

## RECOMMENDED PACKING

## for Gorilla trekking anywhere africa





### GORILLA / CHIMPANZEE TREKKING CHECKLIST

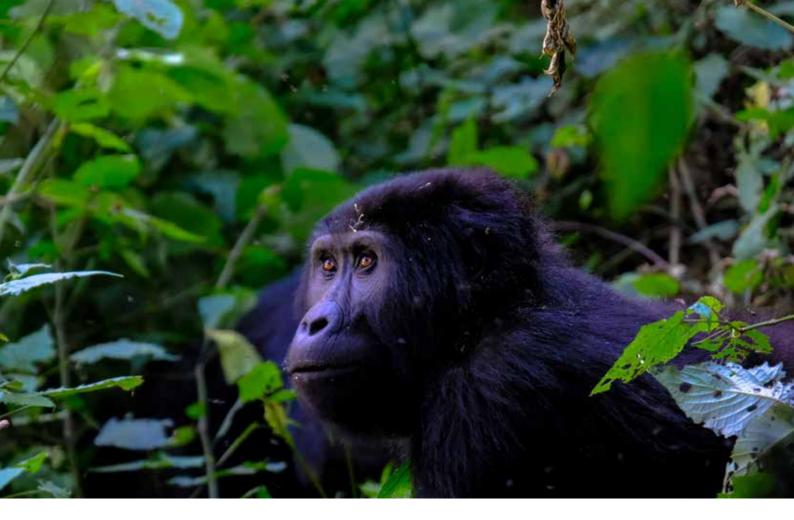
The following is a suggested list of items to bring if your safari includes the gorillas and chimpanzees. We suggest you have layers of clothing as temperatures can change. Clothing should be light-weight, loose fitting, khaki, beige, green or neutral. Please don't wear camouflage print, bright colours,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

### **TRAVEL DOCUMENTS**

☐ Waterproof hiking footwear / boots. Good grip soles are essential
$\hfill\square$ Change of shoes, we suggest comfortable sports shoes or similar
☐ Comfortable t-shirts
☐ Medical insurance
☐ Lightweight wool socks
□ Raincoat / poncho with a hood
$\hfill\square$ Long trousers / good quality jeans to protect against stinging nettles
☐ Long sleeved summer jacket for nettle protection
$\hfill \square$ Small day backpack to carry a water bottle, camera and lunch pack
$\hfill\square$ Energizers for long treks, snacks, sweets, biscuits etc.
☐ Walking stick (can be arranged locally)
☐ Re-hydration mixture
$\hfill\Box$ 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 to source safari clothing ideas.



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