

Extra Security Makes Sense

In your purse or fanny pack, carry only those necessities that are lightweight and that you can afford to lose or have stolen. You should conceal those items that are not easily replaceable and are crucial to your travel arrangements — your passport, traveller's cheques, cash, medical prescriptions, contact numbers for your doctor and a copy of your insurance policy — by carrying them close to your body.

You can use a cotton money belt that you wear around your waist or a cotton pouch that hangs around your neck and is concealed by

"Foreign women aren't seen as women per se in China, but first and foremost as foreigners. As such they won't be any more vulnerable than a male traveller."

*Jan Wong,
The Globe and Mail
columnist and author
of Red China Blues*

"As a woman, my fear of being cooped up in my home without new challenges, new conversations, new vistas, far outweighs any fears I might have of travelling solo in a strange land."

*Evelyn Hannon,
Editor, Journeywoman Online
magazine*

loose-fitting clothes. Another excellent option is a security half-slip worn under a skirt or dress. Hidden under the hem are three zippered compartments perfect for holding travel documents, cash and credit cards. If you plan to spend a great deal of time at the beach, consider the Seal Pak™, a waterproof pack worn around the waist. It's a practical method for keeping your valuables safe and dry.

Be sure to make duplicate copies of all your important travel documents. Store these in your suitcase and, if the originals are lost or stolen, you'll have a workable