



# SIPI FALLS TOURS

## READY FOR THE MIST?



### THE FOUNDATION (FOOTWEAR)

- ☐ **Hiking Boots or Trail Shoes:** Must have good grip. Sipi trails can be slippery/muddy.
- ☐ **Hiking Socks:** Moisture-wicking to prevent blisters.
- ☐ **Sandals/Flip-flops:** For relaxing at the lodge after the hike.

### THE LAYERS (CLOTHING)

- ☐ **Lightweight Hiking Pants:** Avoid jeans (they get heavy when wet).
- ☐ **Breathable Layers:** T-shirts for the day, a warm fleece/sweater for the cool mountain nights.
- ☐ **Rain Jacket or Poncho:** Even in the dry season, the waterfall mist is powerful!
- ☐ **Swimsuit:** If you're brave enough to take a dip in the natural pools.
- ☐ **Sun Hat / Cap:** The African sun is strong at high altitudes.

### THE GEAR (ACCESSORIES)

- ☐ **Daypack (20L-30L):** To carry your water and snacks.
- ☐ **Water Bottle:** At least 1.5L capacity.
- ☐ **Power Bank:** Power in rural areas can sometimes be inconsistent.
- ☐ **Dry Bag or Plastic Sleeves:** To protect your phone and camera from the waterfall spray.
- ☐ **Headlamp or Flashlight:** Essential for moving around lodges at night.
- ☐ **Camera & Binoculars:** For the views and the 300+ bird species.
- ☐ **Hiking Poles:** (Optional, but Sam provides wooden walking sticks for free!)

### SAFETY & HEALTH

- ☐ **Sun Protection & Insect Repellent:** High altitude = high UV.
- ☐ **Personal First Aid:** Band-aids, antiseptic, and any personal meds.
- ☐ **Hand Sanitizer:** For trail-side snacks.
- ☐ **CASH (Ugandan Shillings):** There are no ATMs in Sipi. Bring enough for tips, extra drinks, and local crafts.

- **The Mud Factor:** "If your shoes get muddy, don't worry. Many lodges have local staff who can clean them for a small tip (\$1-2 USD)."
- **Stay Hydrated:** "The elevation can cause mild headaches if you don't drink enough water. Sip constantly!"
- **Tipping:** "While not mandatory, a small tip for your guide or coffee host goes a long way in supporting our local community families."

**Got your bags packed?**

**WhatsApp Sam:  
+256 781 827 693**

<https://sipifallstours.com>