THE SOLO FEMALE TRAVELER NETWORK

UGANDA PACKING CHECKLIST

Gorilla treks, safari days and lodge nights. Tick it off as you pack.

WEATHER	PLUGS	MONEY	DRESS CODE	MUST-HAVE
Warm days, cool misty mornings. Rain any time in the forest.	Type G in Uganda. Type C and J in Rwanda.	Cash outside cities. Bring clean, small USD bills.	Shoulders and knees covered in towns and villages.	Yellow fever certificate, packed with your passport.

CLOTHES

- [ ] 2 pairs of durable hiking pants
- [ ] 2 pairs of light, breathable pants or a maxi skirt
- [ ] 4 to 5 t-shirts or tops that cover shoulders
- [ ] 2 long-sleeve layers
- [ ] Warm fleece or sweater
- [ ] Packable rain jacket
- [ ] 1 or 2 comfy lodge outfits
- [ ] Sleepwear and quick-dry underwear
- [ ] Big scarf or shawl
- [ ] Hat or cap

TREK DAY

- [ ] Long socks to tuck pants into
- [ ] Gardening gloves
- [ ] Daypack with rain cover
- [ ] 2 to 3 liters of water (bottle or bladder)
- [ ] Snacks
- [ ] Insect repellent and sunscreen

SHOES

- [ ] Hiking boots or grippy trail shoes (broken in!)
- [ ] Comfortable sneakers
- [ ] Sandals or slides

DOCUMENTS AND MONEY

- [ ] Passport (6+ months validity)
- [ ] Visas for Uganda and Rwanda
- [ ] Yellow fever certificate
- [ ] Travel insurance details
- [ ] Debit card plus a backup card
- [ ] Small, clean USD bills

HEALTH AND TOILETRIES

- [ ] Malaria prevention (ask your doctor)
- [ ] Insect repellent (DEET or picaridin)
- [ ] High-SPF sunscreen and SPF lip balm
- [ ] Pain relievers and electrolytes
- [ ] Blister care and band-aids
- [ ] Stomach meds and antihistamines
- [ ] Eye drops for dust
- [ ] Hand sanitizer, wipes, tissues
- [ ] Period products
- [ ] Prescription meds plus extra days

TECH AND EXTRAS

- [ ] Universal adapter
- [ ] Power bank
- [ ] Binoculars
- [ ] Headlamp
- [ ] Extra phone or camera storage
- [ ] Buff for dust
- [ ] Book or downloads for long drives

THE THING EVERYONE FORGETS

Binoculars. You will see things on safari you can't make out without them, and everyone wishes they'd packed a pair.

MY EXTRAS