



JSK MENGALUM ISLAND DIVING



Tour Code: MND2/DV/ITM

Price: RM680

The island of Mengandom (Mengalum Island, Bangladesh) is a small island in the northwestern part of Kota Kinabalu, capital of Sabah, Malaysia. It covers an area of 1,000 acres and has a shortest straight line distance of 1.8 kilometers and a maximum width of 4.5 kilometers. Ring Beach is named after its shape resembling a ring. Because the shape of the ring is also a ring, many couples and newly-married couples are willing to choose a vacation and travel to the island. It means that love is perfect and long-lasting.

At 07:00 – Hotel pick up and transfer to SuteraHarbour Jetty

At 08:00 – Depart to Mengalum Island

At 09:00 – Arrive Mengalum Island , Depart to Discovery Scuba Diving

At 12:00 – Lunch Time

At 13:00 – Free and Easy

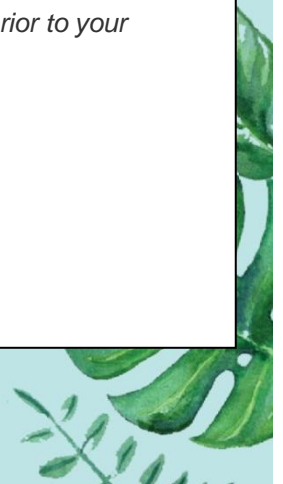
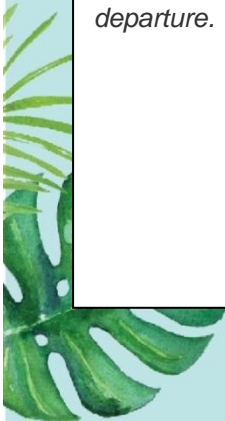
At 15:30 – Depart to SuteraHarbour Jetty and transfer back to hotel.

Included	Unlimited usage of snorkeling equipment, boat transfer between SuteraHarbour Jetty and Mengalum Island, Buffet Style Lunch, Buffet Meal (BLD for Overnight Package), Usage of diving equipment (For Diving Package)
Excluded	Personal Travel insurance, Any Items Not Mentioned
Recommended Attire	Comfortable shirt, short or medium pants.
Things To Bring	Insect Repellent, Camera, Water, Sunblock, towel ,

Important note

- This package is based on join-in basis of shared guide and transport vehicle. Private Guide or Tour is available upon request at a reasonable fee. Please inform us when making the bookings.
- Departure time is approximate and varies from different hotels due to traffic conditions, please reconfirm with our staffs. Should the transport be delayed, please call the relevant telephone number as stated on the voucher before making alternative arrangements.
- JSK Tours and Travel reserves the right to alter routes, timetables, itineraries and accommodation reserved should conditions beyond our control render it necessary.
- Tipping is like giving a hug. Although it's never expected, it's always very much appreciated.

** All timings are estimated and for reference purposes only. Actual timing will be provided prior to your departure.*





Diving Pre-Requisite

The high pressure a diver experiences underwater affects how his body functions in a variety of ways. Physical conditions that may not be bothersome, or even noticeable, in everyday life may be dangerous underwater.

Lung problems (such as a collapsed lung or asthma), ear issues (such as problems with ear equalization), allergies, and certain diseases are all potentially dangerous underwater. Some medications are contraindicated for diving.

Divers should carefully read, and then honestly answer the diving medical questionnaire distributed by your diving company/guide before beginning to dive, do ensure that you are fit to participate in the diving activity you've booked yourself in.

Do you fulfill the minimum requirements for scuba diving? The below are the common points in your check list before you book for any diving activities:-

1. You do not have any ear infection.
2. You do not have a history of ear disease, hearing loss or problems with balance.
3. You do not have a history of ear or sinus injury.
4. You are not currently suffering from a cold, congestion, sinusitis or bronchitis.
5. You do not have a history of respiratory problems, severe attacks of hayfever or allergies, or lung disease.
6. You do not have a collapsed lung (pneumothorax) or any history of chest surgery.
7. You do not have active asthma or history of emphysema or tuberculosis.
8. You are not taking medications which carries a warning about any impairment to your physical or mental abilities.
9. You do not have a history of seizures, blackouts or fainting, convulsions or epilepsy or take medications to prevent them.
10. You do not have a history of fear of closed or open spaces or panic attacks (claustrophobia or agoraphobia).
11. You do not have behavioural health, mental or psychological problems or nervous system disorder.
12. You are not pregnant.
13. You do not have a history of colostomy.
14. You do not have a history of heart disease or heart attack, heart surgery or blood vessel surgery.
15. You do not have a history of blood pressure, angina or take any medications to control blood pressure.
16. You are not over 45 years old, and do not have a family history of heart attacks or strokes, and do not smoke pipe, cigars or cigarettes.
17. You do not have a history of bleeding or other blood disorders.
18. You do not have a history of diabetes.
19. You do not have a history of back, arm, or leg problems following an injury, fracture, or surgery.

Anyone experiencing any of the above mentioned symptoms might still be able to dive; provided you have consulted your doctor and being declared fit to dive.