

PRE TRIP INFO PACK



Note: Conditions apply upon confirmation of bookings. Booking dates are subject to confirmation.

Camping is allowed under the same family member/household bubble.

No social gathering of events such as parties, birthday parties, celebration.

Precautions to be taken before arriving at The NEST @ Maeps Serdang

The NEST@ Maeps Serdang, advice campers to exercise the following precautions to safe guard the safety of the staff and campers prior to arriving at the camp site. The following are some of the steps.

- [] 7 days to avoid Dine-In Restaurants
- [] 7 days to avoid Cinemas
- [] 7 days without Flu/Cold, Fever >37.5 Degrees Celsius, Shortness of Breath including coughs and Sneezes.
- [] Proof of completed regimen for a COVID-19 vaccine that is authorized by the Ministry of Health - Malaysia. Two weeks (14 days) after receiving the second dose of a two-dose vaccine (full vaccination requirement).

Traveling to The NEST@ Maeps Serdang, :

- [] Wash your hands often
- [] Avoid touching your eyes, nose, and mouth
- [] Keep 2m of distance from others
- [] Wear a mask when in public
- [] Carry and use sanitizing wipes to clean surfaces you come in contact with
- [] Cover coughs and sneezes
- [] Avoid dine-in restaurants

Upon Arrival at The NEST@ Maeps Serdang,

- a. Follow the instructions of the event organizer at the health screening counter, which has been set up at the entrance to conduct body temperature checks and screening for symptoms of cough, sore throat, cold (flu) and shortness of breath. Guests with body temperatures above 37.5 degrees Celsius to be refused entry.
- b. All guests must keep up personal hygiene and clean their hands with frequently with soap (preferably) or hand sanitizer.
- c. Guests must adhere to physical distancing of AT LEAST 1 - 2 meters.
- d. Following the latest government SOP, guests MUST wear face masks at all times.
- e. Individuals with chronic illnesses are advised not to attend campsite.

REGISTRATION OF GUESTS via MySejahtera App

All guests must register their name, contact number and time of attendance as specified by the event organizer using the MySejahtera application.

Best in-Field Practices at The NEST@ Maeps Serdang,

- [] Physical distancing (two meters) at all times when possible
- [] Do not cross over to others campsite zone
- [] Use your own chairs & tables
- [] Use your own utensil
- [] Distanced sleeping arrangements (family member can in one tent)
- [] Frequent hand washing
- [] Masks for all activities
- [] Gloves and eye protection during close-physical contact

Additional Optional Precautions

Take steps to limit your exposure to coronavirus for 14 days prior to your camping:

- [] Physical distancing
- [] Frequent hand washing
- [] Monitoring for COVID-19 symptoms
- [] Advisory negative PCR test for COVID-19 taken no more than 5 days before the camping start date
- [] Proof of completed regimen for a COVID-19 vaccine that is authorized by the Ministry of Health - Malaysia. Two weeks after receiving the second dose of a two-dose vaccine (full vaccination requirement).

POINTERS TO TAKE NOTE

- ✓ If you have back from overseas less than 14 days ago, please refrain from attending this camping, we will refund your payment.
- ✓ If you have symptoms of cough, sore throat, cold (flu) and shortness of breath, please stay home and refrain from attending this camping, we will refund your payment.
- ✓ Please adhere to the organizer's allocation of your designated activities and be at the respective zones on time.
- ✓ When you are setting up your tents, do observe some physical distancing between your tent and your neighbour's.
- ✓ Please ensure your vehicle parked at the campsite do not obstruct other camper's convenience.
- ✓ We encourage all guest to use recycle plates and cups and cutleries and not disposables ones as much as possible, do bring your own utensils, cutleries and cups during all meals.
- ✓ Filtered water is available at the main cabin area and cost only RM 0.10 per 1.5 liter
- ✓ All rubbish bins are labeled for different kind of waste, please take note and we encourage you bring back your own rubbish.
- ✓ The kitchen zone at the cabin area is for your washing after meals; please ensure cleanliness at all time for the enjoyment of others.
- ✓ No loud music or noisy activities after midnight.

AT THE NEST @ MAEPS SERDANG, WE APPLY LEAVE NO TRACE OUTDOOR ETHICS PRINCIPLES



The Leave No Trace Recommendations for Getting Outside During Covid-19

The coronavirus pandemic has altered all of our lives. The Leave No Trace Center for Outdoor Ethics aligns with the [CDC recommendations](#) to help slow the spread of the virus. Let's keep ourselves, our communities and our natural world healthy.

1 You and Your Outdoor World

You may be asking: *Can I go for a hike or walk on the beach right now?* Your personal vulnerability, the health of others in your community, access to local and uncrowded spaces and more play into this decision. Then there are communities and states with either lockdown, shelter in place or stay at home mandates. Where Covid-19 is spiking, it may not be possible to get out at all, so pay close attention to guidance in your community before heading outside. Then follow physical distancing guidance, meaning staying at least six-feet away from anyone not living with you.

2 Expect Closures

As businesses limit services or direct their staff to work remotely, closures should be expected. The result could be a lack of water, restrooms, campgrounds, or other facilities—or even entire areas closed to the public. Many experts are recommending that you refrain from using public restrooms and other open facilities at all right now. Take necessary precautions like bringing extra food and water, learning how to go to the **bathroom outdoors**, and being ready to pack all your trash out with you.

3 Pack Out Your Trash

With limited staff and services likely in many parks and protected areas, trash and recycling receptacles may not be emptied as often as normal or at all. This can result in trash overflowing from receptacles which becomes litter and can harm wildlife. Instead, pack your trash and recyclables out with you all the way home and utilize your own receptacles.

4 Avoid Times and Places of High Use

Absolutely avoid crowded parks, trails, and beaches. Physical distancing applies in the outdoors just as it does anywhere else. To avoid being part of the creation of large crowds and groups at popular outdoor areas, spread out to less popular spots, and avoid times of highest use if possible. [Follow guidelines at **usa.gov/state-health** about group size restrictions.](#)

5 Proceed With Caution

Keep in mind that as our healthcare system becomes more overwhelmed, it's important to reduce potential accidents that would add to the stress on first responders and medical professionals. As much as possible, stick to activities and areas that are within your regular routine and take it easy.

6 Don't Forget the Leave No Trace 7 Principles

Just because times are tough, doesn't mean the Leave No Trace **7 Principles** fly out the window. Our outdoor spaces will likely be receiving less attention from staff and volunteers right now. This means our shared spaces need us to act as stewards more than ever. Remember, it is still just as important to prepare for spring weather conditions, stick to trails, dispose of our waste properly, minimize fire impacts, leave what we find, keep a safe distance from wildlife, and generally do your best to eliminate impacts.

7 Be Considerate and Kind to Other Visitors

We are all in this together. Be considerate of others in the outdoors by ensuring that you practice physical distancing. Be particularly kind to park staff during these challenging times. Help them do their job by doing your part to take care of each other and our beloved outdoors.

We will see
you out
there on the
other side!



THE LEAVE NO TRACE SEVEN PRINCIPLES



1

PLAN AHEAD AND PREPARE

Know the regulations and special concerns for the area you'll visit. Prepare for extreme weather, hazards, and emergencies. Schedule your trip to avoid times of high use. Visit in small groups when possible. Consider splitting larger groups into smaller groups. Repackage food to minimize waste. Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

TRAVEL AND CAMP ON DURABLE SURFACES

Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow. Protect riparian areas by camping at least 200 feet from lakes and streams. Good campsites are found, not made. Altering a site is not necessary. In popular areas: Concentrate use on existing trails and campsites. Walk single file in the middle of the trail, even when wet or muddy. Keep campsites small. Focus activity in areas where vegetation is absent. In pristine areas: Disperse use to prevent the creation of campsites and trails. Avoid places where impacts are just beginning.

2



3

DISPOSE OF WASTE PROPERLY

Pack it in, pack it out. Inspect your campsite and rest areas for trash or spilled foods. Pack out all trash, leftover food and litter. Deposit solid human waste in catholes dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. Cover and disguise the cathole when finished. Pack out toilet paper and hygiene products. To wash yourself or your dishes, carry water 200 feet away from streams or lakes and use small amounts of biodegradable soap. Scatter strained dishwater.

LEAVE WHAT YOU FIND

Preserve the past: examine, but do not touch cultural or historic structures and artifacts. Leave rocks, plants and other natural objects as you find them. Avoid introducing or transporting non-native species. Do not build structures, furniture, or dig trenches.

4



5

MINIMIZE CAMPFIRE IMPACTS

Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light. Where fires are permitted, use established fire rings, fire pans, or mound fires. Keep fires small. Only use sticks from the ground that can be broken by hand. Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes.

RESPECT WILDLIFE

Observe wildlife from a distance. Do not follow or approach them. Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers. Protect wildlife and your food by storing rations and trash securely. Control pets at all times, or leave them at home. Avoid wildlife during sensitive times: mating, nesting, raising young, or winter.

6



7

BE CONSIDERATE OF OTHER VISITORS

Respect other visitors and protect the quality of their experience. Be courteous. Yield to other users on the trail. Step to the downhill side of the trail when encountering pack stock. Take breaks and camp away from trails and other visitors. Let nature's sounds prevail. Avoid loud voices and noises.

THANK YOU AND STAY SAFE

SEE YOU SOON AT THE NEST @ MAEPS SERDANG