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

Camp food is generally safe: *mombasa to masai mara fly in safari* cooked, served hot and prepared for guests. 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 *coastal departures to Masai Mara* practicalities are at %LINK%.