

Pack photographs of your home and family. They're perfect icebreakers wherever you travel.

If you can't make yourself understood in the local language, seek

out female teenagers. Chances are they're studying some English at school and will take pride in being your translator.

## Dress Sense

When visiting a religious site, a woman should always dress conservatively. A woman traveller should carry a scarf in case she needs to cover her head.

Give some thought to how you dress. At home, you'll encounter few, if any, clothing restrictions, but it still makes sense to dress conservatively. Leave your valuables at home.

If you travel into developing countries and male-dominated societies, make every effort to dress modestly. In some places, customs based on religious and moral beliefs strongly influence the way the women dress. For you to blatantly break these rules would be considered irreverent and might put you in jeopardy. Why not adapt your clothing to fit

the customs of the host country? It becomes an interesting and educational challenge.

For a good source of information on dress codes for women worldwide, check out the *Journeywoman* Web site (see the "For More Information" section).

Outside North America, a one-piece swimsuit is always a safer choice than a bikini. In some countries, local women might swim entirely clothed, in accordance with their religious beliefs.