



Gorilla Tours Ltd

PRELIMINARY PREPARATIONS

The decision is taken. You booked a trip with us. With the right preparation, you can really enjoy your encounter with the mountain gorillas during the day of the gorilla tracking.

VISA APPLICATION

After confirming your trip, the next step is to apply for a visa to allow your entry to Uganda. This can be done online before arrival via www.visas.immigration.go.ug

Others:

All travellers to the Republic of Uganda MUST-have a valid Yellow Fever Immunisation card.

INSURANCE:

Please take care of the Medical and Travel Insurance before travelling so that you are covered in case you are unable to travel last minute or cancel the trip when you have already started.

MONEY:

We do accept CASH dollars notes of 50 or 100 printed in 2017 and above series (series below 2017 are not accepted), or Euros or Ugandan Shillings. **USD or Euros which have stamps, dirty, torn or signed on are not accepted widely in Uganda, we advise strongly not bring them with you**

PHYSICAL CONDITION

Gorilla tracking can be strenuous. A trip can take half an hour, but also six hours. Mountain gorillas move constantly through their territory. Normally they move about 500m to 1km per day. Under drought or problems between silverbacks or groups of gorillas, the distances may

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increase. The start of the Gorilla tracking always begins at the place where the Gorillas were last seen on the day before.

Bwindi Impenetrable National Park and other parks are mountain areas. This means you have to climb. So before the trip starts it will do no harm to do something about your physical condition. Try if necessary to lose some weight in advance because in the mountains “each pound too much weighs one kilo”.

1.SHOES OR HIKING BOOTS



For hiking you need good and solid (mountain) shoes. The feet and ankles need adequate support, while the soles need a good grip on the often-muddy paths. Get some good specialist advice from your local outdoor equipment specialists.

2.GARDEN GLOVES AND GAITERS

During tracking you will have to climb slopes and sometimes you have to grasp branches, trucks, lianas (climbing vine) or rocks in order to rise or descend. The chance that you will grasp something with your bare hands like a thorn, nettles or a sharp stone is ever present. Also on the place where you put your hand may sit an insect that may sting or bite you. It is recommended to buy good quality, heavy garden gloves for wearing during climbing or descending. You can take them off while viewing the gorillas. In addition to protecting your hands, it is also wise to protect your legs, in particular the lower legs. If the gorillas are around, sometimes a shortcut has to be taken. This usually means climbing diagonally up or off the slopes through dense planting. You will have to find a way through the undergrowth, whereby your shins may have a hard time by whipping twigs or branches, thin vines, thorns and other vegetation. It is recommended to wear solid gaiters. Gaiters are garments worn over the shoe and lower trouser leg. They will not only protect your legs from the twigs but also prevent getting stones, water, mud and ants in your shoes. There is a large variety of gaiters for sale, choose a sturdy quality. These gaiters can of course be used throughout your stay in Africa; for-example during a chimp walk, but also in walking safaris or swamp walks.

In the absence of gaiters is also possible to tuck your trouser legs into your socks, but this is less effective.



3.RAINWEAR



The chance of rain in the rainforest is ever-present. It may be a shower of short duration but it may, depending on the time of year, be long-term rain. Purchase some good rainwear. Preferably light weight and breathable. Consider also a rain cover for your backpack.

Instead of a rain jacket and rain trousers, consider bringing a poncho. A Poncho is very practical and easy to wear when it suddenly starts raining. Some styles of ponchos have recess for a backpack.

4.MEDICATIONS

You will need the vaccinations (DTP, Hepatitis A and Yellow Fever). Yellow Fever is a must because they check at the Airport before you reach the immigration desk..

Don't forget to bring the Malaria Tablets with you, you need them.

Medication for Diarrhea and constipation as well as Vitamins especially if you are staying for long.

You can also bring some eye drops, mosquito repellants, bandages after bite oitments.

5.Dextrose

Buy a few packets of dextrose. During the trip, especially if it takes a long time, you may need it. Climbing and descending cab be strenuous and dextrose boost can be welcome.

6.CLOTHING

Sweaters, long sleeved shirts or blouses and long-sleeved trousers, sandals, t-shirts, tanks tops, shorts, walking shoes, leggings.

7. HYGIENE

Toothbrush, tooth paste/tabs, hairbrush, hand sanitiser, deodorant, sunscreen, nail clippers, disposable floss picks, wipes, wash cloth.

8. ELECTRIC PLUGS

For Uganda the associated plug **type is G**, which is the plug that has three rectangular pins in a triangular pattern. Uganda operates on a 240V supply voltage and 50Hz.



Type G socket

9. OTHERS

The other items that you may need during the trip include;

- Face masks for both Gorilla and Chimpanzee tracking.
- Binoculars to view the wildlife clearly.
- Cameras with extra batteries to capture the highlights and special moments during the trip.
- Hat and sunglasses to protect from the sun (sometimes) especially in the savannah parks.
- Small board games, books/ audio books, headphones, phone and laptop chargers, external power bank, flashlights.
- Backpack as you will not carry the suitcase all the time.
- Bathing suit since some Lodges have swimming pools
- Water bottles (this is optional because we do provide water bottles for each Client on trip but strongly advise if you can bring yours as you wish.) We do provide water to refill your bottle on each location of our Guesthouse/Camps/Lodges/Hotel

ADDITIONAL INFORMATION:

Tipping Recommendations

- Driver/Guide - **\$5-\$10 per group per day** * (number of days travelled with a client).

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- Porters (**Bwindi, Rwenzori, Elgon and Volcanoes**) - **\$5-\$10 per guest per day on any of the location while trekking or hiking**
- Hotel/Camp/Lodge staff including those who carry client bags to the rooms should be tipped at the tip box located at each Lodge/accommodation - **\$3-\$5 in each location.**
- National Park Guides -

a) Gorilla Trekking

UWA Ranger (Team Leader) – **\$10-\$15 per guest**

3 Armed guards – **\$10-\$15 per guest per armed guard.**

NOTE: - WHILE GORILLA TRACKING WE ADVISE YOU TO TAKE A PORTER ON FEE OF \$20 IT IS NOT PART OF TIPPING BUT THEIR WAGES SINCE THEY ARE NOT EMPLOYED BY UGANDA WILDLIFE AUTHORITY

b) Chimp Trekking – **\$10-\$15 per guest**

c) Boat Cruises – **\$5 per guest per day**

d) Bird walks- **\$5 per guest per day**

e) Game Drives – **\$5 per guest per day**

f) Hikes Rwenzori, Elgon, Volcanoes) - **\$10 per guest per day**

NB: Tip more or less depending on how happy you are with the service.