



Packing List

Here is a comprehensive and essential list of items to consider when trekking in Volcanoes National Park in Rwanda, particularly for gorilla trekking. The park's high-altitude environment can indeed lead to rainy, humid, and cold conditions, so being well-prepared is crucial.

Just like gorilla trekking, chimpanzee trekking in Nyungwe Forest will also involve navigating through muddy and uneven terrain, so appropriate footwear, clothing, and gear are essential. Additionally, the need for insect repellent, long-sleeve shirts, and other protective measures remains relevant for both activities, as gorillas and chimpanzees inhabit similar forested environments.

Here's a breakdown of the items on your checklist:

- **Durable, worn-in waterproof hiking boots:** Proper footwear is essential for the uneven and often muddy terrain. Ankle support and grip are necessary for safety.
- **Thick hiking socks:** These will help keep your feet warm and comfortable inside your hiking boots.
- **Long water-repellent hiking pants:** These will keep you dry and comfortable in wet conditions. Quick-drying material is a good choice.
- **Long gaiters:** Gaiters provide added protection against mud and moisture, especially when no well-defined trails exist.
- **Long-sleeve shirt:** Protects against vegetation and insects. Light, breathable fabric is advisable.
- **Hiking gloves:** These are useful for grabbing onto plants and branches without injuring your hands. Gardening gloves are a practical option.
- **Hooded rain jacket or lightweight poncho:** Essential for keeping dry in rainy and humid conditions.
- **Hiking pole:** Provides stability and support on uneven terrain.
- **Hat:** Protects from both sun and rain.
- **Sunscreen:** Important for sun protection at higher altitudes.
- **Insect repellent:** Necessary to ward off insects, especially in a rainforest environment.
- **Hand wipes:** Useful for cleanliness, especially when no running water is available.

- **Sunglasses:** Protect your eyes from the sun and potential branches.
- **Dress in layers with neutral colors:** Layering helps you adapt to changing weather conditions. Neutral colors are recommended and avoid camouflage as it might be restricted in some areas. Bright colors can also attract insects.
- **Ensure a light daypack:** Lighten your load as much as possible. Porters are available to help with heavy bags.
- **Snacks and water:** Stay well-hydrated and energized during your trek.
- **Camera:** Capture the incredible wildlife and landscapes.
- **COVID masks:** Be prepared to follow any COVID-19 guidelines or requirements in the park.
- **Be prepared for insects:** Insects are common in rainforest environments, so expect and be ready to deal with them.
- **No plastic bags:** Help protect the environment by avoiding single-use plastic bags.

This checklist covers the essentials for a safe and comfortable trek in Volcanoes National Park, especially for gorilla tracking. It's essential to be well-prepared to fully enjoy the experience while respecting the natural environment and wildlife.