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

Camp food is generally safe: cooked, served hot and prepared for guests. Salads and ice can be riskier outside *Go to this website* lodges.



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