

Visa & Vaccinations Checklist

Planning ahead keeps everyone healthy and stress free. This checklist shows what to do for visas, vaccinations, and simple health prep so the journey stays smooth from airport to beach.

Visa Steps by Country

- Bring a passport that stays valid for at least six months after your return date.
- Leave two blank pages for entry stamps.
- Most visas can be completed online. Always use the official site linked from your government travel portal.

Egypt

- Visa required for U.S. citizens (available online via e-Visa or on arrival)
- Passport must be valid for at least six months after travel
- Routine vaccines up to date (MMR, Tdap, Polio)
- Hepatitis A and Typhoid recommended
- COVID-19 vaccination or negative test may be required depending on current policy

Ghana

- Visa required (must be obtained in advance through Ghana Embassy or consulate)
- Yellow Fever vaccination required; proof of vaccination (yellow card) must be shown on arrival
- Routine vaccines up to date (MMR, Tdap, Polio)
- Hepatitis A, Typhoid, and Malaria prevention strongly recommended

South Africa

- Visa not required for U.S. citizens for stays up to 90 days
- Passport must have at least two blank pages for entry stamps
- Routine vaccines up to date (MMR, Tdap, Polio)
- Hepatitis A and Typhoid recommended
- Malaria prevention advised for Kruger National Park region

Zimbabwe

- Visa required (available online via e-Visa or on arrival)
- Routine vaccines up to date (MMR, Tdap, Polio)
- Hepatitis A and Typhoid recommended
- Malaria prevention required for Victoria Falls area

Tanzania / Zanzibar

- Visa required (available online via e-Visa or on arrival)
- Yellow Fever vaccination required if arriving from or transiting through an endemic country
- Routine vaccines up to date (MMR, Tdap, Polio)
- Hepatitis A and Typhoid recommended
- Malaria prevention required
- COVID-19 vaccination recommended

Vaccines and Preventive Medicines

- Speak with your primary doctor or a travel clinic for personal guidance.
- Needs can vary by age, health, and recent vaccinations.

Yellow Fever and Proof

- Some borders require a Yellow Fever certificate if arriving from a risk area.
- Keep your International Certificate of Vaccination in your travel folder.
- Ask your clinic for the latest guidance.

Common Recommendations

- Routine vaccines up to date (MMR, Tdap, Polio)
- Hepatitis A and Typhoid
- Malaria prevention recommended for safari regions

Simple Health Tips for the Journey

- Drink bottled or filtered water
- Use insect repellent at sunrise and sunset
- Wear light long sleeves during game drives
- Pack daily medicines in your carry-on
- Include rehydration packets and a small first-aid kit
- Choose food from busy, clean vendors or hotel kitchens

Documents to Print and Carry

- Passport and two paper copies kept separate
- Visa approval letters and receipts
- Flight and accommodation confirmations
- Travel insurance certificate
- Yellow Fever certificate
- Emergency contacts for group lead

When to Handle Each Step

Three Months Before

- Schedule clinic visit for vaccines
- Begin visa applications
- Purchase travel insurance

One Month Before

- Finish any second doses
- Print key documents
- Confirm airport transfers
- Test international credit cards

One Week Before

- Pack medicines and repellent
- Recheck passport and visa copies
- Share emergency contacts
- Prepare local currency

Pack These Health Items

- Daily prescriptions in original bottles
- Pain and stomach relief medication
- Motion sickness tablets
- Insect repellent and anti-itch cream
- Sunscreen and lip balm
- Oral rehydration packets
- Compact first-aid kit

Helpful Links and Support

If you have special medical needs, let the trip lead know so we can plan support.

We want every traveler to feel safe and cared for. Reach out any time with questions.