

PREPARING FOR AFRICA

Vaccines, Prescriptions, & Other Medical*



*Disclaimer - I am not a doctor, so I can only tell you my experience
Your doctor is the ultimate and best authority for below:

Please see "PREPARING FOR YOUR TRIP TO AFRICA" for places to get immunized.

Immunizations:

Yellow Fever	(1 shot, good for 10 years, though now the CDC says good for life - Only some doctors can give this vaccine)
Typhoid	(shot is good for 2 years, pill is good for 5 years) (Note: Pills tend to make some people nauseous)
Hep A	(2 shots, good for life)
Hep B	(3 shots, good for life)
DPT (10 Year Booster)	(Diphtheria/pertussis/tetanus)
MMR (10 Year Booster)	(Measles, Mumps, Rubella)

Prescriptions:

Anti-Malaria -

+ Mefloquine	(don't recommend this one. It is a weekly pill, but can cause severe nightmares)	
+ Doxycycline		
+ Malarone	(used this one for all my Africa trips)	generic

Altitude sickness -

+ Diamox 125 mg tablet	(I will definitely be getting this) (2/day) - no problems on 2012 and subsequent final summit nights	generic
<u>(or Nifedipine?)</u>		
+ Zofran	(I will definitely be getting this)	
+ Cortizone Inhaler (Qvar)	(Especially if you have an asthma condition)	

Bacterias & Parasites -

+ Cipro (500mg)	(intestinal, respiratory, sinus disorders) (for intestinal bacterial infections)	generic
+ Flagyl (250mg)	(for parasites - probably don't need; some doctors don't like to prescribe)	generic
+ Doxycycline (100mg)	(for upper respiratory infection)	generic
+ Amox-Clav (875-125mg)	(for sinus infections)	generic

Sleep -

+ Ambien	(This helps me on the first overnight flight and the first night in Africa)	generic
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Over the Counter Medications:

+ Tylenol Arthritis Pain	(headaches)	(650mg acetaminophen)
+ Pepto Bismal	(intestinal)	
+ Imodium	(intestinal)	
+ Melatonin	(sleep)	
+ Throat Lozenges	(dusty on mountain)	
+ Afrin	(dusty on mountain)	
+ Saline Nasal Sprays	(cold/allergy - dusty on mountain)	
+ Sudafed	(cold/allergy - dusty on mountain)	
+ Sinus Rinse	(dusty on mountain)	
+ Vitamins		

Other Medical:

Physical	Please get one! It's for your own safety!
Spirometer Test	Optional - Measures for abnormal lung function
Hematocrit	Optional - Measures % of total blood volume composed of red blood cells

Make an appointment for a physical, any other tests, and your prescriptions with your doctor

Bring your list of immunizations (yellow card, if you have one, to your appointment)

Tell him when you will be in the countries you are traveling in

He will go to the CDC site and check it's recommended immunizations and prescriptions

You may want to check the CDC site yourself before you go in: <http://wwwnc.cdc.gov/travel/destinations/list.htm>

Websites:

childlegacy.org

cleanwaterclimb.net

[Clean Water Climb \(Facebook\)](#)

[Clean Water Climb \(YouTube\)](#)



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