

Important Notes for Mountain Trekkers

Guides

We work with trained supportive guides who are happy to lead you to the summit, with lots of experience in high and Low altitude summits, flora and fauna, first aid, abseiling, cooking, customer care and lots of stories to tell about the mountains since most of our guides come from both the Elgon and Rwenzori Regions.

Meals

All meals are provided during the treks and we pride ourselves to providing good meals which are prepared by our trained guides. Our meals are designed to keep you healthy and safe during your trek and we do cater for all meal allergies. Please let us know all your meal allergies when booking your treks for a better organization. We do advise one to carry favorite snacks as they're a good motivator during your trek.

Porters

The treks come with Porters who will be carrying your luggage during the hike and the maximum weight is 23kg per bag, we advise that you carry a big backpack which the porters will be carrying and a day pack for your personal equipment which you carry yourself. Backpack covers are a must have as mountains are always wet even in the dry seasons, please endeavor to invest in a good backpack cover to avoid wet equipment during the trek, or else use polythene bags inside the backpack to protect your gear.

Mountain Accommodation.

All accommodation during Mt. Elgon trek is camping in tents for now, with a small foam mattress. Construction of huts is underway and it is forecasted that by the end of the year each camp will have at least one hut. All one needs is a warm four season's sleeping bag and it is sufficient for the night.

Insurance.

Insurance is mandatory for all mountain treks and all clients should buy their insurance before arrival covering Medivac and evacuation at an altitude of 4000 meters and above. In Uganda we do not know of any company that sells mountain insurance hence we recommend you buy the insurance in your home country before arrival.

We as well advise one to carry insect repellent.

Tipping Fee.

With the tips, it's always up to the client and how you appreciate the service the guide has given. It is not a must that you pay a certain total amount, however many people tip according to what they have and it varies from client to client, so at the end of the day it's totally up to you (the client). We do pay our staff though that shouldn't put you off from tipping them if you feel like it.