



## **Together Women Rise Uganda**

June 10-17, 2026

### *Suggested Packing List*

#### **Weather Conditions**

The climate in Uganda is tropical, and June marks the start of a long, dry season. In Kampala, it will generally be warm and pleasant, with less intense rain compared to earlier months of the year. It's part of the drier season, so you'll likely have plenty of nice weather, but occasional light showers aren't unusual. Daytime highs: Around 24–27 °C (75–80 °F) are warm but not extreme. Nighttime lows: Around 15–19 °C (59–66 °F) with pleasant evenings and mornings.

#### **Luggage & Packing**

Hard-sided or soft-sided luggage is acceptable, but if you're planning an extension, please be aware of domestic flight luggage restrictions. We recommend packing any medications, a change of clothing, and all valuables in your carry-on bag in case your checked bag is lost or delayed. Be sure to have luggage tags with your contact information on each bag and a TSA-approved lock when possible.

The strict luggage limitations on these flights require careful packing. The 15-kilogram weight limit and soft-bag requirement stem from the aircraft's limited cargo space and weight distribution needs. Hard-shell suitcases are generally not permitted due to space constraints and the need for flexible packing within the aircraft's luggage compartments.

#### **Domestic Flight Luggage Restriction (Queen Elizabeth & Gorilla Trekking Travelers):**

You are allowed a maximum of 15kg (33 lbs) per person, extra weight is charged at \$5 per kilo. We can arrange for you to store your luggage in Entebbe before the domestic flight to Kasese & Kisoro. We recommend packing a main suitcase for the main portion of the trip and a smaller bag for the extension if you need a luggage storage option.



## The Essentials

### Documents:

- Passport Valid for 6 months (original and photocopy)
- International flight itinerary
- Medical insurance policy & emergency phone numbers
- Yellow fever vaccination certificate
- List of medications and any existing health conditions
- Emergency contact sheet & evacuation insurance card

### Travel Essentials:

- Credit cards and cash (see money section in Country Guide)
- Daypack for your time on site visits
- Reusable water bottle

- Notebook & pens
- Book or e-reader
- Energy bars
- Glasses & sunglasses
- Travel pillow & earplugs
- Prescription medicines
- Sun screen lotion
- Mosquito repellants

### Electronics:

- Camera, extra batteries, and charger
- Chargers for all electronics
- Battery power bank / charger
- Headphones or AirPods
- Plug adaptors or a universal adapter for any electronics requiring three-pronged outlets

## Clothing

In Uganda, especially in smaller cities and villages, women and men dress conservatively. However, in cities like Kampala, the dress code is more relaxed, especially in international hotels. During this trip, you will be visiting with grantee partners. We recommend being more mindful of your attire during these visits and dressing on the more conservative side (shoulders and knees covered). Shorts are not commonly worn in professional settings, therefore, we strongly encourage men to wear long pants and women to choose either pants, long skirts, or dresses.



Remember to also pack **these essentials:**

- Comfortable, closed-toe walking shoes
- Shawl or scarf
- Small travel umbrella
- Sun hat or cap
- Socks and undergarments
- Sleepwear
- Swimsuit with modest coverage (*if you would like to swim at the hotel pool*)

### Medical Kit & Toiletries

- Sunscreen and lip balm with SPF
- Toothbrush, toothpaste
- Insect repellent - Picaridin / DEET
- Prescription medication with original labels
- Cipro or other antibiotic in case of stomach issues
- Sleeping medication if helpful
- Over the counter medication
- Allergy medication and epi-pen if needed
- Rehydration salts or electrolyte powder, Emergen-C or Nuun tablets
- Anti-diarrhea medication
- Medication for indigestion - Pepto-Bismol, Tums, etc.
- Painkillers
- First aid kit - antiseptic cream, Band-Aids
- Hand sanitizer or wet wipes
- Travel size soap and body or hand lotion
- Travel size shampoo and conditioner
- Hair brush, comb, hair ties or clips
- Eye drops
- Contact lenses & solution
- Laundry detergent sheets