Safari DMC Limited
Tanzania, Kenya, Ethiopia, Uganda, Rwanda & Burundi

GORILLA TRACKING GUIDELINES

Gorilla tracking entails hiking long distances in steep and sometimes wet and muddy conditions with rain overhead. Although it can be difficult and a reasonable degree of fitness is required, no one should feel discouraged from taking the hike; we have had even elderly people successfully doing the trek. For the best experience, participants are advised to pace themselves, and follow your guide's advice at all times.



Remember to bring the following:

1. Your Gorilla Tracking Permit
   One cannot be allowed to track without a permit.

2. Your valid passport for registration; the park authorities insist on it.

3. Good hiking boots, water-proof and preferably gators, with a good traction.

4. Long pants and long sleeved shirt to protect from stinging nettles.

5. A hat to protect from direct sun

6. A walking stick – it is very helpful especially when trekking down.
   The park offers a rudimentary one, but most guests prefer to have their own.

7. A light raincoat or poncho.
   Being a rain forest, one can expect rain or shine at any time on any day.

8. Your Camera
9. A waterproof bag for your camera equipment
10. Bottled mineral water and light snacks to much along the way
11. A pair of Gardening Gloves helps with grasping on wet vegetation.

While on the trek, always follow your Guide's instruction

Gorillas, a critically endangered species, are susceptible to human illnesses. If you are sick with a cold or flu, do notify your guide and not go on the gorilla tracking.



Upon Sighting the Gorillas:

1. Participants are allowed to stay with the gorillas for a maximum of one hour.
2. Always maintain a distance of 7m/21feet from the gorillas
3. Although they are habituated, gorillas are still wild animals not domestic pets
   Keep your distance.
   Do not try to touch them even if they touch you.
   Always follow your guide's instructions.
4. Flash photography disturbs the gorillas and is strictly disallowed.

5. If you need to sneeze or cough, face away and cover your nostrils.

Last but not least, do not forget to observe and enjoy the moment with the gorillas!

Thank you.
The SafariDMC Team