**Luggage:**

We are taking 40 people on this trip. Once we get there, traveling space will be tight therefore we must be very strict about the size of the luggage kids bring. This experience will help them learn to only pack necessities and how to travel light!

They are allowed to take 1 soft-sided, rolling duffel style bag and 1 bookbag size carry-on when we go to Namibia. The rolling soft-sided duffel bag must be no more than 26” in length. We have some available in the school mission trip store if you don’t want to search for this. Everything must fit in the bag to include the compact sleeping bag.

To ensure a smooth day of departure, ALL bags must be inspected and preapproved by Dr. McDaniel no later than December 1st. Bring your rolling duffel style bag AND your bookbag carry-on by Dr. McDaniel’s room between now and December 1st to be measured and tagged with our mission trip signature tag. The ONLY bags allowed to travel with us on the day of departure will be the 2 bags that have been approved and tagged.

Review the packing list to see an example of the style of bag you can bring: [packing list](https://docs.google.com/document/d/1VqG8-saegssQNqKmencI34wR1w0elspH/edit?usp=sharing&ouid=105698464712110976277&rtpof=true&sd=true). Also, use this opportunity to make sure you are collecting all the items you will need. Remember, you will not be allowed to leave the parking lot on departure day if you do not have the right style of passport pouch (so nobody loses their passport to a toilet or countertop during the trip!)

**COVID Vaccine—As of last check on Oct 15, 2022 there is no COVID vaccine requirement to enter Namibia.**

**PASSPORTS— MUST HAVE 3 BLANK PAGES AND BE VALID UNTIL SEPTEMBER 2023.**

**MEDICAL INFO**: Seniors who need a EPI Pen or Diabetic med or any other serious condition will report to Dr Newman these conditions. The student will carry personal meds and Dr Newman will carry back up meds.

Medical facilities in the capital of Windhoek and in large towns are capable of providing emergency care and performing many routine procedures. Doctors and dentists are generally well-trained. Well-equipped facilities are rarely available in smaller towns. Prescription medication should be in the original packaging with your doctor’s prescription.

**FCS does not pay medical bills.** Be aware that U.S. Medicare does not apply overseas. Most hospitals and doctors overseas do not accept U.S. health insurance. If treatment is required we will pay and parents will need to reimburse the school.

**Medical Insurance:** Make sure your health insurance plan provides coverage overseas. Most care providers overseas only accept cash payments. See our webpage for more [information on insurance providers for overseas coverage](http://travel.state.gov/content/passports/en/go/health/insurance-providers.html). We strongly recommend [supplemental insurance](https://travel.state.gov/content/travel/en/international-travel/before-you-go/your-health-abroad/insurance-providers-overseas.html) to cover medical evacuation.

The following diseases are prevalent: [Malaria](https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Namibia.html#ExternalPopup) [Hepatitis A](https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Namibia.html#ExternalPopup) [Hepatitis B](https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Namibia.html#ExternalPopup) [Measles](https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Namibia.html#ExternalPopup) [Rabies](https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Namibia.html#ExternalPopup) [Typhoid](https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Namibia.html#ExternalPopup) [Yellow Fever](https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Namibia.html#ExternalPopup) [Leptospirosis Schistosomiasis African Tick Bite Fever](https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Namibia.html#ExternalPopup) [Chikungunya](https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Namibia.html#ExternalPopup) [Crimean-Congo Hemorrhagic Fever](https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Namibia.html#ExternalPopup) [Dengue](https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Namibia.html#ExternalPopup) [Leishmaniasis](https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Namibia.html#ExternalPopup) [Ross River Virus Disease](https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Namibia.html#ExternalPopup) [Rift River Valley](https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Namibia.html#ExternalPopup) [Hantavirus](https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Namibia.html#ExternalPopup) [Tuberculosis](https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Namibia.html#ExternalPopup)Vaccines and Medicines Check the vaccines and medicines list and visit your doctor at least a month before your trip to get vaccines or medicines you may need.

| **Vaccines for disease** | **Recommendations** |
| --- | --- |
| [Routine vaccines](https://wwwnc.cdc.gov/travel/page/routine-vaccines) | Make sure you are up-to-date on all routine vaccines before every trip. Some of these vaccines include* [Chickenpox (Varicella)](https://www.cdc.gov/vaccines/vpd/varicella/public/index.html)
* [Diphtheria-Tetanus-Pertussis](https://www.cdc.gov/vaccines/vpd/dtap-tdap-td/public/index.html)
* [Flu (influenza)](https://www.cdc.gov/flu/prevent/vaccinations.htm)
* [Measles-Mumps-Rubella (MMR)](https://www.cdc.gov/measles/vaccination.html)
* [Polio](https://www.cdc.gov/vaccines/vpd/polio/index.html)
 |
| [Hepatitis A](https://wwwnc.cdc.gov/travel/diseases/hepatitis-a) and B | Recommended for travelers going to Namibia. |
| [Malaria](https://wwwnc.cdc.gov/travel/diseases/malaria) | CDC recommends that travelers going to certain areas of Namibia take prescription medicine to prevent malaria. Depending on the medicine you take, you will need to start taking this medicine multiple days before your trip, as well as during and after your trip. Talk to your doctor about which malaria medication you should take. |
| [Rabies](https://wwwnc.cdc.gov/travel/diseases/rabies) | Rabid dogs are commonly found in Namibia. Consider rabies vaccination before your trip if you will be around dogs or wildlife. Travelers more likely to encounter rabid animals include Campers, adventure travelers, or cave explorers (spelunkers) in rural areas  |
| [Typhoid](https://wwwnc.cdc.gov/travel/diseases/typhoid) | Recommended for most travelers, especially those staying with friends or relatives or visiting smaller cities or rural areas. |
| [Yellow Fever](https://wwwnc.cdc.gov/travel/diseases/yellow-fever) | Only required if traveling from a country with risk of YF virus. |

Road Travel: Namibia has thousands of miles of unpaved roads. Road accidents, particularly on gravel roads, pose the most serious threat to visitors. Many gravel roads are well-maintained and can provide unaccustomed drivers a false sense of security, with road conditions shifting dramatically in certain areas. See recommendations below on road safety in Namibia.

Crime: Non-violent crimes of opportunity are the most common incidents reported by foreigners and include pick pocketing, purse snatching, ATM card skimming, and vehicle thefts and break-ins. Criminals sometimes brandish knives and guns. Violent crimes, including murder and rape, and property crimes increased in Windhoek over the last year. Robberies occur at roadside rest stops.

For information about crime and other safety concerns in Namibia please go to

https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Namibia.html

Parents acknowledge they have received this information and are aware of the health risks of traveling to Namibia.

Student Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_