

# Hiking Mount Elgon – what is important?

## Estimated costs

50 USD (180,000 UGX) per person per day for the entry fee

5,55 USD (20.000 UGX) per person per night for camping fee

11,09 USD (40,000 UGX) per person per day for porters (one porter = 18 kg)

Cook if wanted but not necessary (porters are also able to cook) 8,32 USD (30,000 UGX) per day

If food is bought by the porters 6,93 UGX (30,000 UGX); food for 3 meals a day

If tents, sleeping bags and sleeping mats are needed:

Tents 4,16 USD (15,000 UGX) per day

Sleeping bag / mats each 2,08 USD (7,500 UGX) per day

	<b>Things that can be good to have on the hike</b>	<b>Explanation</b>
<b>Medicine</b>	Plasters (Blister + normal), pain killers (e.g. Paracetamol, bandages, sterile gloves, pain ointment, suncream.	You should take some medical things in case you get hurt on the hike. Suncream is very important. Often the sun is not seen but this should be not underestimated.
<b>Equipment</b>	Tent, sleeping bag, sleeping mat, good shoes to hike and walk long distances.	You can rent some equipment from the UWA office or even rent tents from SALEM.
<b>Food</b>	Depending on how many people are hiking but things like: beans, rice, potatoes, fruits ...	It is important to take food that gives you energy and satisfies you a long time. There is often no lunch therefore it is good to have a fulfilling breakfast.
<b>Snacks</b>	Depending on how many people are hiking.	You should take also some snacks for the hike that give you power and energy when you need it. Therefore you can think about snacks with sugar for example.

<p><b>Clothes</b></p>	<p>Socks that keep you warm at night, hoodie, thermal wash, gloves that keep warm, hat, clothes which are good for hiking and walking long distance, rain jacket or even rain poncho, Masaii blanket.</p>	<p>Especially at nights but also the higher you get on the mountain it gets colder. At nights degrees can be around zero so it is important to be warm at night in a tent. Masaii blankets can be bought in Mbale and are concepted to keep warm (ask in SALEM Guest House where to buy them). It is possible that it rains during your hike therefore you need a rain jacket / rain poncho.</p>
<p><b>Other useful things</b></p>	<p>Refillable water bottle, powerbank, water filter tablets, cap (protection agains sun).</p>	<p>There is no possibility to charge your phone on your hike. You should take 2 –3 liters fresh water for your first day hiking from home. Afterwards there is the possibility to refill bottles on your hike from creeks. You should take some water filter tablets for that.</p>