

histories of lung or heart conditions should consult their doctors before planning a trip to the higher altitude cities.

The standard of medical and dental care in the main centres of Colombia is fairly high. Services for visitors are often available in private clinics.

Currency

The local currency is the peso. All foreign exchange must be purchased from, or sold to, the Banco de la República with respect to imports, exports and remittances. The exchange rate is set daily by the Banco de la República. In July 1988, the official exchange rate was U.S.\$1.00 equals 300 pesos.

Canadian visitors are advised to carry traveller's cheques in U.S. dollars and U.S. currency since not all banks are familiar with conversion rates on the Canadian dollar. It is wise to retain exchange slips in case it is necessary to convert pesos back into dollars.

The better-known credit cards are accepted at many hotels, restaurants and gift shops.

Baggage

Reasonable quantities of personal effects accompanying passengers are admitted duty free. Unaccompanied baggage, however, is often subject to difficult and slow clearance.

Clothing

Canadian spring-fall clothing is usually suitable, although it can be uncomfortably warm and humid at lower altitudes in Colombia, particularly on the coasts. At higher altitudes it can be quite cool at night. As Bogotá experiences rain showers during much of the year, a lightweight raincoat or umbrella is advisable.

Conservative dress in the darker shades is usual for business calls and socializing in Bogotá and Medellín, while warmer altitudes often dictate less-formal wear.

Formal men's wear is not usually required but can be rented if necessary. For women, cocktail attire is suitable for evening.