



PACKING LIST FOR Uganda

CLOTHING & SHOES

- ☐ Short-sleeved t-shirt
- ☐ Long-sleeved top
- ☐ Trekking trousers/shorts
- ☐ Lightweight rain jacket/poncho
- ☐ Windproof jacket/windbreaker
- ☐ Warm fleece
- ☐ Underwear
- ☐ Thick and thin hiking socks
- ☐ Warm sleepwear
- ☐ Sun hat/cap
- ☐ Waterproof hiking boots
- ☐ Beanie
- ☐ Neck warmer
- ☐ Waterproof gloves

ELECTRONICS

- ☐ Phone
- ☐ Camera
- ☐ Power bank
- ☐ Headlamp/torch
- ☐ _____

TOILETRIES

- ☐ Toothbrush and toothpaste
- ☐ Deodorant
- ☐ Contact lenses/glasses
- ☐ Insect repellent
- ☐ High SPF sunscreen
- ☐ Lip balm with SPF
- ☐ Sleep mask/ear plugs
- ☐ Hairbrush
- ☐ Shower gel/shampoo
- ☐ Toilet paper

MEDICINE

- ☐ Allergy medication
- ☐ Pain relief
- ☐ Insect repellent
- ☐ Electrolytes
- ☐ Hand sanitiser
- ☐ Stomach medication
- ☐ First aid kit (including blister plasters)

MISCELLANEOUS

- ☐ Original passport
- ☐ Insurance certificate/card
- ☐ Cash for tipping
- ☐ Sunglasses
- ☐ Reusable water bottle (1.5-2 litres)
- ☐ Daypack with rain cover
- ☐ Snacks
- ☐ Quick-dry towel
- ☐ Optional trekking poles (available for local hire)

OTHER

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____