

PACKING LIST – UGANDA

PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure in Uganda. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

Dress for the Weather

Uganda has dry and wet seasons, although it can rain even during the dry season. Your trip is on the cusp of the wet season. The views are usually better because the rain clears the dust! Expect temperatures from the high 60s to mid-80s during the day, and be prepared for weather changes.

Uganda is fairly conservative, so please plan to cover your shoulders and wear longer shorts.

Luggage Restriction:

Your luggage must be packed in a completely soft-sided duffel bag (it can have no hard frames or wheels), and your duffel and carry-on cannot weigh more than 33 pounds total.

PACKING CHECKLIST

Clothing & Gear

- Soft-sided duffel bag
- Daypack with rain cover
- Medium-weight, waterproof hiking boots (make sure they are broken in!)
- 2-3 short sleeve shirts (quick dry recommended)
- 2-3 long sleeve shirts (quick dry recommended)
- 1 medium weight fleece sweater/jacket for cool evenings
- 1 pair of shorts
- 1-2 pairs of pants
- 1-2 sets of nicer clothes for dinner
- 1 bathing suit
- Waterproof jacket
- Waterproof pants
- Thick gloves (like gardening gloves)
- Hat for sun protection
- Underwear & bras

- Socks
- 1 pair sandals
- Gaiters (optional)
- Sleepwear
- Reusable water bottle
- Hiking poles (optional – the ranger guides will also make walking sticks available if necessary)
- Sunscreen and lip balm with SPF
- Insect repellent
- 1-2 bandanas/Buf

AdventureWomen Essentials

- Travel documents (passport, airline tickets/itinerary, money)
- 2-3 spare passport photos (in case of lost passport)
- Write down or print out your travel insurance number
- Locks for your luggage

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- Travel alarm clock with spare batteries or phone
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power bank
- Plug adapters (Uganda uses type G)
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Hand wipes/hand sanitizer
- Toiletries: soap, shampoo, and conditioner (may be provided at certain accommodations, please consider bringing biodegradable options)
- Toothbrush, toothpaste
- Small packet of tissues
- Tampons and panty liners if needed (avoid plastic applicators)
- Earplugs – we recommend silicone earplugs
- Assortment of stuff sacks and bags – please consider bringing reusable stuff sacks or silicone bags to reduce the use of disposable plastics
- Reading material/journal and pens
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

Please note you'll be taking different modes of transportation that could cause motion sickness, and you'll be tasting many different foods. Please be sure to consult a travel doctor if you have any concerns and bring prescription and over-the-counter medicine you feel YOU will need for this trip.

Personal First Aid Kit

- Prescription medicine you usually take (in original containers)
- Person epi pen – if you need one, don't forget to pack it!
- Bandages, gauze, ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets – helpful to rehydrate at higher altitudes
- Antidiarrheal medication