



Health requirements

We have compiled a guide with basic guidelines of health requirement of the various countries.

Please click [here](#) to find detailed information on recommended vaccinations, health care, precautions, malaria information and other valuable recommendations.

Please contact your local physician for latest information on malaria prophylaxis and what type of prophylaxis will be best suited for you and the area that you are visiting.

Please ensure that all your standard vaccines are up to date!

Botswana

Botswana is a malaria zone and therefore precautions and health care requirements are recommended and necessary. Botswana is fairly developed with many hospitals along the route.

Mozambique

Depending on how long you wish to visit Mozambique for, you may need some precautionary vaccinations for your holiday. Health insurance is recommended and visa entry is required depending on your nationality, all travellers without Consular representation in their home country may apply on the border but all others MUST obtain a visa before arrival.

Namibia

This area is a malaria zone with high sun radiation in the hotter months. The health care in Namibia is above the African average with pharmacies scattered about.

South Africa

South Africa only has a few areas that are malaria zones such as the Kruger National Park! Health care in South Africa is very good with visa entry being required depending on what country you enter from.

Swaziland

Swaziland is also a Malaria zone with necessary precautions been recommended. There are also fresh water viruses therefore swimming in Swaziland is not suggested.

Zambia

Zambia is a malaria area with travel throughout the area being very popular.

NEWSFLASH: Yellow Fever vaccination is no longer required for passengers travelling to and from Zambia.

Zimbabwe

Health care can prove to be slightly problematic in the surrounding underdeveloped areas. Any area below 1200m is regarded as a Malaria zone.