Drink bottled or filtered water only, including for brushing teeth where supply is uncertain.

Camp food is generally safe: *overnight Masai Mara flight safari* cooked, served hot and prepared for guests. masai mara flying safari Salads and ice can be riskier outside lodges.



Carry hand sanitiser and rehydration salts. Report any illness to the camp manager promptly, since remote clinics are limited. Health practicalities are at %LINK%.