

Essential Documents

- Passport (plus photocopies or digital scans stored securely)
- Travel insurance details
- Emergency contact list (printed and digital)
- Vaccination certificates (e.g. Yellow Fever – printed copy needed!)
- Flight, visa, and accommodation info
- Prescription copies (with generic names)
- Travel itinerary (leave a copy with someone at home and store one offline)

Money & Cards

- Cash in small USD denominations
- Local currency can be obtained from an ATM on arrival
- Bank/credit cards (notify your bank before travelling)
- Money belt/hidden pouch

Carry-On Essentials

- Yellow Fever certificate & printed visa (easy to access)
- Reusable water bottle (empty through security, refill before landing)
- High-energy snacks
- Toothbrush & mini toothpaste or mints
- Face wipes
- Mini deodorant
- Compact brush
- Touch-up makeup kit
- Lightweight, modest outfit (e.g. maxi dress, linen trousers + blouse)
- Sweatshirt (if it gets chilly on the plane)
- Fresh top or shirt (packable for arrival)
- Mini notepad & pen
- Phone, charger/cable, phone lanyard
- Scarf
- Eye mask & earplugs

Medication, Health & First Aid

- Personal medications (labelled, in original packaging, with prescriptions)
- Antihistamines (oral & cream), pain relief, anti-diarrhoeals, rehydration salts
- Antacids, mild laxatives, motion/altitude sickness tablets
- Adhesive & blister plasters
- Sterile gauze, antiseptic wipes or solution
- Saline sachets, cotton swabs
- Bandages (crepe, elastic), steri-strips, micropore tape
- Low-adherent dressings
- Thermometer, scissors, safety pins, latex-free gloves
- Optional: Sterile travel kit (syringes, needles, IV cannula)
- Lip balm with SPF
- High-factor sunscreen (SPF 30–50)

Insect Protection

- Malaria prophylaxis (consult your travel clinic)
- DEET 50% insect repellent
- Mosquito net (≤1.5mm mesh, hooks/string)
- Plug-in insecticide vaporiser
- Permethrin-treated clothing or spray
- Light-coloured long sleeves & trousers (for evenings/safaris)
- Anti-itch or steroid cream, freeze spray, aloe vera
- Fine-tipped tweezers, tick remover

Clothing & Footwear

- Lightweight, breathable clothing
- Light-coloured, long-sleeved clothing for evenings
- Smart-casual evening outfit
- Dresses (below the knee, shoulders covered)
- Swimwear
- Scarf or sarong
- Quick-dry underwear & socks
- Sun hat & sunglasses
- Rain jacket
- Sturdy walking shoes/boots, sandals & flip-flops

Gorilla Trek Day Checklist

- Cap/Sun hat
- Light-coloured, long-sleeved top
- Long trousers
- Long socks (to tuck trousers into)
- Rain jacket
- Water bottle
- Gardening gloves
- Mask (to protect the gorillas who share 98% of our DNA)
- Sturdy boots
- Lightweight gaiters (not an absolute necessity)
- Small backpack
- \$20 USD cash for Gorilla Trekking Porter

Toiletries & Personal Care

- Toiletries (razor, toothbrush, toothpaste, deodorant, soap, etc.)
- Shampoo & conditioner
- Hand sanitiser, tissues, wet wipes
- Nail clippers, file, scissors
- Small mirror
- Travel sewing kit
- Microfibre towel
- Handwashing soap sheets
- Spare glasses or contact lenses

Tech

- Travel adaptor (Type G – UK plug)
- Power bank + charger
- E-reader or book
- eSim / SIM pin tool (for switching SIMs)
- Headphones or earbuds
- Cloud backup set up before departure
- Spare SD cards

Food & Hydration

- Protein snacks (bars, trail mix, etc.)
- Electrolyte sachets / Oral rehydration tablets
- You can bring your water bottle but bottled water is provided

Useful Extras

- Small crossbody day bag (anti-pickpocket style)
- Mini torch or headlamp (with spare batteries)
- Dry bag (for electronics/docs)
- Ziplock bags (waterproofing, organisation)
- Reusable tote or foldable bag (plastic bags are banned in Rwanda)
- Small travel umbrella
- Sink plug, travel detergent, laundry line (although most hotels can do laundry for you)
- Travel pillow
- Binoculars

Cultural Etiquette

- A smile and kind attitude go a long way
- Modest clothing is appreciated – cover shoulders & knees in rural areas
- Always ask before photographing people, especially children
- Use your right hand or both hands when giving or receiving items
- Carry your own toilet paper – many public washrooms don't provide it

Got questions?

If you have any questions prior to your trip, please get in touch. You can WhatsApp us on: +256 777 476944