

# GORILLA TREKKING PACKING



## CHECKLIST

### Clothing Essentials

- Long-sleeved, moisture-wicking shirt
- Long pants in neutral colors (green, brown, gray)
- Lightweight fleece or insulating jacket
- Waterproof outer shell or poncho
- Quick-drying socks (at least 2 pairs)
- Moisture-wicking base layers (top & bottom)

### Footwear

- Waterproof hiking boots with ankle support
- Boots with good tread/grip for muddy terrain
- Lightweight, breathable gaiters

### Protective Accessories

- Wide-brimmed hat or cap for sun protection
- UV-protective sunglasses
- Garden gloves (for grabbing vegetation or rough surfaces)

### Gear to Pack

- Small, durable backpack
- Reusable water bottle (1-2 liters recommended)
- High-energy snacks or energy bars
- Binoculars (for long-range viewing)
- Camera with zoom lens (no flash)
- Insect repellent (DEET recommended)
- Sunscreen (SPF 30 or higher)