

Health & Vaccination Information

Pride of Africa Adventures & Safaris

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Staying Healthy on Safari

This page is general guidance to help you prepare for your trip with Pride of Africa Adventures & Safaris Limited. It is not medical advice. Health and vaccination requirements vary by destination, itinerary, and personal medical history, so please consult a travel health clinic or your doctor at least 4–6 weeks before departure.

1. Yellow Fever

A Yellow Fever vaccination certificate is required for entry into several East African countries if you are arriving from, or have transited through, a country with risk of yellow fever transmission, and is recommended more broadly for travel across the region. Requirements are set by each country's government and can change — confirm current entry requirements before you travel.

2. Malaria Prevention

Most safari destinations we operate in are malaria risk areas. We recommend speaking to a travel health professional about antimalarial medication suited to your health history, and taking practical precautions on your trip:

- Use insect repellent, particularly from dusk onward.
- Wear long sleeves and trousers in the evening.
- Sleep under a mosquito net where provided.

3. Routine & Recommended Vaccinations

Your travel health provider may also recommend being up to date on routine vaccinations, plus additional cover such as Hepatitis A and B, Typhoid, and Tetanus, depending on your itinerary, activities, and length of stay.

4. General Health on the Road

- Drink bottled or filtered water; avoid ice unless you know it's from a safe source.
- Pack a basic personal first-aid kit with any personal medication clearly labeled in its original packaging.
- Wear sunscreen and a hat — much of your day on safari is spent outdoors at altitude near the equator.

- Tell your guide immediately if you feel unwell — camps and lodges can usually arrange local medical support quickly.

5. Existing Medical Conditions

Please tell us about any medical condition, allergy, or mobility need at the time of booking so we can plan an appropriate itinerary and brief your guide — see also our Accessibility Statement. Comprehensive travel insurance with medical evacuation cover is a condition of travel — see our Travel Insurance Information page.

6. Questions?

We're glad to share what to expect health-wise on your specific itinerary — get in touch.

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