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MEDICAL CONSIDERATIONS

Considerations to take into account before travelling to Southern Africa.

Heart of SA Woman Hunt & Conservation is not able to provide you with professional medical advice. We suggest that you consult your personal physician or a doctor in your country who is able to offer medical advice and who can prescribe any medication should they deem it necessary. We do, however, recommend that you take the following into consideration:

MALARIA

If you are travelling to the north-eastern part of South Africa, including the lowveld near the Kruger National Park, or to any destination in Botswana, Zimbabwe, Mozambique or Zambia, it is prudent to discuss anti-malaria prophylactics with your doctor. We do not recommend child observers younger than six years to travel to any malaria area.

ALLERGIES

Dust and pollen encountered in the various hunting areas may aggravate any allergies you might have. It is recommended that you consult your physician regarding precautions which can be taken in this regard. Although allergies can be triggered all year round, it is important to note that the advent of spring (September) is especially known as "allergy season", due to the high occurrence of flowering plants. Remember to communicate any food allergies so that the hunting camp's staff are duly prepared.

PRESCRIPTION MEDICATION

If you plan to arrive with prescription medication, we suggest that bring along your prescription as well as the original boxes/containers in which you received your medication. South Africa is generally less austere regarding controlled medications, but it's nevertheless prudent to arrive prepared.

MEDICAL FACILITIES

South Africa has world-class medical facilities and doctors who are, in some cases, regarded to be amongst the leaders in their field globally. **Heart of SA Woman Hunt & Conservation** does not, however, offer medical or travel insurance. Ensure that this is arranged prior to your travels in the unlikely event of a medical emergency.

