

# PACKING LIST UGANDA:

### YOUR CHECKLIST TO TICK OFF

#### **DOCUMENTS ELECTRONICS** TRAVEL PHARMACY □ COVID-certificate ■ Mobile phone with charger ☐ Valid passport (check the validity ☐ Headphones and renew if necessary) ☐ Power bank or solar charger ☐ Copy of passport (save digitally or ☐ Flashlight (chargeable through USB keep separately from original) or battery powered) ☐ Visa (online before arrival) ☐ Headlamp with red light so as not to disturb animals (USB rechargeable ☐ Insurance certificate for health insurance abroad (online) or battery powered) ☐ Vaccination card (check if you need ☐ Travel plug adapter type G to refresh vaccinations) ☐ Alarm clock ☐ Binoculars (for safaris) ☐ Flight ticket (printed or e-ticket) ☐ Travel credit card □ Additional batteries ☐ Cash Camera with charger sickness $\square$ List of emergency contacts and □ *Optional:* Laptop/Tablet/E-Reader/ Kindle with charger allergies, if any ☐ *Optional:* International driver's □ Optional: Power strip license (in case you want to rent a car) PERSONAL COMFORT ☐ Backpack (pay attention to hand luggage dimensions: 55x40x20cm for the plane) □ Sunglasses TOILET BAG ☐ Earplugs/Ohropax ☐ Books/magazines/Travelguide □ Toothbrush □ Toothpaste ☐ Sleeping mask ☐ Microfiber towel ☐ Dental floss ☐ Travel pillow (for flight and longer Deodorant ☐ Hairbrush ☐ Telescopic poles (for support during ☐ Sunscreen □ Razor trekking) ☐ Shower gel/soap ☐ Shampoo/conditioner □ Nail care ☐ Face cream ☐ Sandals (open shoes) **ENVIRONMENTALLY** ☐ Lip protection with UV factor ☐ Flip-Flops ☐ Tweezers

### ☐ Hand disinfectant or wipes ☐ Anti-mosquito repellent for Skin and Clothes (e.g. Nobite, Autan or RID with ingredient DEET or similar) ☐ Painkillers (e.g. Ibuprofen, Aspirin) ☐ Diarrhea medication (e.g. Imodium Akut, charcoal tablets) ■ Malaria prophylaxis ☐ Eye drops against dust ☐ Wound cream (e.g. Bepanthen) ☐ Plasters and blister plasters ☐ If necessary, tablets against travel

# CLOTHES & SHOES

|  | Underwear  |
|--|--|
|  | Thin socks   |
|  | T-shirts (long and short sleeves)  |
|  | Thin and thick hoodes/sweatshirt   |
|  | Light longer trousers  |
|  | Hat/Cap - for sun protection   |
|  | Shorts   |
|  | Swimwear & Towel   |
|  | Thin jacket against wind and rain  |
|  | Multifunctional cloth  |
|  | High, waterproof walking boots -   |
|  | pants should be tucked into sock   |
|  | The state of the s |

- (S and boots while trekking ☐ Sneaker (closed shoes)

- ☐ *Optional:* Light Gloves
  - For night and early morning:
- ☐ Warm socks ☐ Long sleepwear/pyjamas



☐ Hygiene articles

□ *Optional:* Make-Up



**CONSCIOUS TRAVEL** 

steel for hot and cold)

gel

straw)

☐ Reusable silicone tubes filled with

your shampoo, conditioner, shower

☐ Reusable bottle (preferably stainless

□ *Optional*: Reusable cup (preferably stainless steel for hot and cold) □ *Optional*: Stainless steel outdoor

cutlery (knife, spoon, fork, chopsticks,