

BOTSWANA HEALTH PREPARATIONS FOR TRAVELERS

Updated October 24, 2025 – for 2026 Courses

Nomad Guide School (NGS) provides the following information to help you prepare for the medical and health considerations associated with travel in Botswana.

NGS is not responsible for preventing or managing any health-related problems, including injuries or exposure to disease, before, during, or after your travels. You travel entirely at your own risk. You are responsible for taking all **necessary preventive measures, obtaining appropriate vaccinations and** medications, and avoiding injury or disease exposure to the best of your ability.

Please review the information below, including key resources for travel health and vaccination guidance. The **U.S. Centers for Disease Control and Prevention (CDC)** and the **European Centre for Disease Prevention and Control (ECDC)** provide reliable and up-to-date information for most travelers. Consult your doctor or a certified travel medicine specialist regarding your personal health needs, recommended vaccinations, and preventive care.

Key Guidance Sources:

- US Centers for Disease Control and Prevention (CDC):
<https://wwwnc.cdc.gov/travel/destinations/traveler/none/botswana>
- UK Travel Health Pro (Botswana):
<https://travelhealthpro.org.uk/country/33/botswana>

A well-equipped first aid kit is available at our mobile camps, but it is intended strictly for emergencies. Under Botswana law, we are not permitted to provide medication for personal health issues while in camp. You should therefore bring any prescription or over-the-counter medicines you may require.

If you have any medical conditions or special health needs, please let us know when you make your booking. Ensure you bring a sufficient supply of your medication for the full duration of your stay, with some extra in case of delays. Keep essential medicines in your hand luggage (except liquids) in the event your checked baggage is delayed. Consult your doctor or a travel clinic before traveling to Botswana to discuss recommended vaccinations and malaria prevention.

The regions you will visit are within malaria zones, though the overall risk is relatively low compared to many other areas. Professional medical advice is essential.

Take every precaution to prevent mosquito bites—use insect repellent, and wear lightweight, long-sleeved clothing in the early mornings and evenings when mosquitoes are most active. Prevention remains the best protection.