

CLOTHING FOR GORILLA TREKKING

Gorilla trekking happens mostly in areas of **high altitude** which makes the **areas cold**, and **rainy, and humid**. So as you pack clothes for your trip keep the weather and temperatures in mind. It doesn't matter what time of the year you make your trip, always prepare for the rain. Rainforest such as Bwindi receive unpredictable rains.

As with most cold areas, the key to staying comfortably warm is layering. Don't go out in the forest with just a thin vest and one chunky jacket. **Layer your clothing**, that way you can peel off or add a layer as the temperature change.

TOPS: You can start with a shirt, preferably of synthetic material, cotton t-shirts tend to get muggy and irritating. Pack a long sleeved shirts as it will protect your arms from insects bites and hanging branches when you take off all the other layers. Second layer should be a fleece or something equally light and warm; third layer should shield you from the rain. Think a waterproof jacket, or a rain poncho.

TROUSER: while you could wear you jeans and still have a memorable trip, **jeans are not quite ideal**. They get drenched and heavy if it rains, and dark jeans attract some dangerous insects. **Cargo pants** with their numerous pockets, **neutral colors** and **comfortable fabric** are the way to go. These are ideal for tracking. Look for pants in synthetic materials. Those should work fine. You can wear waterproof pants on top of your regular pants, but that's not always necessary.

FOOTWEAR: For your feet you need **hiking boots** and socks. You will be trekking through bushes and forests; you will navigate a couple of rocky paths and come across mud paddles. You need the right shoes for all of that. Sturdy leather hiking boots that are high preferably above the ankles and well broken in are what you need.

HAND AND HEADGEAR: You want to protect your hands, your head and shield your eyes. So carry a pair of hand gloves, garden gloves can do. Add a pair of binoculars, a snack and water, camera and batteries, sunscreen and insect repellent & **a porter (trust us, it's essential and cost \$20 US)** to carry your backpack. Waterproof plastic bag (for your camera and phone if needed).

If you wish, do like us, give your gloves and baseball hats to your porter after the gorilla trek as you will not need them anymore.

Dressing up is that simple!