



SLEEPING GEAR

Temperatures range from 85°F (29°C) in lowlands to 30°F (-1°C) at altitude

- [Sleeping bag](#) (~0°C / 32°F)
- [Sleeping bag liner](#)
- [Travel pillow or stuff sack pillow](#)

TREKKING ESSENTIALS

- [Trekking poles](#) (highly recommended)
- [Headlamp + spare batteries](#)
- [Sunglasses \(UV protection\)](#)
- [Sunscreen SPF30+](#)
- Insect repellent (DEET recommended)

HYDRATION & FOOD

- 2L water capacity ([bottle](#) or bladder)
- Electrolyte tablets or powder
- Trail snacks (bars, nuts, dried fruit)
- Personal comfort snacks (hard to find)
- [Grayl Geopress Purifier Bottle](#)

PERSONAL TOILETRIES

- Toothbrush + biodegradable toothpaste
- Biodegradable soap
- [Wet wipes](#)
- Hand sanitizer
- [Quick-dry towel](#)
- Toilet paper (carry your own for travel days)
- Tampons/Moon Cup (if applicable)

Important:

- Expect mud, rain, and humidity—waterproofing is critical
- Laundry is limited—pack accordingly

PACKS & BAGS

Porters carry main gear on the Rwenzori trek, but you'll carry a daypack daily

- [Duffel bag](#) - 60-80 liters
- [Small daypack](#) (25-30L)
- Waterproof pack cover (essential in Rwenzoris)
- [Dry bags](#) or trash bag lining duffel

FOOTWEAR

Waterproof boots are essential for the Rwenzoris. Break them in thoroughly before the trek.

- [Waterproof hiking boots](#) (well broken-in)
- [Camp shoes/sandals](#)
- 5 pairs [hiking crew socks](#)

FIRST AID & HEALTH

We carry a group medical kit, but you should bring your own personal essentials.

- Personal medications (with copies of prescriptions)
- Anti-malaria tablets (optional)
- [Basic first aid kit](#) (band-aids, blister care, antiseptic)
- Pain relief (ibuprofen/paracetamol)
- Anti-diarrheal medication
- Electrolyte salts
- Rehydration salts

ESSENTIAL CLOTHING & GEAR

Bring lightweight, moisture-wicking layers. The Rwenzoris are wet - waterproofs & insulating layers are essential.

- Comfortable Lightweight City Clothes
- 2-3 x [T-shirts](#) (moisture-wicking)
- 1-2 [long sleeve shirts](#) (sun + bug protection)
- [Fleece](#) or light insulated jacket
- [Warm down or synthetic jacket](#) (for high altitude)
- [Waterproof jacket](#) (Gore-Tex or similar)
- [Waterproof pants](#)
- [Hiking shorts](#)
- 2 x [Hiking pants](#)
- Thin [base layers](#) (top+bottom)
- Underwear (5-7 pairs, quick-dry)
- Sports bras
- [Buff/neck gaiter](#)
- [Wide-brim/foldable sun hat](#)
- [Light gloves](#) + Light Beanie
- Bathing suit/swimwear (for some waterfalls)

ELECTRONICS

- Phone + charger
- [Power bank](#) (10,000-20,000 mAh)
- Universal travel adapter (UK plugs)
- Camera + spare batteries
- Charging cables (keep dry in waterproof bag)

OPTIONAL COMFORT ITEMS

- Book or Kindle *
- Travel journal *
- Playing cards *
- [Lightweight sit pad](#) *
- Earplugs/eyemask *
- Headphones *
- Camera or GoPro *

* Optional

UGANDA | CHIMP TREKKING & RWENZORI MOUNTAINS