

### ***Suggested Gorilla Trekking Equipment.***

1. Shirts made of a material that dry quickly or wick away moisture.
2. A fleece layer for when you stop for a rest just in case you begin to cool down and for evenings as it can get quite chilly in Bwindi.
3. A third rain layer just in case it begins to rain. (a cheap poncho will do)
4. Long pants, also made of a synthetic material. The length of the pants are important as this will help with the combat stinging nettle plants and red ants.
5. Waterproof pants to wear on top of regular pants is optional
6. Boots that fit above the ankle are crucial as you might encounter ankle-deep mud at certain points, and even knee-deep mud that will attempt to suck the boots right off your feet!
7. Gaiters (are garments worn over the shoe and lower pants leg, and used primarily
8. as personal protective equipment. They are worn over your boots that go up to the knee). These are optional and are based on personal preference as well as the type of boots and trousers you choose to wear.
9. Smart Wool socks
10. All clothing should be neutral coloured, loose fitting and relaxed clothing.
11. Sunscreen and moisturising cream
12. Sunglasses with neck strap
13. Insect repellent with DEET, please note that DEET can affect man-made fibres and plastics.
14. Daypack / small rucksack
15. Bush hat with a brim for sun protection
16. Binoculars – Optional

You can hire porters to help you carry your packed lunch and camera bag etc, so that you are free to trek without any added hindrance.

Having a walking stick during the trek is very beneficial. Most lodges provide walking sticks, some for hire or some for free. You are also able to hire walking sticks at the Uganda Wildlife Authority Headquarters where the gorilla trek begins