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Medicine Check List - East Africa

Inoculations and Prescribed Medicines List

Please check your health card for the following:

Tetanus/Diphtheria:	Do you need a booster?	Yes/No
Polio:	Do you need a booster?	Yes/No
MMR:	Do you need a booster?	Yes/No
Hepatitis A:	Recommended. Either Gammaglobulin or the new 2-shot treatment which should last you 3-5 years.	Yes/No
Hepatitis B:	Recommended.	Yes/No
Yellow Fever:	Required in Tanzania. Yes/No	
Cholera:	Questionable. Ask your physician.	Yes/No
Typhoid:	Maybe. Ask your physician. Vivotif Berna is good for 5 years	Yes/No
Rabies:	Ask your physician.	Yes/No
Malaria:	If you plan to visit lower elevations/coast in Africa ask for a Larium course as Chloroquine resistant malaria has been identified in Tanzania.	Yes/No

Individual countries' requirements change from time to time. It is important that your medical adviser has the most up to date WHO or CDC information sheets. I do not want trip members returning home ill.

All of the above should be discussed with your travel clinic or with your physician at check-up time well ahead of departure. We meet in early June in Nairobi – you should be working on things medical no later than early April. Please ensure you bring a complete copy of your immunization record.

Please ask your medical adviser for the following:

- A supply of 2% iodine solution for water sterilization. Enough for 4 quarts a day for 30 days. I use 5-6 drops per quart. If you cannot tolerate iodine ensure you bring an equally effective substitute.
- 10 Diamox - acetylzolamide - tablets – 1 per day for Meru and upper Kilimanjaro.
- 2 anti-biotic courses: 1 for upper respiratory tract and 1 for G/I infection
- Anti-inflammatory for 30 days
- Oral rehydration for 3 days

I know it all sounds horrific but there is no one better qualified to give you the best medicines than your own GP. And having it with you sure beats trying to find a pharmacy in Nairobi at 3am!

Cheers

Shaun Norman