

UGANDA TRIP PREP

OVERVIEW

A country full of natural wonders, majestic wildlife, and bustling cities, Uganda has something for everyone. Sign up for a trek amongst gorillas in the Bwindi Impenetrable Forest or explore Kampala trying new cuisines, you can't go wrong!

Capital City: Kampala

Population: 44.27 million (2019 est)

Currency: Ugandan Shilling

Time Zone: East Africa Time (GMT +3)

Emergency Number: 112



PACKING LIST

- ☐ **Active shoes** - Great for exploring off the beaten paths, hiking trails and waterfalls. We love sturdy hiking sandals, such as Chacos or Keens, for warmer climates! If you're going on the gorilla or chimpanzee trek, you'll want to pack good closed toed shoes for hiking!
- ☐ **Protect Your Tummy** - Pack some Pepto Bismol and Imodium.
- ☐ **Sunblock With SPF** - Nothing ruins a vacation like a lobster sunburn. Protect your skin from unwanted damage by loading up on SPF. Make sure you buy Reef Safe too!
- ☐ **Bug Spray** - Use bug spray with DEET or Picaridin to avoid bug bites and stay healthy during your trip.
- ☐ **Anti-Motion Sickness Medication** - Dramamine can be really helpful if you know you're prone to motion sickness!
- ☐ **Day Packs** - Great for long adventure days!
- ☐ **Conditioner & Hand Lotion** - Not all hotels provide conditioner or lotion, so remember to pack your favorite products.
- ☐ **Reusable Water Bottle** - Hydrate, hydrate, hydrate! (& save the planet by not buying plastic water bottles)! You will have access to clean water for refilling at all the hotels.
- ☐ **Carry-On Bags** - Avoid unnecessary baggage fees when traveling on to other destinations post-trip. Plus, it's easier to lug around between cities.
- ☐ **Packing Cubes** - We'll be moving in and out of hotels frequently and these will keep you organized.
- ☐ **Hand sanitizer** - Need I say more?
- ☐ **Portable Chargers** - Stay juiced my people.
- ☐ **Ear Plugs** - Sensitive sleeper? Nice to have in case of a snoring roommate.
- ☐ **Laundry Soap** - Single packets are perfect for sink washes when you're running low on clean clothes!
- ☐ **Local Currency** - Make sure to get some local currency. On average, you'll lose around 15% at the airport if you use the currency exchange. While many places do accept card, small local restaurants tend to be cash only.
- ☐ **Call Your Bank** - Your bank may suspend your card if they suspect unusual activity. Give them a call to let them know when and where you'll be traveling.
- ☐ **Always pack extra underwear!**





FUN FACTS ABOUT UGANDA

- Over 30 different indigenous languages are spoken in Uganda. Most of the languages fall into three main language groups: Bantu, Nilotic and Central Sudanese.
- Uganda is one of the youngest nations globally, with 77% of its population under the age of 30.
- Over 10% of the world's bird species can be found in Uganda.
- Uganda is home to approximately 5,000 chimpanzees!
- In terms of land area, Uganda is roughly the size of the state of Oregon. However, Uganda has a population that is roughly ten times larger than Oregon's!
- Lake Victoria is the largest lake in Africa, and it's located in Uganda. This lake is connected to the Nile River.
- Pointing at a Ugandan with an index finger is an insult. When pointing, the whole arm should be used. This is true of many regions in Africa.
- Uganda is the second largest producer of bananas in the world, falling second only to India. The country produces an estimated 11 million tons annually.
- .With eight major rivers and five huge lakes, water covers nearly one-fifth of Uganda



SPEAK THE LANGUAGE

Language: Swahili is the official language of Uganda.

- **Hello** - Hello
- **Goodbye** - Kwaheri
- **Thank you very much** - Asante (sana)
- **Do you speak English?** - Unaongea kiingereza?
- **I don't understand** - Sielewi
- **How are you?** - Habari Yako?
- **I'm fine, thank you** - Niko sawa, asante
- **What is your name?** - Jina lako nani?
- **My name is ____** - Jina langu ni ____
- **Sorry** - Samahani
- **Where is the bathroom?** - Bafuni iko wapi?

Google Translate: Download the Google Translate app or use the following link to translate more words:

<https://translate.google.com>

TIPPING

Tipping Suggestions: Tips for guides, drivers and restaurants are not included. Tips provide supplemental income, and, while not mandatory, are greatly appreciated. If the local teams have added to the experience, please reward them.

Guides	—————→	USD \$5-10 per person/per day
Drivers	—————→	USD \$3-5 per person/per day
Restaurants (full service)	—————→	\$1 to 10% of total bill
Hotels (assistance with luggage)	—————→	\$1 per bag
Hotels (housekeeping)	—————→	\$1 per person/per day



FAQ

Where can I find information on travel safety? Check out the US Department of State's website for the most up to date information on safety while traveling

<https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories/uganda-travel-advisory.html>

Is the water safe to drink? Tap water should be avoided by travelers. You should also avoid brushing your teeth with the tap water when possible. For drinking water, make sure to drink treated water which can be found at all lodging accommodations.

Do I need a Visa? For Visa information, visit <https://www.visahq.com/uganda/>. Make sure to also check that your passport isn't expired or about to expire!

What about vaccines? For Vaccination information, visit <https://wwwnc.cdc.gov/travel/destinations/traveler/none/uganda>.

Do you recommend travel insurance? While not required, we highly recommend all travelers get travel insurance for their trip to protect themselves from the unknown! Check out travel insurance options from our partner, worldnomads.com or from a provider of your choice.

What does public transportation look like? There are local taxis and mini buses available in the main cities. Public transport becomes harder to navigate in the more rural areas.

Is Uber or Lyft available? Uber is available in Kampala.