

Vaccinations

Your doctor or travel clinic is the best person to consult about vaccinations and travel health. We would recommend consulting with a medical professional several months before your expedition.

When visiting your doctor or travel clinic you will need to make them aware of the following;

→You will be staying in the south east of Kenya close to the Tanzanian border, and visiting Tsavo National Park

- The duration of your expedition
- You will be working with local school children
- You will be staying and working in rural areas
- If you are undertaking a trek of Mount Kenya, scuba diving or low level trekking

The following vaccinations are likely to be recommended:

- Typhoid
- Hepatitis A and B
- Diphtheria
- Polio
- Meningococcal Meningitis
- Tetanus
- Yellow Fever

Additionally, the following vaccinations may also be recommended:

- Cholera
- Rabies
- Tuberculosis

When visiting the GP or Travel Nurse, take along this vaccination [factsheet](#) to ensure they can provide you with the correct information.

Yellow Fever Vaccination

Yellow Fever may be recommended due to the locations visited as part of your expedition, it is however also advisable to make your doctor/travel nurse aware that as part of our contingency plans, we could move your expedition across the border into Tanzania. The Yellow Fever vaccination is required in order for you to be granted access into Tanzania. Once you have had your Yellow Fever vaccination you will be issued with a Yellow Fever Certificate, please ensure you put this in your passport and take it with you when you travel so that you can show it to immigration staff if required. If you can't have the yellow fever vaccination for medical reasons or your doctor advises against it, please ask your doctor for a medical exemption certificate and take this with you when you travel.

Unfortunately, the cost of vaccinations vary. Some doctor's surgeries provide all or most vaccinations free of charge, where others will charge a fee for each vaccination. There is currently no regulation in place that determines what surgeries can or cannot charge. Therefore, we can't give you an accurate indication of what your vaccination will cost. Travel Clinics can sometimes provide a cheaper alternative so do shop around.

Further information about vaccinations and travel health and can be found on the NHS Live Well Travel Advice [website](#)

Whilst we have varying talents in the office, we are not medical experts so we must insist that you seek professional advice from a doctor on all of the above. Most decisions are based on personal medical history, which they will have access to. It is your responsibility to ensure you are in possession of all relevant medical and health documentation that may be required at point of entry.

COVID testing and vaccinations

- For the COVID vaccination requirements for your expedition destination (including transit airports), please refer to [Foreign travel advice - GOV.UK \(www.gov.uk\)](#)
- We will be closely monitoring the testing requirements in each location between now and your departure. In preparation for any testing which may need to be conducted during your expedition, we suggest that you take two packs of lateral flow tests with you (14 individual tests).



Malaria, Bite Prevention And Other Health Considerations

Malaria

Malaria remains rife throughout the tropics and is one of the major threats to the local people. It is vital for travellers to have an awareness of the very real hazard of malaria, including the importance of gaining accurate advice before travelling. As with vaccinations, please follow the advice of your doctor, as there is a range of anti-malarial tablets that travellers can take. Whichever one you are recommended, follow the instructions carefully as some might require starting the course

before you leave on expedition and for several days/weeks after returning. Make sure you have enough tablets to last for the whole duration of your trip.

Just bear in mind that malaria medication is not 100% effective so bite prevention is still essential. We strongly advise against herbal anti-malarial medication as a form of protection

The most common anti-malarial drugs recommended for travel are Malarone, Lariam and Doxycycline. If you are scuba diving as part of your expedition please make your doctor/travel nurse aware as the Lariam is not usually recommended due to the possible side effects.

Bite Prevention

It is important that you take steps to prevent getting bitten mosquitos can carry diseases other than Malaria, particularly Dengue Fever. Dengue, whilst not widespread in Kenya, causes a nasty fever and general unwell feeling for several weeks. There is no prophylaxis for Dengue Fever, hence it remains critically important to avoid being bitten at all times. In addition, it is really easy for bites to become infected when scratched in the humid conditions in Kenya, and often lead to hospitalisation in order to treat the infected area.

