

# Up the Creek - what to eat and drink

 By [Anna-Bet Bester](#)

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There are the two ways to do food and beverage at Up the Creek. If you happen to be independently wealthy or one of those fine folks who start up saving way in advance for festival season, most excellent, there is no need for you to read the rest of this article. You simply rock up with enough cash and you'll be sorted. There are many awesome food vendors on-site and the bars are well stocked and tended by dab bands.

Staying in the [Heartbreak Motel](#)? You lucky fish! You'll wake up to a nice, warm breakfast every morning and will only need to worry about sourcing lunch and dinner.

With regard to the cash, here's a pro tip - make sure you take enough hard currency. There have been situations in the past where the ATMs went on the fritz and festivalgoers had to head into Swellendam to draw money. That said, don't be a nool and walk around with wads of money on your person. You will be swimming and dancing, plus you never know if there could be any crafty pickpockets about. Take as much as you need and head back to your tent or car when you run out. Also, be sure to keep your hidey-hole your own little secret.



The delicious Up the Creek lamb spit braai - Image sourced from [theculinarylinguist.wordpress.com](http://theculinarylinguist.wordpress.com)

If, however, you are in the 'I need to budget the living daylights out of this mission'-camp, as I am, here is what I propose you do. Go full Voortrekker and pack nuts, biltong and dried fruit. Aside from being affordable and super yum, these non-perishable foodstuffs will keep you full and energised for hours. I will also be packing some drinking yogurt because a) it goes down a treat on a hangover and b) yogurt is a miracle food that keeps your digestive system, well, regular.

Also: bananas y'all! Not only does it come in biodegradable packaging, it is packed with feel-good nutrients and the skins can be used to calm allergic rashes and even sunburn in a pinch. Totes true, check it out [here](#). For the rest, you can buy a sandwich or burger at a stall, or come prepared with braai stuff and participate in the national pastime. I, myself, cannot be bothered to go through all the trouble of packing a grid and tongs and wood and firelighters and then be under the pressure of ensuring I don't set fire to a tent, nay the whole campsite.

Now for the boozy bits. As previously mentioned, there are bars around and if you are willing to shell out your hard-earned moolah willy-nilly there is no need to pack anything at all. If you plan to go DIY, here is what I propose you do: pack something that you can mix in a plastic water bottle and carry around. Beers and ciders, however delicious in our balmy weather, become a mission because of the glass. When you are floating around on the river, the last thing you'll want to worry about is how to dispose of the fallen soldiers in your drinks cavalry.

Last, but not least, remember to stay hydrated. You are going to be in the sun pretty much all day and you really don't want to get home on Sunday with sunstroke and further exacerbate the inevitable post-festival/Sunday afternoon blues you'll be suffering.

Don't have your Up the Creek tickets in the bag yet? Go to [www.upthecreek.co.za](http://www.upthecreek.co.za) for more info on the line-up and get your tickets from [Plankton.mobi](http://Plankton.mobi).

## ABOUT ANNA-BET BESTER

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