

Please note however that the bottled water has a high content of magnisum and other minerals which can give you the runs if you drink to much right off the bat (think of milk of magnesia) so go careful until your system gets use to it.

Start off slowly until your system gets use to it. Be careful with the leaf salads as the lettuce is washed in the “regular” water. Only eat small amounts and only once or twice during the trip.

Sometimes the camps will make ice from bottled water - **ask before ordering drinks with ice.** If they say it’s “fine” that it’s made from filtered water instead of bottled water - it’s just better to skip it. Remember on your plane ride back that the ice is loaded on in Kenya so don’t get on the plane and think “oh good - now I can have a Gin and Tonic on ice. . . .you’ll have to wait until Amsterdam.

James and I also bring things like the little single packets of Crystal light or the “squirt” MIO flavors so that you can add to your water if you get tired of drinking plan water.

ALSO - do not “waste it”. Take every bottle of water with you out of the vehicles, and if you have single ones at the bar or table. Combine them. Water is precious in Africa and the locals are always shocked at how wasteful Americans are.

SODAS/POPS

They have several local sodas that are quite good. Sometimes they have limited stock of things like Coke and Coke lite. James drinks a ridiculous amount of Coke Lite and little of anything else. We will have arranged ahead time for his private stock. There may not be a lot extra available in camp.

HOT TEA AND COFFEE

The locals drink “chai” which is a mixture of about half tea, with cream and lots of sugar. Some Americans don’t care for it so ask just for hot water an the tea bag.

Decaffeinated is not readily available if you need it you might bring some instant.

Same with sweetener. Again, I have not been to these camps, but generally my experience is they don’t cary it. So If you don’t want to use something other than sugar bring your own.

ALCOHOL

The camp and lodge both have a fully stocked bars with a variety of beer, wines, liquors etc. Sometimes the tented camps run out of things if everyone is drinking the same thing. If you will let me know what you drink ie: red wine, white wine, vodka and tonic etc. I will try to alert the camps ahead of time.

