

# VACCINATION GUIDE

Vaccinations are an important part of keeping well and safe on our trips, especially given the remote nature of many of our destinations.

Ahead of your trip, please make sure that you visit your GP or local travel clinic, taking along a copy of your itinerary, so that you can discuss with them which, if any, vaccinations you should receive before travelling. Please be aware that there may be a charge for vaccinations you are offered, which would be your responsibility to cover.

World Challenge are **unable** to provide any specific guidance or recommendations. We do provide the following general advice for all our trips:

## RABIES

We strongly recommend vaccination against rabies for all participants due to the remote nature of our trips. Treatment after a bite or scratch is always required and having the vaccine ensures a greater amount of time to get this treatment without further risk to health. If not vaccinated, the required post-exposure medication is different and can be much harder to source.

## HEPATITIS A AND TYPHOID

These are water borne diseases, and vaccinations to protect against them are recommended.

## TETANUS, POLIO, AND DIPHTHERIA

Ensure these vaccinations are up to date.

## MALARIA

You may need to take anti-malarial medication for your trip; this should be discussed with your GP/local travel clinic at the same time you discuss your vaccinations.

The above is not a comprehensive list. For more information on all vaccination and immunisation advice, please speak to your GP/ local travel clinic. You may also find the following links useful:

- [Masta Travel Health](#) - a leading advisory service for those travelling from the UK
- [Smartertraveller](#) - to view vaccination advice for those travelling from Australia
- [Safetravel](#) - to view vaccination advice for those travelling from New Zealand