

Gorilla Trekking Information Pack

Trip Insurance:

All participants must have suitable travel and emergency medical insurance cover to embark on one of our events. This is a condition of participation mentioned in our T&C's. A policy from any insurer with the correct level of cover will be acceptable. Please send us a copy of the policy wording showing specific cover for your trip, along with the policy number for our records.

If you do not have suitable insurance cover, we recommended clients take a policy from **World Nomads**. Their insurance policies have been designed by travellers for travellers, with coverage for more than 150 activities as well as emergency medical, lost luggage, trip cancellation and more. Please use the World Nomads link at Step 3 of the Sign Up page on our website to be taken to your personal policy quote. Make sure you select the Explorer Plan for your trip. Please email us a copy of your policy certificate for our records.

Flights:

You are responsible for booking your flights at the correct time. We normally check the flight status and details of our participants to monitor whether they are arriving for the event on time. However, you remain fully responsible for monitoring your flight status. PJS takes no responsibility for any customer errors that occur regarding arrival or departure times, dates, or other issues in connection with flight travel. Please make sure you email us a copy of your flight itinerary as soon as possible, no later the 60 days before departure.

Visa & Passport:

It is your responsibility to fulfil all passport, visa and other immigration requirements applicable to your itinerary. We can provide general information about the passport and visa requirements for your trip, but this is for guidance only.

Although we require your passport details for our Online Registration, your specific passport requirements are your responsibility. Please check your passport is valid for your dates of travel.

E-Visa application is available online and should be done around two weeks before departure, please use the following link:

<https://visas.immigration.go.ug/>

Once your E-Visa application has completed and submitted online, it can take up to 7-10 days to receive the approved visa back by email. Once received, you must print all pages and take them with you to show on arrival.

Vaccinations:

Participants should all have up to date vaccinations for Tetanus, Diphtheria, Hepatitis A, Typhoid. It is optional to have vaccinations for TB, Meningococcal Meningitis, Hepatitis B, Rabies, Cholera.

We highly recommend having the **Yellow Fever** vaccination. Your Yellow Fever certificate will probably be checked on entering arrivals. It is a requirement to show a Yellow Fever Vaccination Certificate on entering any African Nation when traveling from and spending a minimum of 24hrs in any other African Nation. Although you will most likely not be spending 24hrs in another African Nation prior to arriving, you will almost certainly be getting off transferring flights from somewhere in Africa (Addis Abba, Nairobi etc).

Therefore, it is simply better to be safe than sorry. It will be your decision to get the Yellow Fever vaccination or not, but it will be your responsibility if there is any problem entering Tanzania or contracting the disease if you decide not to get the vaccination.

Malaria Medication:

These should be essential for everyone. The course of tablets should be started approx. two days before travel and continues approx. seven days after travel. Please consult your doctor or pharmacy for their advice.

Regular Medication:

Our team are not medical experts. We encourage you to visit your family doctor to discuss you medication requirements.

- Carry medicines (including those bought over the counter) in their correctly labelled original packaging, as issued by the pharmacist
- These should be carried in your hand luggage when travelling on flights
- Consider packing a spare supply of medication in the hold luggage in case of loss of hand luggage
- A letter from the prescriber detailing the medicines with the generic names for the medications can be helpful for border control checks, and in case medicines have to be replaced or medical help is required
- Carry a note from the prescribing physician on letterhead stationery for controlled substances and injection medications
- When taking out an appropriate level of travel health insurance including repatriation, specify cover for any pre-existing illnesses



Pre-Existing Medical Conditions

Please assess for yourself whether you are fit and able to take on this challenge. Please review this detailed Information Pack, our website and itinerary to get a better idea of what is involved. Please speak to your doctor or specialist if you have any concerns about taking part. If you suffer from a severe allergy, you are required to contact us to discuss any requirements. If you think that there are things we can do to make the adventure more accessible/comfortable for you, it is your responsibility to let us know, and we will then let you know if we can accommodate your request.

Whilst we will do our best to put in place appropriate measures, we cannot guarantee that this will be possible.

Medical Support

First Aid qualified staff will be provided with the medical details that you give on your booking form but please note that they are on the trip to support with medical matters related to the trip environment and terrain itself, i.e. heat/cold, high altitude and so on. They will deal with any incidents and accidents (cuts, sprains, breaks and so on). They are not intended to continue any ongoing specialist medical care that you receive for pre-existing medical conditions and should not be assumed to have any professional experience of your specific medical condition. If you have any specific needs around pre-existing medical conditions, you should discuss with your family doctor or specialist in advance and can discuss any advice given by them with the trip leader.

Kit List:

Good quality, durable kit could mean the difference between a fantastic Gorilla Trekking experience and an uncomfortable one. For this challenge, well-worn in boots will be indispensable, particularly coupled with some really good quality walking socks.

The benefits of a comfortable day pack cannot be underestimated, so make sure that you get one fitted in-store and train with this. Other essentials are waterproof jackets and pants, technical/wicking t-shirts rather than cotton shirts and comfortable hiking pants. Please see a full copy of the Kit List at the end of this Information Pack.

What To Wear or Carry for Your Outbound Flights:

If your checked in luggage gets lost/delayed, it could take a couple of days to catch you up. You won't be comfortable to start your trek without your boots/shoes and essential clothes, so wearing or carrying them for the flight is advisable.

- Walking boots/shoes
- Walking socks
- Trekking trousers/pants

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**Luggage:**

Only soft sided duffle bags, holdalls and rucksack are allowed on the jeeps. Hard suitcases or soft bags with wheels will not be accepted.

Communication:

Wi-Fi is available at the lodge/hotel, however there will be little to no phone reception on the hike, you should assume that there won't be connection. Even known areas of connection are subject to weather and cloud cover.

Emergency Contact Number:

We have an Emergency Contact number for you to give to your nearest & dearest, should there be an extreme emergency whereby you need to be contacted during your trip.

This number is for **WhatsApp** messages **ONLY** and must only be used in extreme emergencies: **+44 7577 012087**

Local Staff Tips:

We have a standard recommendation for staff tips. This amount is based on the total number of crew members and their job titles. We will notify you of the recommended tip amount for your trip approx. two weeks before departure. It will be collected from everyone on the final night by your group leader or guide. As the tips will need to be split for each crew member, please try to bring small notes, such as \$20, \$10, \$5 (maybe a few \$1's). Dollar bills must NOT be older than from 2010. Old worn \$ bills or \$ bills with tears are not accepted, clean \$ bills only

KIT LIST

BAGS & RUCKSACK

- Soft sided duffle bag (hard sided suitcases are difficult to load onto Safari Jeeps)
- Day Pack 20lt – 30lt

FOOTWEAR

- Walking boots or shoes
- Hiking socks
- Comfortable shoes for the evening

EQUIPMENT

- LED Head Torch (plus spare batteries)
- Binoculars
- Water Bladder
- 1lt Water Bottles
- Sunglasses
- Daily Snacks (tracker bars, dried fruit, chocolate, nuts)
- Walking poles (if required)

CLOTHING

- Waterproof Jacket
- Waterproof Pants/Trousers
- Wicking long sleeve t-shirts
- Wicking short sleeve t-shirts
- Trekking Pants / Trousers (not jeans)
- Trekking short (if required)
- Underwear (light and wicking)
- Neck Buff
- Sun Hat
- Gloves (essential whilst walking through the jungle)
- Casual clothes and personal items for at the lodge/hotel and journey home

TOILETRIES

- Sun Cream/ Protection (min SPF30)
- Lip Sun Protection Stick
- Insect repellent containing DEET
- Malaria tablets (under advice from your doctor)

PERSONAL ITEMS

- Camera
- Contact lenses (plus spare glasses)
- Small First Aid Kit
- Pain killers
- Band Aids
- Compeed blister pads
- Diarrhoea tablets
- Your own medication
- Knee support (if you normally need and use)

DOCUMENTS

- Passport
(Make sure you have at least 6 months left on your passport expiry date)
- Photocopy of passport
(Keep a copy at home and a copy in your travel bag for emergencies)
- Travel insurance
(Suitable insurance available from World Nomads, via the PJS Challenges website)
- Visa (please check in-country requirements)
- Flight Tickets (e-tickets)
- Cash (US Dollars)
- Credit card