legs aren't the best!) On arrival at Bangsal harbor, our driver takes us to Senaru waterfall from where we start an easy hike up to the falls. In the afternoon we reach our hostel in Senaru village and rest up for our 3 day ascent of Rinjani. Tomorrow will be the most demanding day of our trip so get plenty of sleep.

Transport: **Speedboat (3 hours)**

Hiking time: **1 - 2 hours**

Accommodation: **Hotel**

Meals included: **Breakfast**

## DAY 11

### SENARU VILLAGE - SEMBALUN CAMPSITE

Our first port of call today is the Rinjani National Park office. We check in with the park authorities, grab some breakfast and have a pre-trek briefing with our guide and support crew. From there, a short transfer takes us to our start point at Sembalun Village.

Hiking time: **8 - 9 hours**

Ascent: **1489 m**

Max. altitude: **2639 m**

Accommodation: **Camping**

Meals included:

**Breakfast / Lunch / Dinner**

The trek from Sembalun starts with a gentle ascent through the village and surrounding farmland before entering open grassland used as cattle grazing by local people. There are beautiful views of the hills of Sembalun and Rinjani itself as we walk. Please be aware it is essential you have a sunhat and plenty of sun cream for this section. There is very little shade in the grasslands and the sun can be intense.

After two hours, we reach our first stop at Pemantauan rest area (1300m). From here a steep climb takes us to our lunch spot at Tengengean (1500m). We pause for lunch while taking in the magnificent views. A tough afternoon awaits as we continue our ascent past Padabalong (1800m) and through pine forests to Pelawangan (2639m). This is our campsite on the crater rim of Sembalun and we can finally relax with a tea or coffee and watch the sunset from this spectacular location.

After dinner, get to bed early because our push to summit of Rinjani will start at 2am!

#### DAY 12

### THE SUMMIT OF RINJANI

We set off at 2am to complete the final 1000m of ascent to the summit of Rinjani. The climb should take us roughly 4 hours as although not too far in distance, it is very soft underfoot which makes for slow progress. At the summit at 3726m, the temperatures may be between 3-5 degrees, so an extra warm layer may come in handy! We watch in awe as the sun rises over Bali, Sumbawa and Mt Agung. The views are simply incredible and the sense of achievement enormous. We spend around an hour at the top before descending back down to camp for breakfast.

We continue our descent to Segara Anak Lake where we have awesome views of Mt Sangkareang far off in the western side of Rinjani National park. Once we reach the lake, our porters begin preparing lunch while we take a short walk to the hot springs to soak aching muscles. The hot springs here are said to have healing powers.

After lunch we continue for another 2-3 hours to reach our next campsite on the crater rim of Senaru.

Hiking time: **10 - 11 hours**

Ascent: **1500 m**

Descent: **1000 m**

Max. altitude: **3726 m**

Accommodation: **Camping**

Meals included:

**Breakfast / Lunch / Dinner**

#### DAY 13

### SENARU – SENGGIGI

From our campsite we have 5 hours of descent ahead of us to reach the Rinjani Trekking Centre office in the village of Senaru. This is a steep descent through jungle terrain and our walking poles will be put to good use as the ground underfoot is quite slippery. We take our time along the way, pausing for photo opportunities and lunch as we descend nearly 2000m in height from the crater rim. Once we reach the road, our car is waiting to transport us to our beach front hotel in Senggigi.

Hiking time: **5 - 6 hours**

Descent: **2040 m**

Accommodation: **Hotel**

Meals included: **Breakfast / Lunch**

#### DAY 14

### SENGGIGI TO KUTA

Today we have a little free time in the morning to enjoy the beach at our hotel. Late morning we take a speedboat back to Bali and transfer to Kuta.

Transport: **Speedboat (3 hours)**

Accommodation: **Hotel**

Meals included: **Breakfast**

#### DAY 15

### FLY DENPASAR TO LABUAN BAJO

This morning we fly from Denpasar to Komodo Airport in Labuan Bajo. Here we will transfer to our hotel. At this point we will meet up with the 'Komodo Kayaking' open group and have free time for the rest of the day to explore the fishing town of Labuan Bajo.

Transport: **Flight (1.3 hours)**

Accommodation: **Hotel**

Meals included: **Breakfast**

#### DAY 16

### FREE DAY IN LABUAN BAJO

Today you will have free time to relax at your hotel after a very busy couple of weeks. Go snorkelling off the hotel beachfront, ready your book beside the tropical pool or take a wander around the harbour front of Labuan Bajo.

Accommodation: **Hotel**

Meals included: **Breakfast**

#### DAY 17

### LABUAN BAJO – BIDADARI – GOA RANGKO – SETURE ISLAND

This morning is the start of our adventure out into the Komodo National Park. After a safety briefing at Puri Sari beach with our Guide, we will begin your first kayaking leg to Bidadari Island; with it's rocky outcrops and exotic white beaches it is the perfect place for a snorkel and a relaxing swim followed by some lunch aboard our traditional, wooden support boat. After lunch, the support boat will sail us to the spectacular site of Goa Rangko caves. This grotto shields clear, turquoise waters, seamed by stalactites and stalagmites. After some time exploring and swimming in the caves we will sail back to Seture Island for our first overnight camp beneath the stars and if time permits an evening sunset kayak, the perfect way to finish the day.

Accommodation: **Safari Style Tents**

Meals included:

**Breakfast / Lunch / Dinner**

#### DAY 18

### SETURE – PUNGU PEARL FARM – PUNGU ISLAND

This morning, after a delicious breakfast on board the support boat, we'll begin things with a relatively easy paddle, through the lush mangroves, to a local pearl farm. Learn about the local pearl business in a beautiful location, before heading on to Menjerite, famous for its crystal clear water. Snorkel from the picturesque jetty surrounded by colourful coral reefs and majestic views. We then continue on our paddle to Pungu Island, where we camp in Safari style tents on idyllic, white, sandy beaches.

Accommodation: **Safari Style Tents**

Meals included:

**Breakfast / Lunch / Dinner**

#### DAY 19

### PUNGU ISLAND – GADO – RINCA VILLAGE – KOABA – TORO BUAYA

After waking, and an optional early morning swim, we board the support boat for breakfast before starting our first paddle to Gado, its woven web of mangroves yielding some amazing snorkelling. Our guides take us to a unique spot that boasts giant table corals, multicoloured fish and turtles drifting by on their way to find lunch. We marvel at these incredible surroundings before hopping back in our kayaks and heading to Rinca Village School where we indulge in a bit of local culture and experience a small part of island life. To end our day, we take in the sunset aboard our boat at Koaba, a small mangrove island which is inhabited by bats. We watch the spectacular sight as thousands of them fly into the night sky before spending the night in our cabins, anchored up at Toro Buaya.

Accommodation: **Cabin**

Meals included:

**Breakfast / Lunch / Dinner**

#### DAY 20

### KOMODO – MANTA POINT – SEBAYUR KECIL

This morning, we board the support boat to Komodo National Park, home to the formidable Komodo Dragons. These impressive beasts are a highlight of the trip, as we trace them in the natural environment they have roamed for thousands of years. We then again board our support boat and take a scenic ride to Manta Point where these gracious marine wonders will delight us with their presence as we float amongst them. After lunch, we will then start paddling towards Sebayur Kecil for our last beach camp of the expedition. Sebayur Kecil has a beautiful white sand beach with some great coral reefs and interesting fish so a spot of snorkelling in the late afternoon or early the next morning is certainly encouraged.

Accommodation: **Safari Style Tents**

Meals included:

**Breakfast / Lunch / Dinner**

#### DAY 21

### SEBAYUR KECIL – KANAWA – LABUAN BAJO

After enjoying our last breakfast in the beautiful islands and maybe a swim or snorkel just off the beach, we will then make our way, paddling through the tropical mangrove forests towards Kanawa for one last snorkel and swim. Fringed with coral reefs, Kanawa's blue-green waters make for the perfect place to finish on a high, before we hit the last open stretch of kayaking. It will then be time to say goodbye to the crew before we arrive back at the Puri Sari Beach by mid afternoon. Enjoy free time for the rest of the day to relax in the luxury of the hotel or take in some local culture in this quaint fishing town.

Accommodation: **Hotel**

Meals included: **Breakfast / Lunch**

#### DAY 22

### DEPARTURE

Our transfer will pick us up at our hotel and transfer to the airport for our flight.

Meals included: **Breakfast**

### PLEASE NOTE

*The details in this programme are regularly updated but unforeseeable and unpredictable circumstances may result in inaccuracies. In order to provide the adventure which is best suited to your demands, the weather and the operational conditions, changes to the itinerary may be made. For safety reasons, we reserve the rights to interrupt your participation at any time if your technical level or fitness is deemed unsuitable or if you are seen as a danger to yourself or to those around you. Under no circumstances would this give rise to a refund or compensation.*



# TRIP INFORMATION

## DIFFICULTY

This adventure is rated as **challenging** as it is jam packed and you will be taking part in physical activities on 17/22 days, so a good degree of fitness is beneficial to ensure you have an enjoyable experience.

You will be required to walk for up to 11 hours in a day with a maximum ascent of 1500m and maximum descent of 2000m. The terrain can be steep and loose and care should be taken to avoid slips and trips, particularly on Rinjani where the ground can be soft underfoot, resembling sand dunes. Being in great physical condition with recent experience of hiking for 8-9 hours with 1000m elevation will ensure that you enjoy your treks. Please be aware that on Mount Rinjani, due to the steep terrain, helicopters aren't able to land, meaning helicopter evacuation isn't possible on this trek. Our descent protocol for climbers whose condition is mild (eg, early signs of altitude sickness, diarrhoea, tiredness) is to bring you down on foot. For anything more serious, you will be carried down by an evacuation team then transferred by vehicle to hospital. We would therefore recommend that you are confident in your ability to complete this climb.

On some days we will have up to 19km of kayaking to do. The areas we kayak in are mostly protected by the surrounding islands, which means we should not encounter large swells or waves. However, the park is known for its strong currents due to the water channelling in between the islands. We select our routes carefully to avoid kayaking against the current as much as possible. Previous kayaking experience or an introduction to kayaking control and stability is not essential but may give you some confidence in your ability.

We are running our trips in the dry season, so in the perfect situation, you should not experience much or any rain, however in recent years this has become more common. Temperatures in the parks are always warm ranging from mid 20's to mid-'30s during the day and low 20s during the night. Conditions can also be windy at times depending on the season. If it is too windy or unsafe to kayak we will cover the distance with our support boat.

If you have any questions about your suitability or how to prepare for this trip please have a look at our [Indonesia Trip Guide](#) and do not hesitate to contact us.

## FOOD & DRINK

Indonesia food is **delicious!** Expect plenty of meat with Sate Padang (beef satay), Ayam Bakar Taliwang (grilled chicken in spices) and Ikan Bakar (grilled fish in Sambal sauce). The cuisine is vibrant and colourful with intense flavours thanks to the vast array of spices.

A typical meal will always include steamed rice along with one or two main dishes of fish, meat or vegetables. Vegetarians can enjoy Tempe Goreng (Indonesian tofu), Nasi Goreng Lotus (rice with vegetables and egg cooked in a lotus leaf) or Gado Gado (green vegetables with tofu and peanut sauce).

We will take our breakfasts and evening meals either in our hotels or at local restaurants. Lunches will be picnics of fresh fruit and vegetables, bread, cheese and cold meats.

If you have special dietary requirements, please let us know when booking your trip.

Please be aware that tap water in Indonesia is not drinkable. Mineral water can be purchased in most towns and villages but we recommend you bring a water filter or purification tablets. You will be provided with fresh water to fill your bottles each morning and evening.

## ACCOMMODATION

On this trip we will stay in **comfortable hotel accommodation** for 15 nights. Rooms will be either double or twin with private bathrooms. Every hotel we use has been carefully selected for its high levels of comfort and cleanliness, great food, facilities and location. A single supplement is available on request and subject to availability.

We provide a **good quality 3 man tent** per 2 people to allow for maximum space and comfort. We will also provide a **foam mattress** per person and a **mess tent** for use at meal times and as a communal area. You will be required to pitch your own tent at the end of each day. At camp each evening we will set up a **toilet tent** and **wash tent**. These are very basic facilities that provide a little privacy. The toilet tent will simply cover a hole in the ground. The wash tent will contain a basin and cold water.

**Toilets** - In Indonesia, toilet paper is a rarity, with Indonesians preferring water as their cleanser of choice. Toilets are more often than not squatties with either a hose, bucket and water, or occasionally toilet paper available. If water is a no go in your eyes then it is definitely worth bringing your own loo roll. In many cases, wiping is a hands-on affair with locals sticking to using one hand for wiping and the other for eating, drinking and shaking hands. Of course, if you wash your hands thoroughly after each visit to the toilet then you shouldn't have any issues either way. In most hotels, however you will find there are flushing, western style toilets with toilet roll available.

## LUGGAGE

Your main bag should be a flexible duffel bag or backpack of around 70-90 litres and not a rigid suitcase. Your luggage will be transported by bus and can be left on the bus while you are participating in activities. On your domestic flights you have a main baggage weight allowance of 25kg and a hand luggage allowance of 5kg. You will need a daypack of roughly 40 litres to carry with you each day containing your water, spare clothing, lunch, medication etc. This can be used as hand luggage during your flight. We recommend also bringing a waterproof cover for your daypack.

## HOW DO I GET THERE?

You will need to arrive into Medan Kuala Namu Airport (KNO) on the island of Sumatra on Day 1 of your trip.

From the UK, Singapore Airlines have convenient flights departing from Heathrow with 1 short stop in Singapore on the way. Another airline to consider from London is Malaysia Airlines who fly via Kuala Lumpur. Qatar, Turkish Airlines, Malaysia and Singapore Airlines all offer flights to Medan from the rest of the UK; Manchester, Edinburgh, Birmingham, with two stops on route.

From the US, China Airlines and Singapore Airlines offer flights from New York and Los Angeles, whereas Qatar, Singapore and Malaysia airlines offer flights from Atlanta, Dallas and Miami. All these flights have two stops on route to Medan often via Kuala Lumpur, Singapore or Doha.

On arrival in Medan, after clearing immigration and collecting your luggage, please look out for a member of our team in the arrivals area. They will be holding a large "KANDOO" sign.

**A customs declaration form must be filled out 48 hours prior to arrival in Indonesia. Follow the link to fill out the form - [Declaration Form](#)**

You will need to book your departure flights from Komodo Airport in Labuan Bajo (LBJ). If your onwards travel is to the US, Etihad Airways and Emirates offer flights alongside Citylink to New York and Dallas with stopovers in Jakarta and the Middle East. To fly to the west coast of the US, BatikAir Indonesia offer flights via Bali and Singapore to Los Angeles with Singapore Airlines and flights via Bali and Taiwan to San Francisco with China Airlines. If you are returning to the UK, Emirates offer flights alongside Citylink via Jakarta and the Middle East to most of the UK's major airports.

*If you are changing airlines or re-checking your luggage at an airport on route, please ensure you leave a minimum of 3 hours between flights. This will account for any delays on arrival, travel time across airports (this can take longer than you think) and time taken to re-check baggage.*

### Travelling Responsibly

Here at Kandoo, we like to support our guests to make their travel more sustainable. As of 2025, we are offsetting the carbon on all of our trips from arrival in destination to dropping you back off at the airport. As we don't include flight travel in our trips these aren't included in our offsetting calculations, so we are providing you with the calculator below for you to do this yourselves.

### [eCO2 Flights Calculator](#)

## BUDGET & CHANGE

The currency in Indonesia is the Indonesian Rupiah, Rp (IDR). You can withdraw Indonesian Rupiahs from in-country ATMs or exchange money at the airport/local currency exchange offices. ATMs can be found at the banks in Medan, Denpasar and Labuan Bajo.

The cost of an average meal in Sumatra and Bali is between \$4 to \$11 and in Labuan Bajo will be about \$15 per person. The hotel we use in Labuan Bajo is situated on the beachfront with it's own restaurant and many of our guests choose to eat here rather than in the town itself. When purchasing souvenirs, we ask our guests to respect the Species Protection Agreements (CITES) which protects 2,500 species of animals by prohibiting the trade of hides, scales, corals, shells and live animals.

## **TIPS**

Tipping when you are satisfied with the service you have received is customary in Indonesia. However, it is not mandatory and should be left to the discretion of each individual.

We recommend the following tips per traveller per trip:

Kayaking guides - \$55-65

Lead guide and drivers - \$120-200

Rinjani climb guides - \$30-35

# FORMALITIES & HEALTH

## PASSPORT

As soon as possible after booking your tour, please provide Kandoo Adventures with your passport details (first name, last name, date of birth, passport number, issue date, expiry date) along with a photocopy of the photo page. Your passport must be valid for 6 months after your departure date.

## VISA

United States, Canadian, Australian and UK passport holders are eligible for a visa upon arrival to enter Indonesia for a period of less than 30 days. On arrival you will be granted a maximum 30 day stay in the country. We recommend applying for an e-visa in advance at: <https://molina.imigrasi.go.id/> as it will enable you to skip the queue on arrival.

Prior to your arrival in Indonesia (48h), you will also need to complete the customs declaration form via the following site: <https://ecd.beacukai.go.id/>

This information may be subject to change, without notice, by the local authorities. It is your responsibility to check the latest travel requirements and information before departure.

## VACCINATIONS

Recommended vaccinations include Diphtheria, Hepatitis A, Poliomyelitis and Tetanus. It is your responsibility to check the latest health information before travel.

## INSURANCE

Before you can join any Kandoo Adventure, you will need to insure yourself against accident, injury, and illness.

Your insurance must cover the cost of helicopter evacuation and repatriation if necessary. Make sure your insurer knows of your travel plans, and verify that your policy fully covers your trek, climb, and any other activities you will participate in. Specifically, for our Volcanic Adventures trip, you need to be covered for trekking above 4000 metres and for our Bali Multi-Activity you need to be covered for trekking above 3,000m. It is your responsibility to ensure that you are fully and adequately insured for the duration of your trip. Please ensure that all activities, excursions and destinations in your itinerary are included in your travel insurance policy, in addition to your regular cover for cancellation and medical expenses.

We ask that you keep a copy of your policy summary (containing policy number and the emergency contact number for your insurer) in your day sack at all times, so that we can access this information should we need to contact the insurer on your behalf. You will also need to bring details of your insurance cover to the pre-trek briefing.

We recommend the global supplier of travel insurance, World Nomads. Make sure to choose the correct policy for the altitude you are trekking to. Be sure to read the small print carefully for any policy you are considering - different policies provide different levels of cover, so make sure you understand what is and isn't included in your policy.

## HEALTH

Malaria prophylaxis are not required for travel to Java and Bali but are required in other parts of Indonesia such as Lombok and the Komodo Islands.

## **MEDICATION**

Your guide carries a first aid kit at all times. However, we recommend bringing any medicine you feel you may need. This could include:

- Painkillers
- Anti-diarrhoea tablets
- High factor sunscreen for lips and skin
- Moisturising cream (for sunburn)
- Elastic bandage, regular bandages and Blister bandages
- Sanitary products
- Water purifying tablets or filters
- Mosquito repellent

# EQUIPMENT & CLOTHING

## EQUIPMENT SUPPLIED BY KANDOO ADVENTURES

- 3-man dome tent per 2 people
- Comfortable sleeping mat
- Toilet tent
- Eating utensils
- Snorkelling equipment including mask, snorkel and fins
- Kayaks - *The kayaks we use are called Komodos. They are adjustable meaning they can be dismantled and made into a 1 or 2 man craft. Usually on an expedition, you will share a double kayak, however if you prefer to paddle in a single kayak, please let us know before departing for your trip. The kayaks are made out of durable plastic and are perfectly suited for expeditions such as this. They have large storage space in both the front and back of the craft as well as secure deck straps for immediate use equipment. Each kayak comes with a handheld bilge pump, waterproof torch, and compass. The kayaks slot together like a jigsaw puzzle and are then secured together to the support boat. You will be asked to check your kayak each morning and afternoon.*
- Paddle
- Life jacket
- Spray deck to keep water out of the capsule

## CLOTHING TO BRING

- Warm hat and gloves
- Buff / gaiter
- T-shirts (short and long sleeve)
- Thermal long sleeve shirt
- Lightweight long sleeve shirt
- Rash vest or t-shirt to wear whilst kayaking
- T-shirts (short and long sleeved)
- Thermal leggings in case of cold nights
- 2 sweaters - 1 light/1 warm
- Soft shell or fleece jacket
- Waterproof and windproof hard shell jacket
- Waterproof and windproof hard shell trousers
- Breathable fast drying underwear
- Comfortable long trousers (fast drying)
- Knee length shorts for trekking in warm weather
- Comfy trainers/shoes for evenings
- Socks for hiking
- Hiking boots (with ankle support and a slightly ridged sole)
- Kayaking booties or trekking sandals to protect your heels
- Neoprene gloves to protect from blisters whilst kayaking
- Sunglasses with a retaining cord
- Broad brimmed sun hat with cord

## **EQUIPMENT TO BRING**

- Sleeping bag with comfort rating of 10 degrees
- 1 head torch with spare batteries and bulb
- 1 duffel bag - 70 to 90 litres (flexible and water resistant)
- 1 daypack - 30 to 40 liters to carry with you while hiking
- Water purification system (charcoal filter, chlorine tablets or similar)
- 2 water bottles (minimum 1 litre or a water bladder)
- Toiletries (including wet wipes)
- Quick drying towel
- Dry bags - for packing your kit into if your bag is not waterproof

## **GEAR RENTAL**

- Head torch
- Walking poles



# HOW TO BOOK THIS TRIP

## **1 CHOOSE YOUR DATE AND CHECK AVAILABILITY**

A full list of available dates can be found on our website.

## **2 CONTACT US**

Contact us by phone, email or through our website. We will answer any questions you may have and send you a personalized itinerary and quote.

## **3 COMPLETE BOOKING AND PAYMENT**

When you are ready to book, we will send you a link to our online booking forms and participation agreements. We accept all major credit and debit cards and require a low 20% deposit to secure your place.

