Dear Traveller,

This update contains instructions on applying for your Cameroon visa and details about documentation for your trip, vaccination requirements and spending money.

**VISAS**

It’s time to start your Cameroon visa application and details on how to apply for this are on the following two documents:

1. **Cameroon visa – how to apply**
2. **Cameroon Itinerary** Please remember the itinerary is an **aid** for the visa, it is by no means exact, as once you get on the road things will change. This is simply a letter to support your visa application

We will apply for all other visas whilst en route, either online via the country’s e-visa website or at Embassies and Consulates along the way or at the border. It’s not unusual to have to try for some visas in more than one city - you will become very used to visa applications and border crossing processes! Visa requirements can change at a moment’s notice so we will of course let you know if there are any changes. There are details about the visa kitty we will arrange in the pre-departure info – this basically covers the costs of photocopying, paperwork, taxis to embassies etc. during the trip, and will be open to all to view the accounting.

**DOCUMENTATION**
You will need to bring a lot of paperwork with you to help with border crossings and visa applications. This includes multiple passport copies, yellow fever certificates, passport photos etc. Please see our separate document for a full list.

**VACCINATIONS**

The **Yellow Fever vaccination** is considered to be valid for life. However this is not always accepted by some border officials. Some of you may have had the vaccine some time ago when it was deemed valid for 10 years and so it will show a validity of 10 years on your certificate. Border officials may take this as being out of date if you had the vaccine more than 10 years ago which could mean difficulties and delays at the border. [Nomad Travel Clinics](https://www.nomadtravel.co.uk/) can issue replacement certificates which state ‘life of person vaccinated’ and these cost £20. Please contact them directly for more details.
Some people over 60 may be advised against having a yellow fever vaccine for health reasons. As mentioned, some borders can be very strict about this particular certificate. If you are not able to have the vaccine, please ask whether you can still be given a ‘life of person vaccinated’ certificate. If you can't get one of these, at the very least you must bring a clearly written and stamped doctors letter explaining why you have not had the vaccine. Please contact us if you think this will be an issue.

For other vaccinations and malaria prevention, you should speak to your doctor or a travel clinic for the most up to date advice. As we are not medical professionals, we have to be a bit careful about giving out specific medical information and advice. However, for convenience, we have copied the Vaccination and Health details from the Trans Africa Essential Information below.

VACCINATIONS AND HEALTH

It is normal when travelling in Africa to require some vaccinations for your trip, depending on the areas that you are visiting. As we are not medically trained, we are unable to give detailed advice on vaccination requirements, so please use the information below as a guide only and obtain professional advice.  We have worked closely with **Nomad Travel Clinics** for many years and they offer Oasis travellers a **10% discount** on vaccinations, anti- malarial drugs, first aid items, clothing and equipment, just enter discount code OASIS1000 at [**Nomad Travel**](http://www.nomadtravel.co.uk/). Alternatively, you can check out the [**fit for travel website**](https://www.fitfortravel.nhs.uk/home) for more travel health information or consult a reputable travel clinic or your GP practice for information and advice. We suggest that you allow at least 8 weeks to get all your vaccinations.

**Yellow Fever** - Being vaccinated against Yellow Fever and having a valid certificate and a photocopy is deemed compulsory in nearly all the countries we visit in Africa, especially at certain borders and are needed if you are entering from an infected country. You can view a list of countries requiring a certificate through the [**World Health Organisation**](http://www.who.int/ith/ITH_country_list.pdf).

**Rabies** - Vaccinations are regularly advised for all countries that we travel through in Africa - especially if time and money are not a deterrent.

**Malaria** - In some of the areas we visit there is a risk of contracting malaria. You must be aware that whatever malaria prophylactics you are taking, they only offer partial protection. They must be coupled with your own physical efforts against being bitten - which is the best prevention. Malaria-carrying mosquitoes come out at sunset so from this time you should wear long sleeves and trousers. Exposed skin, especially ankles, should have insect repellent containing 'Deet' applied to them. Your crew will advise on where the worst affected areas are on the trip. There are a number of prophylactic malaria treatments on the market and requirements change.  It is also wise to take a sample of whichever prophylactic you choose, a few weeks before you leave. This way you may determine early on if you have any adverse reactions so you can change the regimen if necessary. Please consult a reputable travel clinic or medical practice for advice. For more information visit [**www.nomadtravel.co.uk**](http://www.nomadtravel.co.uk/) or [**www.fitfortravel.scot.nhs.uk**](http://www.fitfortravel.scot.nhs.uk/)

**Dengue**- Unlike the malaria mosquito, which bites at night, the dengue carrying mosquito bites during the day. Some areas we travel to do have occasional outbreaks and it is therefore advised that you take care not to be bitten during the day as well as at night.  There is no vaccine available.

**Mpox -** You may well have heard about a new strain of M-Pox now impacting several West African countries (eg. Cameroon, DRC).
The new strain is more severe than before and can cause serious illness and fatalities. Mpox spreads through close contact with someone who has mpox, with contaminated materials, or with infected animals. Common symptoms include a skin rash or mucosal lesions, fever, headache, muscle aches, back pain, low energy, and swollen lymph nodes.
Newborn babies, children, people who are pregnant, and people with underlying immune deficiencies may be at higher risk of more serious mpox disease and death.
As a group travelling together through the affected countries in the way that we do, you are at low risk of coming into contact with, or catching mpox.
However, you may wish to look into getting a vaccine if you have not already. It is our understanding that in the UK the Mpox vaccine is only available through the NHS and not privately.

**Other vaccinations**

Other vaccinations (as well as Rabies and Yellow Fever) you may be recommended to obtain include:

* Tetanus
* Poliomyelitis
* Typhoid
* Hepatitis A
* Hepatitis B
* Diptheria

**Health**- To join our trips you should be in good general health and have good general mobility. You will be sleeping on the ground outdoors for weeks on end, often without proper toilet facilities, and may need to carry your luggage over some distances at times. Your travel insurance company must be told if you have any pre-existing medical condition / allergy or if you are on any regular medication, otherwise you may not be covered under your policy for these. Our crew will also need to know of any medication or conditions you may have. Please send this information to us asap so that we can take account of it and pass it onto the crew. For general health advice log onto [**www.nathnac.org/travel/**](http://www.nathnac.org/travel/).

**MONEY**

You will find a currency guide that may be useful to you in a separate document. This is a guideline as to what currencies are best to change in each of the countries you travel to, based on our previous Trans Africa expeditions.  Also see below for some tips from our previous travellers.

We will send you a reminder about your Local Payment in a future update. Your local payment is due in US$ cash to your tour leader at the start of the trip.

**SOME TIPS FROM PREVIOUS TRAVELLERS**

Recent travellers on the Trans Africa have passed on the following information to help you plan your Africa adventure:

\* Euro cash is useful in some West Africa countries, as some places do not even change US$.

\* It was suggested that you budget for visas separately and keep visa money in a separate envelope to the rest of your cash.

\*Many travellers said that they underestimated their spending money (with drinks being a bigger expense than anticipated). In addition to the suggested spending money on our website and in the attached document, some travellers recommend allowing up to £500-£1000 more, depending on the length of your trip.

\*Some of our travellers have used a free standing mosquito net and found these to be effective and allowed them to sleep under the stars.   There are several nets available but the free standing ones can be put up anywhere and you do not need to rely on needing hooks or a tree to hang it off. Here is their personal favourite. They recommend shopping around as prices vary: [**http://www.sansbug.com/**](http://www.sansbug.com/)

You do not need to bring a net if you do not wish to as our tents have in-built mosquito netting.

Best wishes, the Oasis Overland team