



THE
AFRICA ADVENTURE
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GORILLA TREKKING PACKING LIST

Packing List: ***very important – pack hiking shoes in your carry-on!*

- Durable, water-proof, light walking/hiking shoes (they will get soaking wet on your first day of hiking!)
- Light rainproof jacket (preferably Gore-Tex) or rainproof poncho
- Two sets of insoles - to ensure a dry pair each day
- Trekking style trousers and long-sleeved shirts (made of fabric to prevent tears and nettle stings). No bright clothing or objects preferable.
- Rain pants optional
- 2 pairs long hiking socks
- Leather gloves/thick gardening gloves - to protect your hands from stinging nettles
- Light rainproof backpack (with water proof bags)
- Gaiters to cover boot laces, ankle to knee (protection from mud)
- **Some local lodges rent out rubber walking boots**



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