

# WHAT TO PACK FOR GORILLA TREKKING

## CLOTHING

- Cap or hat
- T-shirts – long or short-sleeved
- Shirts – long-sleeved
- Gardening gloves (to prevent nettle stings)
- Trousers
- Shorts
- Light waterproof jacket
- Socks
- Waterproof hiking boots
- Pyjamas
- Underwear
- OPTIONAL Swimming costume, wrap or sarong, sandals

## MEDICAL BAG

- Prescription or OTC medications in original packaging or with script
- Deodorant
- Moisturiser
- Sunscreen
- Eco-friendly shampoos and soaps (often provided)
- Eco-friendly insect repellent (often provided)

## ACCESSORIES

- Sunglasses
  - Reading glasses
  - Extra contact lenses
  - Trekking poles and gaiters\*
- \*some lodges do provide these - enquire with your travel consultant

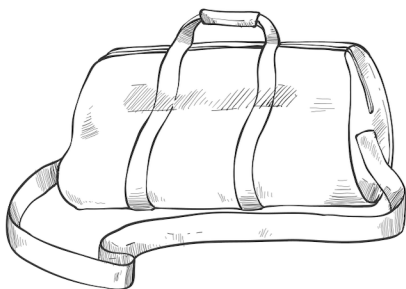
## LUGGAGE

- Maximum 33lb / 15kg checked bag
- Maximum 11lb / 5kg hand luggage
- Soft sides only – no shells, wheels, hard frames
- Day pack with water bottle

## DEVICES\*

- Camera and lenses
- Binoculars
- Electrical plug adaptor or convertor
- Charging cables
- Kindle

\*included in luggage weight allowance



## NOTES:

Green, grey, khaki and brown tones

No black, white, blue, bright colours, camouflage or animal print

Natural fibres where possible

Days can be humid and the landscape muddy

Laundry on two nights or more – wash own underwear

‘Wear, wash, spare’ ie one worn item, one dirty item, one spare item

No perfumes, hairdryers, electric shavers or beauty appliances