



Uganda Gorilla Trekking & Safari Gear Checklist

Malaika Travel Master Expedition Packing List

IMPORTANT TRIP OVERVIEW & PACKING RULES

- **Rainforest & Jungle Environment:** Trekking for Mountain Gorillas (Bwindi Impenetrable Forest) and Chimpanzees (Kibale Forest) involves dense vegetation, steep slippery terrain, high humidity, and stinging nettles/ants.
- **Luggage Allocation for Bush Flights:** If using domestic bush flights (e.g., Aerolink between Entebbe, Kihhihi, and Kasese), a strict 15 kg (33 lbs) weight limit per passenger applies.
- **Soft Duffel Bags Only:** Hard-shell suitcases are not permitted on internal flights or inside 4x4 safari vehicles. Use a soft-sided duffel bag.
- **Single-Use Plastic Ban:** Uganda prohibits single-use plastic bags. Use fabric packing cubes or breathable dry sacks to organize your belongings.

1. GORILLA & CHIMPANZEE TREKKING GEAR (ESSENTIALS)

- **Waterproof Ankle-High Trekking Boots:** Sturdy, high-top waterproof hiking boots with excellent Vibram tread. Essential for muddy, steep, and off-trail jungle slopes. Must be broken in prior to departure.
- **Long Gardening / Work Gloves:** Crucial for gorilla trekking. Protects your hands when grabbing onto thorny vines, sharp branches, and stinging nettles on dense jungle trails.
- **Heavy-Duty Long Trekking Trousers:** Quick-dry, durable pants. You will tuck these into your socks to prevent safari ants (driver ants) from crawling up your legs.
- **Breathable Long-Sleeve Shirts (2–3x):** Lightweight long-sleeve shirts to protect arms from scratches, insects, and humidity.
- **Trekking Gaiters:** Keeps mud, water, dust, and biting insects out of your boots during deep forest treks.
- **Waterproof Rain Jacket / Poncho:** Lightweight, breathable Gore-Tex jacket or heavy-duty rain poncho. Bwindi is a tropical rainforest where sudden heavy downpours occur year-round.
- **Daypack with Rain Cover (25L–35L):** Mandatory for carrying your camera, rain gear, packed lunch, and water during treks.
 - **Note:** Hiring a local porter at the park trailhead is highly recommended to carry your daypack and support local communities.

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2. SAVANNAH SAFARI APPAREL (MURCHISON FALLS & QUEEN ELIZABETH)

Color Strategy: Wear neutral earth tones (khaki, beige, olive, tan). Avoid dark blue and black (attracts Tsetse flies) and bright white/neon colors.

- **Short-Sleeve T-Shirts / Polo Shirts (3–4x):** Lightweight cotton or synthetic tops in neutral shades.
- **Lightweight Safari Trousers / Convertible Pants (2x):** Quick-dry trekking pants.
- **Safari Shorts (1–2x):** Comfortable shorts for relaxed lodge afternoons and boat safaris (e.g., Kazinga Channel / Nile River).
- **Warm Fleece / Mid-Layer Jacket (1x):** Warm jacket for chilly early morning game drives and high-altitude forest evenings (Bwindi sits at 1,100m–2,400m).
- **Wide-Brim Sun Hat / Safari Cap:** Must feature a chin strap for open-top 4x4 vehicles and boat cruises.
- **Evening Casual Wear (1–2x):** Smart-casual outfits for dinners at safari lodges.

3. FOOTWEAR & CAMP COMFORT

- **Moisture-Wicking Merino Wool Socks (4–5 pairs):** Thick hiking socks, plus 1–2 sock liners to prevent blisters during long jungle treks.
- **Light Trail Shoes / Sneakers:** For wearing around lodges, travel days, and light walking safaris.
- **Sandals / Flip-Flops:** For lodge relaxation and swimming pool areas.

4. ELECTRONICS, OPTICS & CAMERA CARE

- **Camera Gear & Moisture Protection:**
 - **Camera:** DSLR / Mirrorless camera with a versatile lens (e.g., 70-200mm or 24-105mm for close-up gorilla encounters in low-light jungle canopy).
 - **Moisture / Rain Protection:** Waterproof camera bags, dry sacks, and silica gel packs to absorb rainforest humidity.
- **Binoculars (10x42 or 8x42):** Highly recommended for chimpanzee tracking, birdwatching, and savannah game drives.
- **High-Capacity Power Bank (10,000mAh–20,000mAh):** Power in remote forest lodges can be limited to solar/generator hours.
- **Universal Travel Adapter:** UK-style Type G plugs (3 square pins) are standard in Uganda.
- **Headlamp or Compact Torch:** Crucial for walking around unlit jungle lodges and camps at night.

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5. HYDRATION, HYGIENE & HEALTH

- **Reusable Water Bottle / Hydration Bladder:** 2L total capacity (e.g., 1x 2L Camelbak or 2x 1L Nalgene bottles) for long forest treks.
- **High-Strength Insect Repellent (DEET / Picaridin):** Essential for forest mosquitoes, biting flies, and tsetse flies.
- **Sun Protection Kit:**
 - **Sunscreen:** SPF 50+ broad-spectrum sunscreen.
 - **Lip Care:** SPF 30+ lip balm.
 - **Sunglasses:** Polarized sunglasses.
- **Personal First Aid & Medications:**
 - **Prescription:** Anti-Malaria prophylaxis (mandatory), personal prescription drugs.
 - **General:** Imodium, Paracetamol/Ibuprofen, Antihistamines (for insect bites), Muscle rub/cream (for legs after steep climbs), Blister plasters (Compeed), Rehydration salts (ORS).
- **Toiletries & Hygiene:** Biodegradable wet wipes, hand sanitizer, dry tissue/toilet paper for forest trail stops.

6. PACKING & TRAVEL DOCUMENTS

- **Soft Duffel Bag (60L–90L):** Durable, water-resistant soft bag without a rigid frame.
- **Dry Bags / Waterproof Liners (2–3x):** Waterproof dry sacks to keep clothes and electronics dry inside your luggage.
- **Travel Documents & Cash:**
 - **Passport:** Valid passport (min. 6 months validity).
 - **Yellow Fever Vaccination Certificate:** Mandatory for entry into Uganda (checked at border/airport).
 - **Visa:** Uganda e-Visa or East Africa Tourist Visa (approved prior to departure).
 - **Insurance:** Travel & Medical Insurance details covering emergency evacuation.
 - **US Dollars (USD):** Crisp, undamaged USD bills printed after 2013 for tipping guides, trackers, porters, and local expenses.

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