

# Gorilla Trekking Packing List

Whether you're trekking gorillas in Uganda, Rwanda, or the DRC, being well-prepared will ensure your experience is safe, comfortable, and unforgettable. Here's a detailed packing list with practical advice based on years of trekking experience.

## Clothing

- Long-sleeved shirts (lightweight, breathable)
- Long trousers (preferably quick-dry or trekking pants)
- Waterproof jacket or poncho
- Warm fleece or jacket (mornings can be cold)
- Hiking boots with good grip (well broken-in)
- Gaiters (optional but helpful for mud and nettles)
- Gardening gloves (to protect from thorny vegetation)
- Hat or cap for sun protection

## Gear & Accessories

- Day backpack with rain cover
- Refillable water bottle or hydration pack
- Snacks or energy bars
- Walking stick (can be rented locally)
- Binoculars (optional)
- Camera (with extra battery/memory, no flash!)

## Health & Safety

- Insect repellent with DEET
- Sunscreen and lip balm
- First-aid kit (including blister care)
- Face mask or buff (for dust or health precautions)
- Hand sanitizer and personal wipes

## Documents

- Gorilla trekking permit (print and carry)
- Passport (with valid visa)
- Yellow fever certificate
- Travel insurance documents

## Final Tips

- Travel light and pack smart. Conditions can be wet, steep, and humid.
- Always check weather forecasts before your trekking date.
- Don't forget to tip your guide, ranger, and porter—it directly supports local communities.