Packing Checklist – Uganda

Apex Expeditions has teamed up with Ship to Shore Traveler to offer many of the items noted on the packing list below. Visit https://apex-expeditions.shiptoshoretraveler.com/ for a convenient way to order expedition gear and accessories.

Essential Items Needed for this Expedition

- ☐ Passport, visa & airline ticket confirmation details*
- ☐ 1 pair good, sturdy, water-resistant hiking boots with ankle support
- ☐ 1 pair light gardening gloves (effective against nettles during gorilla tracking)
- ☐ Binoculars*—a good pair of binoculars is highly recommended (contact us if you'd like guidance on purchasing new optics)
- ☐ 1 pair of polarized sunglasses with strap
- ☐ 1 wide-brimmed sun hat with ties
- ☐ 1 lightweight waterproof jacket or poncho
- ☐ Waterproof bag or cover to protect camera

Clothing (in soft-sided, compressible bags)

We recommend neutral, muted colors such as tan, khaki, and bush green. Navy blue and black can attract insects and bright colors such as orange and red should be avoided. Camouflage-patterned clothing is not allowed.

- ☐ 1 pair sport sandals
- ☐ 1 lightweight sweater or fleece jacket
- ☐ 2 long-sleeved shirts or blouses
- ☐ 2 short-sleeved T-shirts
- ☐ 2 pairs lightweight pants
- ☐ 2 pairs loose shorts
- ☐ 4 pairs socks
- ☐ Underwear
- ☐ Swimsuit
- ☐ Headscarf or bandana
- ☐ Casual evening wear and comfortable shoes (optional)

Personal Items / Miscellaneous

- ☐ Prescription or regular medication*
- ☐ Cash / Credit Cards*
- ☐ Photocopies of all documents and tickets*
- ☐ Camera, lenses, camera chargers, and memory cards
- ☐ LED Headlamp (plus small flashlight as backup)
- ☐ Refillable water bottle
- ☐ Daypack or small backpack
- ☐ Toiletries
- ☐ Sunscreen and lip balm with minimum SPF 15
- ☐ Insect repellent (with a high concentration of DEET)
- ☐ Travel alarm clock
- ☐ Resealable plastic bags
- ☐ General antibiotic (Doxycycline or Floxin), antihistamine cream, antibacterial cream, anti-diarrheal tablets (Imodium A-D), aspirin, throat lozenges, antacids, anti-nausea
- ☐ Band-Aids and blister kit
- ☐ Pocket tissues
- ☐ Handywipes / hand sanitizer
- ☐ Electrical adapters / converter kit
- ☐ Extra pair of prescription glasses or contact lenses
- ☐ Notebook and pen or pencil
- ☐ Travel sewing kit (in checked baggage only)

* *These items should be packed in your hand luggage, together with a change of clothing for unexpected delays of checked luggage or other contingencies.*

*We hope you are as excited about this expedition as we are, and that your **Get Ready Guide** has answered most of your questions. If not, please don't hesitate to contact us. Thanks for choosing Apex Expeditions!*