

## **IMMUNIZATIONS AND ANTI-MALARIAL MEDICATION**

### **IMMUNIZATIONS**

Tanzania does not *require* any immunizations to enter the country except Yellow Fever *IF* you are traveling from a Yellow Fever area (the U.S. is not).

However, the Center for Disease Control does recommend several immunizations that are listed on their webpage which is also a great source of information regarding travel in general to East Africa. Their webpage is [www.cdc.gov](http://www.cdc.gov). 4-6 weeks is about the minimum recommended time prior to departure to get your immunizations. Your family doctor can prescribe your anti malarial medication, the immunizations are available at travel clinics or larger

health departments (which are usually cheaper than private travel clinics.) Most of these vaccinations are good for 10 years so if you've traveled to Africa, Asia, or South/Central America within the last 10 years you are probably still current on your vaccinations.

### **ANTI MALARIAL MEDICATIONS**

#### ***WE HIGHLY RECOMMEND BASED ON OUR PERSONAL EXPERIENCE TO ONLY USE MALARONE***

Our personal experience is that of the two main anti-malarial medications (Malarone and Lariam), Malarone has fewer and less severe (if any) side effects. If your doctor wants to prescribe anything but Malarone please question in detail why. Many older physicians are not aware of the newer medications and just prescribe Lariam out of habit. Lariam can be prone to cause night terrors, hallucinations and other psychotic behavior, besides just making you feel plain miserable the whole trip. *It is believed that Lariam is a contributing factor to the recent massacre of villagers in Afghanistan by a US soldier . . . . .*

## **LUGGAGE, BUSH PLANES, TRANSFERRING TERMINALS, AIRPORT SECURITY**

### **Luggage**

You are allowed TWO pieces of luggage each on the trip - PERIOD! One medium to large soft sided duffle bag - they can have a hard bottom if they are roller bags. The second is your camera bag. This can be one of the carry on approved roller bags used by everyone on planes (that's what James uses), or big back pack etc. Regular suitcases do NOT fit into the vehicles. And there IS NOT room for more pieces of luggage per person. In the vehicles during game drives you are allowed ONLY ONE **SMALL** camera or daypack. There IS NOT ROOM for your full sized camera bags. James and I use small canvas bags that we put cards, batteries, binocs, extra lens etc. in. If you think you have to protect