

GORILLAS

Tracking one of our closest relatives is an experience you will remember forever. Standing in a thousand year old forest, watching these stunning creatures eat, play or sleep just a few metres away, will get your heart racing. It may even be the best day of your life!



THINGS YOU NEED TO KNOW!!!

- ❑ Wear in your footwear to prevent blisters.
- ❑ Test your boots are waterproof by stepping in a 2 - 3 inch deep puddle/bucket and spraying your boots for 1 minute.
- ❑ Disposable bottles are prohibited. Possession incurs a US\$5/day fine.
- ❑ Long, thick pants are essential as you may need to trek through stinging nettle.
- ❑ Long sleeve, moisture wicking, dark clothing is best.
- ❑ Temperatures can vary from 7 - 27 degrees Celsius.
- ❑ Gorillas live in high-altitude forests, often 2,500m above sea level.
- ❑ Rain gear is essential.

PACKING LIST

All items that are not optional, should be brought from home as they are hard to buy/hire in East Africa. Click links for examples.

BODY WEAR

- ☐ 1 - 2 long hiking or yoga pant
- ☐ 1 - 2 long sleeve, breathable shirt

If you are a 'sweater', you may want a second shirt.

RAIN GEAR

- ☐ 1 waterproof jacket
- ☐ 1 waterproof pant
- ☐ Gaiters (if rain pants don't cover boots)
- ☐ 1 waterproof bag cover

Alternatively, a large poncho that covers your day bag and prevents water getting into your boots. Make sure it is good quality - the thicker the better.

BAGS

- ☐ [30 - 40L day pack](#) (carried by you; holds water, wet gear, lunch, snacks and personal items)

DRINKING

- ☐ Re-usable water [bottles](#) or [bladders](#) (2 - 3L)

FOOTWEAR

- ☐ 1 - 2 pairs of hiking socks
- ☐ [Waterproof hiking boots](#)

Alternatively, you can wear runners but be aware that if it rains, you are going to be walking in wet shoes and your feet may get cold.

OTHER

- ☐ Hat for sun protection
- ☐ Sunscreen
- ☐ Sunglasses
- ☐ Snacks
- ☐ Insect repellent
- ☐ Medications
- ☐ Sanitary items (altitude can affect menstruation)

OPTIONAL

- ☐ Camera (300mm zoom is preferable)
- ☐ [Dry bags](#) to keep clothing dry
- ☐ Microfibre towel
- ☐ Walking poles (recommended overweight or have difficulty walking for 4 - 6 hours)
- ☐ [Portable battery](#) to recharge your phone

