



Camps for Dajla refugees

Before the trip

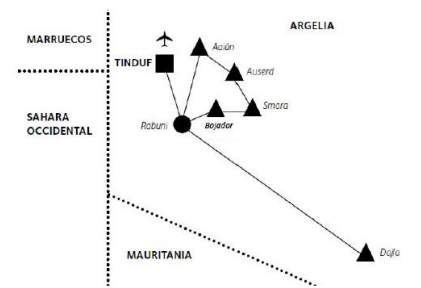
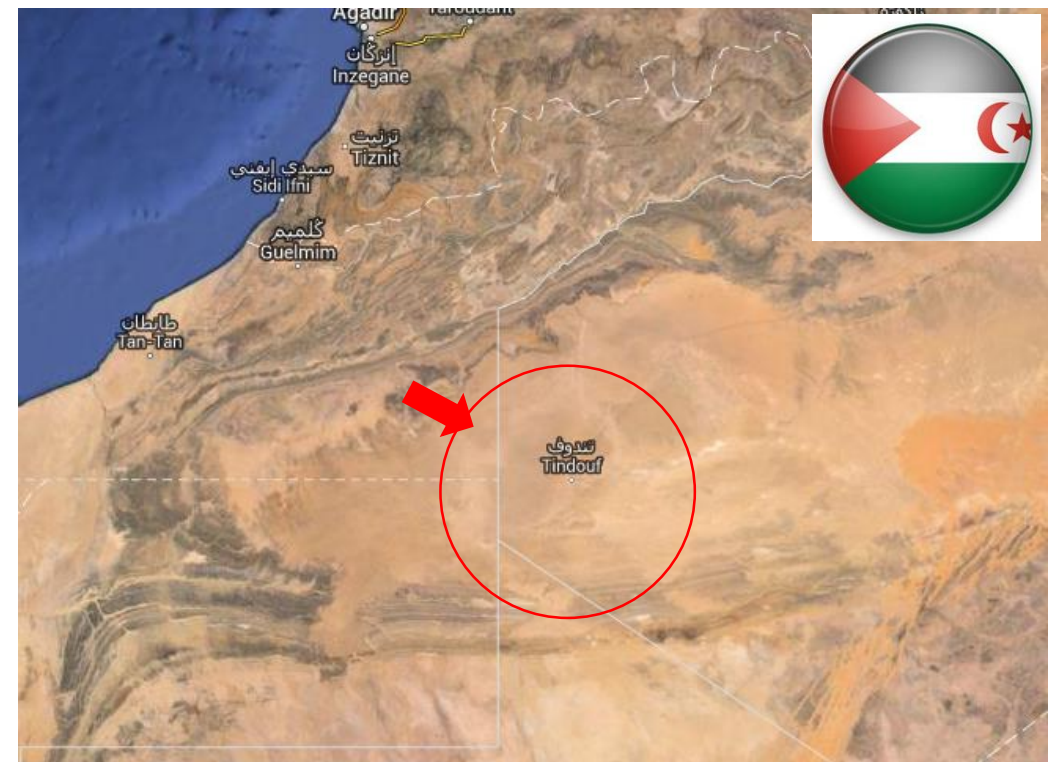
- **Documentation:** Valid transport for at least 6 months from the departure date.
- **Travel insurance:** is recommended that covers repatriation in case of grave illness especially for those suffering from chronic diseases. It is also recommended that it includes luggage insurance, in case of loss or theft.
- **Vaccinations:** There are no mandatory vaccines but some are recommended due to the trip characteristics. It is important to receive them 1 or 2 months prior to the trip (to be fully protected).



- **Hepatitis A** vaccine
- **Typhoid fever** vaccine (oral or intramuscular)
- **Tetanus** vaccine
- **Meningococcal meningitis** vaccine (recommended for healthcare volunteers)

Luggage:

- *Comfortable clothes, fresh and baggy* as temperatures in the morning can reach 35C. Carry a jacket or cardigan for evening/night time (temperatures can go as low as 10C)
- *Hat or cap* to avoid sunstroke
- *Scarf, pashmina* for sun and wind (sirocco) protection
- *Closed footwear* for walk on sandy and pebbled terrain. Inside Jaimas (tents) it is recommended to wear flip flops.
- *Sleeping bag* is optional, as most of the host families offer guests foam mattresses for sleeping and blankets
- *Sunglasses*, very important for sun and wind protection.
- *Suncream, lipbalm, shampoo, shower gel, toothpaste* and other sanitary products.
- *Toilet roll or wipes* (very useful for personal hygiene and to refresh when hot)
- *Antibacterial liquid soap*, useful alternative for hand hygiene as the jaimas lack running water
- *Towel*
- *Torch*



First Aid:

It is very important to travel with a basic first aid kit for potential health issues. Don't forget your usual medication which must also have a recent doctor's report if under any medical treatment and always carry medication in hand luggage. Always remember **"the main component of a first aid kit is common sense"**.

- *Analgesics* for light to moderate pain and fever (paracetamol and ibuprofen). Tablets or liquid sachet that don't require dissolving in water are recommended.
- *Antidiarrhea (loperamide) and laxatives* in case of constipation during the trip.
- *Travel sickness medication* for the car
- *Antiseptic* (hydrogen peroxide) to disinfect cuts and small wounds. Before using these, wash wounds with water and soap.
- *Plasters* of different sizes and *bandages* for wounds, scratches and blisters.
- *Rehydration salts* (oral) for episodes of diarrhea.
- *Antacids and or stomach protector* (omeprazole...) as the change in diet may cause stomach issues.
- *Antihistamines* especially for people with known allergies
- *Eye drops* for ocular hydration
- It is recommended that people with chronic / mental illness have sufficient medication for the trip, taking properly treatment, without forgetting to take a dose, as the trip itself with the contrast with the climatic and cultural conditions of the camp can convert stay in the right place for possible exacerbation of underlying diseases .



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Hazte socio

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C/ Marqués de Santa Ana 30. Primero Derecha. Madrid (28004) Tlf 911158014 info@fundacionio.org



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During the trip

- Travellers diarrhea.

Most diarrhea episodes are spontaneously cured and disappear in a few days. Diarrhea may be associated with nausea and vomiting, with or without fever. **The most important thing is to avoid dehydration. Ensure to always drink enough fluids**, especially when travelling to warm climates. This is extremely important when travelling with children. If you have diarrhea drink more and right away, drink liquids like dissolved rehydration salts in boiled water, treated or bottled. Avoid drinks that increase fluid elimination such as coffee, sugary drinks and alcohol.



- Water and food.

It is recommended to be specially cautious with food as the consumption of non bottled water and food contaminated by unclean water are the main source of infection for travellers. It can transmit diseases like *traveller's diarrhea*, *typhoid fever* and *hepatitis A*.

Therefore we must avoid drinking non bottled water of unknown origin, including for brushing teeth. Also avoid this water for making ice cubes for drinks. In terms of food, it is recommended to avoid raw or not fully cooked meals, salads, non peeled fruit, desserts made with dairy products, ice creams, cheese and meats that are home made. When in doubt about the cleanliness of water, boil adequately. This will kill all dangerous microorganisms. If boiling water is not possible, microfiltering and disinfectants like Iodine tablets are an alternative.



Ensure during meal times that boiled food is not in contact with raw ingredients that could cause cross contamination. Don't consume raw products except for fruit and vegetables that can be peeled. Plates containing raw eggs or not fully cooked eggs (e.g. mayonnaise, sauces) can be dangerous.

Boiled food that is kept at room temperature for a few hours are also a cause of food poisoning. Avoid consuming these food products in food stalls if they are not kept hot, refrigerated or in ice.



- Hand washing.

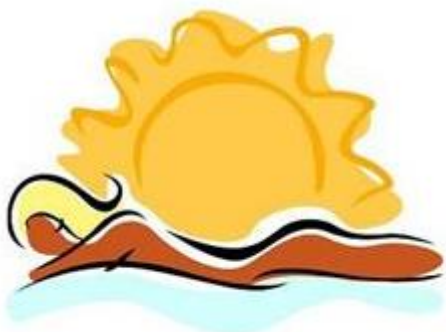
Wash your hands regularly and always before food consumption (soap with bottled or treated water or antibacterial liquid soap). Dangerous microorganisms are widespread on soil, water, animals and people and can spread to food by handling it.

- Measures against heat.

Camps are situated in argelian hammada, a desert like terrain with very special conditions. Watch for possible spells of dizziness, heat waves and sun burns. One way to prevent it is to drink water continuously, avoid times of maximum heat and protected from sun exposure with hats or scarves.

- Other circumstances to consider can be: insomnia, road safety and scorpion stings.

- **Camp safety:** It is not permitted to wonder around camp after certain times, you must follow instructions from the organizers



After the trip

Viajarseguro.org provides personalised advice to avoid complications and situations that you may be exposed to before, during or after the trip "We design your safety".

If you are attending a saharui camp and you have any doubts regarding your health:



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