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Ultimate Uganda Gorilla Trekking Trip Checklist

From Two Passports One Planet



Congratulations! You're on your way to an experience of a lifetime! Gorilla trekking is a bucket list adventure, so we know it's essential to be prepared before leaving home. From trekking with gorillas in Uganda, we created this guide so you'll be right on trek!

Trekking Basics — Do's & Don'ts

Clothing

You don't need a bunch of outfits! A typical trek is 2–3 hrs (1 hr with a gorilla family).

Do not wear military (camouflage) gear. It is reserved for military personnel.

Avoid bright colours; they frighten animals — green/beige are best.

The thick bush has prickly thorns. Wear long trousers and long sleeves to avoid scratches.

High Altitude & Weather

Gorillas live at altitude — you'll be hiking from 6,000ft and above.

It can rain or feel damp at high elevations year round.

Pack a raincoat — if it rains, it's quite a downpour.

Layers are perfect for higher altitudes so you can adjust easily as it warms up.

Safety

Face Masks: Bring at least 2 per person to wear near the gorillas. This is a legal requirement — strictly enforced.

Long Socks: Tuck hiking pants into them. There are biting ants in the forest. Alternatively, buy gaiters from REI or Mountain Warehouse.

Hiking Boots: The forests are dense and slippery. Wear waterproof, quality boots. Trainers won't keep your footing on steep slopes.

Laundry

You won't get underwear/socks laundered for cultural reasons. Bring small laundry soap.

Laundry services can be basic in remote lodges. Clothes dried outdoors take longer if it rains.

Hire a Porter Service

For around \$25, a porter carries your day pack/camera, giving locals much-needed employment. They are also a great helping hand when going up really steep slopes!



Gorilla Trekking Packing List

Follow this list and packing will be a breeze.

Trekking Clothes

- ☐ Full length hiking trousers
- ☐ Long sleeved cotton top
- ☐ Waterproof hiking boots
- ☐ Hiking socks (to knee)
- ☐ Ankle protectors (from ants)
- ☐ Rain jacket with hood & light fleece
- ☐ Sports bra (bumpy roads!)
- ☐ Gardening gloves (thorns!)
- ☐ Baseball or sun hat

Other Trekking Essentials

- ☐ Camera (+ spare batteries)
- ☐ Phone + portable charger
- ☐ Binoculars
- ☐ Sunglasses (just in case!)
- ☐ Water (2 bottles per person)
- ☐ Packed lunch (your lodge will pack one)

Non-Trekking Packing

- ☐ Casual sandals/shoes
- ☐ Swimsuit
- ☐ Casual wear — shorts, leggings, jersey dress
- ☐ T-shirts, cotton tops
- ☐ Trainers/Sneakers
- ☐ Sunscreen

Other Essentials for Uganda

- ☐ USD cash (few ATMs near the volcanoes)
- ☐ Tourist visa (e-visa is good)
- ☐ Yellow fever certificate
- ☐ Malaria prevention pills & prescribed meds
- ☐ Laundry soap bar
- ☐ Charging cables/adaptor
- ☐ Basic first-aid kit (aspirin, sanitizer, band-aids)

Food and Snacks

Lodges provide packed lunches when you trek — most are full board as they are remote. Keep snacks in plastic containers in your room, as harmless critters will find them!



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