



Immunizations and First Aid

Required Immunizations (*you should be able to obtain off all these from your general physician*):

- Hepatitis A
- Hepatitis B
- Typhoid (this can be in two forms; either an injection or oral)
- Up to date Tetanus

Yellow Fever immunization is NOT required.
Malaria medication is NOT necessary.

Personal First Aid Kit:

- Any prescription medication you are taking
- Band-Aids
- Antiseptic cream
- Tylenol or any medication you take for general aches and pains
- Imodium
- Prescription of CIPRO (you need at least 10 tablets) – this is for GI issues that may arise
- Disinfectant wipes
- Anti-itch cream
- Sunscreen
- Bug spray or wipes