

GORILLA TRACKING RULES & ADVICE

- ✚ A small, lightweight, frameless, waterproof back/day pack
- ✚ Light, waterproof hiking or walking boots or shoes with treaded soles.
- ✚ Thick socks.
- ✚ High speed film 400 ASA minimum, 800 ASA recommended (no flash photography allowed on the track), fast film, binoculars,
- ✚ Long pants (jeans/khakis) and a long sleeved shirt
- ✚ Leather or heavy canvas (gardening-style) gloves to grip vegetation (gardening gloves may be advised).
- ✚ Waterproof rain pants, a rain suit or poncho with hood.
- ✚ Moisture wicking undergarments, lightweight wool socks, long-sleeved shirt,
- ✚ sturdy trousers, sunglasses,
- ✚ sun screen, a sun hat, a breathable lightweight rain poncho or parka with a rain hat,
- ✚ Thick sweaters not necessary on the track, as it gets very hot during tracking. Best to have layers of clothing as temperatures tend to change.
- ✚ Light raincoat
- ✚ A waterproof, squash-able hat.
- ✚ Drinking water. You may ask for a walking stick if needed