

PRE-TRAVEL PREP

PASSPORT

- Must be valid for at least **six months** beyond the travel date.
- Make sure you have **at least two blank visa pages** for stamps.
- Check early, as it can take **eight weeks** or longer to receive a new U.S. passport.
- A general rule of thumb is to have a valid passport at the time you're booking your flight.

E-VISA/ETA

- U.S. citizens require an eVisa to enter Kenya.
- Apply online through the official eVisa portal at least 4 weeks before travel.
<https://etakenya.go.ke/>
- Single-entry tourist visa typically costs **\$51 USD**.

VACCINES

- Comprehensive vaccine information available at [Passport Health USA](#)
- Passport Health USA does not take insurance but you can file a claim with your provider if they cover preventative vaccinations.
- CVS, Walgreens and Walmart provide most of the recommended & routine vaccinations for Kenya at no cost if covered your insurance.

TRAVEL INSURANCE

- Consider purchasing travel insurance to protect against medical emergencies, trip cancellations, lost luggage, emergency evacuations, etc.
- It's generally best to buy a travel **insurance plan within 10 days** of making your first payment for the trip.
- You can get a travel insurance quote from **Wanderwell Here**.
- Alternatively, check if your credit card company offers trip protection coverage.



MORE ON VACCINES

- The CDC and WHO recommend the following vaccinations for Kenya: typhoid, cholera, hepatitis A, polio, yellow fever, chikungunya, rabies, hepatitis B, meningitis, influenza, COVID-19, pneumonia, chickenpox, shingles, Tdap (tetanus, diphtheria and pertussis) and measles, mumps and rubella (MMR).
- Some of these vaccines may be available for free at local pharmacies or clinics if covered by your insurance, while others may require out-of-pocket costs. It's a good idea to check with your insurance provider to see what's covered and whether you can get reimbursed for any necessary expenses.
- **Consultation Fees:** Some clinics may charge a consultation fee in addition to the vaccine cost.
- If getting all these vaccines feels overwhelming, I strongly suggest prioritizing at least these three: **cholera, typhoid, and yellow fever**.

I also suggest looking into **preventative measures and treatments** for common travel-related issues like **malaria, travelers' diarrhea, and motion sickness** to keep you feeling your best while in Kenya.

PRIORITIZE ATLEAST THESE...

YELLOW FEVER

- Virus spread by mosquitoes.
- Out of pocket costs \$170- \$325
- Those over 60 years should check with a primary care provider before getting the vaccine.
- Proof of Yellow Fever Vaccination is NOT required for Entry

CHOLERA

- a bacterial infection found in contaminated food or water sources
- Out of pocket costs \$250 - \$375
- Symptoms are often mild; some cases will not even show symptoms. But, even mild cholera symptoms can ruin a trip with vomiting or diarrhea.

TYPHOID

- a bacterial infection found in contaminated food or water sources
- Out of pocket costs \$189 - \$250
- Travelers should get the typhoid vaccine at least one week before travel.
- re-vaccination required after two years (for injectable vaccine) and five years (for oral vaccine).

PREVENTION & CARE

MALARIA

- Consult your doctor for Antimalarial Medication
- Most Antimalarials are available by prescription only except Maloff Protect which is available over-the-counter at most pharmacies
- You can buy malaria pills for travel through an online doctor service, such as Asda Online Doctor.
- Common antimalarial medications:
Atovaquone/proguanil (Malarone), Doxycycline or Mefloquine
- Out of pocket costs \$59-\$69
- Consider bringing mosquito repellent

TRAVELERS' DIARRHEA

- Consult your doctor about prescribing preventative medications or antibiotics
- Consider bringing over-the-counter medication such as Imodium (loperamide) or Pepto-Bismol
- Consider bringing some Electrolytes / Rehydration packs

MOTION SICKNESS

- Consider bringing over the counter antihistamine
- Scopolamine patches: can also be effective, but require a prescription