

Health

It's really important to visit your GP before coming to Morocco to find out about medical requirements. Travel appointments can be hard to book in the lead up to summer so get in touch to arrange an appointment 3 months before departure.

Vaccinations – information from <http://www.fitfortravel.nhs.uk/>

Courses or boosters usually advised: Hepatitis A; Typhoid.

Other vaccines to consider: Hepatitis B; Rabies; Tetanus.

Malaria -Morocco is not a malarial zone.

Altitude Sickness

Altitude sickness can occur above 2400m. At altitude the air pressure is lower ('thinner') than at sea level and gets lower as you climb higher. This means that there is less oxygen in each breath you take; oxygen is necessary for energy and for the body to function normally. The body will adapt to lower oxygen levels and responds by breathing faster and deeper and making more red blood cells to carry oxygen around. This response, called acclimatisation, takes around 3-5 days to occur but will vary between individuals and conditions.

Altitude sickness is more likely to occur in those who do not take time to acclimatise properly or arrive directly at areas of high altitude. Anyone can suffer from altitude sickness regardless of age, gender, level of fitness or training.

Speak with your GP about altitude sickness, symptoms and treatment – tell them that you will be ascending to 4167 metres over 3 days. All guides are first aid trained and will be able to spot signs of altitude sickness.

Insurance

Travel Insurance

You must get travel insurance that includes medical cover for the time you will spend in Morocco. Make sure your insurance will cover you at 4000 metres plus. Anza are affiliated with World Nomads Travel Insurance. World Nomads Travel Insurance has been designed by travellers to cover everything you need. They can provide cover for more than 200 activities, so you can get insurance to cover you even on the top of Mount Toubkal. If you choose to buy your insurance with World Nomads, Anza will receive up to 10% of the cost back as a donation from World Nomads. Please use the following link if you wish to purchase your insurance with World Nomads:

[http://www.worldnomads.com/Turnstile/AffiliateLink?
partnerCode=AZ212358923&source&path=https%3A%2F
%2Fwww.worldnomads.com&utm_source=AZ212358923&utm](http://www.worldnomads.com/Turnstile/AffiliateLink?partnerCode=AZ212358923&source&path=https%3A%2F%2Fwww.worldnomads.com&utm_source=AZ212358923&utm)