

## \*\*\*\*\*\*GUIDELINE FOR VISITORS\*\*\*\*\*

## Please Do This(Do's)

- Register your arrival or check out at the Registration Office
- Inform us of any changes to your scheduled activities
- Understand our in-house roles
- Ask our ranger for assistance
- During an emergency, follow the instructions from our ranger on duty
- Jungle trekking activities must be accompanied by our ranger
- Wear the proper clothes and shoes during outdoor activities
- Always drink boiled water
- Bring extra drinking water during trekking
- Bring useful items such as insect repellent, First Aid, toiletries, torch light, and snacks during trekking
- Bring only crucial items while trekking
- Take good care of your belongings and keep them in a safe place
- Put some identification on your belonging before handing over to your personal porter
- Confirm and know the guide or ranger who will accompany you
- Inform the guide /ranger if you have any fitness problems
- Think "safety first" for any activities
- Keep within your group while trekking
- Check your surroundings before taking a rest
- Bring back your solid rubbish
- Stay alert while trekking
- Take your time during trekking
- Enjoy your stay

## Please Don't Do This (Don'ts)

Walk alone inside the forest

Make noise

Use perfume

Shade/stop under a dead tree

Touch any unknown insect or plant

Take away any forest product

Use candles after lights-off

Litter

Start an open fire

Hunt, fish, collect and cut plants

Leave any graffiti

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