

TIA - This is Africa - do not expect your drinks to be as cold as they are here in the states, and definitely on game drives as they usually have no way of really cooling what is in it.

FOOD

The food is plentiful and hearty and is geared to the American and British palate. There is usually a soup of the day and a variety of salads, potatoes, vegetables and usually two or more meat entries as well as several wonderful desserts. You shouldn't have any trouble finding something to your liking. If you have any food allergies or special dietary needs please let me or Jennifer know ahead of time so we can alert the camp.

East Africa is known for its abundant fruits and vegetables. Please bear in mind that if you do not normally have a high fiber diet, daily consumption of large quantities of pineapple and papaya may cause intestinal distress.

The beef is extremely lean. Do not expect it to be cooked to order as you get in the U.S. and it will be tougher than you are use to. The good news is that it is MUCH better for you than our "fatty" beef! Chicken is lean and tough by our standards as well so just understand it is "free range" not pen raised like it is in the States. Fish is caught locally and is always very fresh.

DENTAL AND DOCTOR VISITS BEFORE YOU GO

Good idea to get a routine physical before you leave on any international trip, but particularly Africa. The same can be said for dental checkups - best to be sure you're not going to have any problems while you're there.

MEDICAL INSURANCE

Check with your medical insurance provider before you go to be sure you are covered while in Africa. You may need to get a rider on your policy.

DAILY SCHEDULE

Our philosophy is that you can sleep when you get home - so we pretty much keep you going! If, however, you ever want to take some time off, you are certainly welcome to do so. We will just catch up with you at lunch or the evening meal.

Once we go out though, it is impossible to "run" back to camp to pick someone up - or to get something you've forgotten such as extra cards or batteries - so ***pack your daypack carefully!***

