



## RECOMMENDED PACKING

# *for Gorilla trekking*



anywhere  
in  
africa  
safaris



## GORILLA / CHIMPANZEE TREKKING CHECKLIST

The following is a suggested list of items to bring if your safari includes the gorillas and chimpanzees. We suggest you have layers of clothing as temperatures can change. Clothing should be light-weight, loose fitting, khaki, beige, green or neutral. Please don't wear camouflage print, bright colours, black, blue or white.

### TRAVEL DOCUMENTS

- Waterproof hiking footwear / boots. Good grip soles are essential
- Change of shoes, we suggest comfortable sports shoes or similar
- Comfortable t-shirts
- Medical insurance
- Lightweight wool socks
- Raincoat / poncho with a hood
- Long trousers / good quality jeans to protect against stinging nettles
- Long sleeved summer jacket for nettle protection
- Small day backpack to carry a water bottle, camera and lunch pack
- Energizers for long treks, snacks, sweets, biscuits etc.
- Walking stick (can be arranged locally)
- Re-hydration mixture
- Gaiters - knee high - helps to keep mud off and protect from nettles
- Lightweight gardening gloves work well to protect you from stinging nettles







Browse [www.pinterest.com/AnywhereinAfricaSafaris](http://www.pinterest.com/AnywhereinAfricaSafaris) to source safari clothing ideas.



## Contact



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