



NOMADCARE · BALI

The *No-Bali-Belly* Guide.

The local's survival rules for your first week — how to eat, drink and settle in without losing a day to your stomach.

FIRST, THE GOOD NEWS

Most Bali belly is avoidable.

It usually isn't bad luck. Your gut simply meets new food, new water and a hotter climate all at once. Give it a few days to adjust and follow a handful of habits the people who live here swear by, and you tip the odds heavily in your favour. Here are the six that matter most.

01**Water: bottled or filtered only**

Skip the tap — even for brushing your teeth. Use sealed bottled or properly filtered water. Refill stations are everywhere and cheap.

02**Be smart about ice**

Ice at cafés, restaurants and beach clubs is usually made from filtered water and is fine. Trust busy, established spots; be choosier at tiny roadside stalls.

03**Eat where it's busy and hot**

A packed warung means fast turnover and fresh food. Choose dishes cooked hot to order over anything left sitting out. Peel fruit yourself.

04**Clean hands before every meal**

The simplest habit that saves the most trips. A quick spray of sanitiser before you eat — especially before anything you eat with your hands.

05**Ease in for the first few days**

Give your gut a gentle start before you go full spicy-street-food. A daily probiotic and a slow build-up help your system find its feet.

06**Out-drink the heat**

Bali is hot and you'll sweat more than you think. Keep water and an electrolyte or isotonic drink going through the day so you never run dry.

THE PLAYBOOK

If it does hit, here's the calm version.

Caught something anyway? Most cases settle within a day or two if you look after yourself. Don't panic — work through these in order.

1

Rest and stop pushing

Cancel the plans, stay near a bathroom and let your body do its thing. Fighting through it only drags it out.

2

Rehydrate — this is the priority

You lose fluids and salts fast. Sip oralit (oral rehydration salts) in water, plus an isotonic drink or coconut water. Little and often beats big gulps.

3

Settle the stomach

Activated charcoal is the traveller's classic. A warm honey-ginger drink is gentle and soothing when things feel uneasy.

4

Eat plain when you're ready

Ease back in with plain rice, crackers, bananas or clear broth before anything rich, spicy or oily.

DON'T TOUGH THESE OUT**See a doctor or pharmacist if you notice:**

- A high fever
- Signs of serious dehydration
- Severe or worsening pain
- Blood in stool or vomit
- Symptoms past 48 hours
- You're pregnant or have a condition

Bali has excellent clinics and pharmacies, and a doctor can visit your villa. When in doubt, get seen — it's quick and inexpensive here.

WHAT'S IN THE BOX

Your Bali Belly Kit, at a glance.

Eight travel staples, hand-packed in Bali, so the whole playbook above is already waiting at your door. Here's when to reach for each one.

**Probiotic Capsules**

One a day from the moment you land, to ease your gut in.

**Activated Charcoal**

The traveller's classic for when things go sideways.

**Oralit Sachets**

Rehydration salts — your first move if it hits.

**Isotonic Drink**

Sip through the day to stay ahead of the heat.

**Honey Ginger Sachets**

A warm, settling brew for an uneasy stomach.

**Hand Sanitiser**

A quick spray before every meal.

**Cleansing Wipes**

For hands, tables and street-food moments.

**Vitamin C & Zinc**

A daily fizz to keep your defences up as you settle.

This guide and the Bali Belly Kit are general travel and wellness comfort items and everyday hygiene tips. They are not medicines and are not intended to diagnose, treat, cure or prevent any disease, and are not a substitute for professional medical care. Always read the directions, warnings and expiry on each product. Seek a doctor or pharmacist for fever, severe or bloody diarrhoea, dehydration, allergic reaction, dengue symptoms, pregnancy concerns, or symptoms lasting more than 24 to 48 hours.