

Women Travelling Solo

Our booklet *Her Own Way: Advice for the Woman Traveller* provides specific information for females, including those who travel alone.

Dual Citizenship

Canadian law permits a Canadian to have more than one nationality. However, your Canadian citizenship may not be recognized in the country of your second citizenship, and authorities of that country may prevent Canada from providing you with consular assistance. This situation is especially likely if you do not use your Canadian passport to enter that country due to personal choice or legal requirements.

If you are considered a national of another country, you may be compelled to do military service, required to pay special taxes or subject to increased scrutiny by immigration and security officials.

To avoid unpleasant surprises, confirm whether you, your spouse or any other family member is a citizen of another country.

Where permitted by the laws of the country in question, the Government of Canada encourages Canadians to use their Canadian passport when travelling abroad and to present themselves as Canadians to foreign authorities.

If you have questions or concerns regarding dual citizenship, contact the nearest Canadian government office or refer to our booklet *Dual Citizenship*.

Persons with a Disability

Many countries do not provide access to people in wheelchairs or make allowances for those with special hearing, visual or other requirements. For more information, refer to the Canadian Transportation Agency Web site (www.cta.gc.ca) and the Government of Canada site "Persons with Disabilities Online" (www.ph-endirect.ca).

Getting Medical Advice

Provided by the Public Health Agency of Canada

The Public Health Agency of Canada, through its Travel Medicine Program, strongly recommends that your travel plans include contacting a travel medicine clinic or your physician **six to eight weeks before departure** to determine your need for vaccinations, preventive medication and advice on precautions to take to avoid disease while travelling.

Vaccination, Preventive Medication and Personal Protective Measures

Based on your current health status, immunization history and anticipated itinerary, a health-care provider can assess your individual health risks and advise you on vaccination requirements, your need for preventive medication (e.g., for malaria) and personal protective measures. International travel can expose you to infectious diseases not frequently seen in Canada. Ensure that your routine immunizations—tetanus, diphtheria, whooping cough (pertussis), polio, measles, mumps and rubella—are up-to-date. Proof of yellow fever vaccination may be required to enter some countries. Seek a risk assessment **well in advance** of your departure, as you may need to start receiving vaccinations or taking preventive medication a month or two beforehand. For a list of travel

medicine clinics in Canada, visit the Travel Medicine Program's Web site at www.travelhealth.gc.ca.

If you are travelling with infants or small children, you may need to arrange an alternative or accelerated childhood immunization schedule for them.

AIDS

Some countries require proof of HIV testing. Have the test conducted and obtain the results before your trip.

Medication

If you take medication, be sure to pack an extra supply in case you are away for longer than expected. Carry a duplicate of your original prescription, listing both the generic and trade names of the product, in case your medication is lost or stolen. If you wear glasses or contact lenses, having the prescription will make it easier to replace them.

Do not try to save luggage space by combining medications into one container. Keep all medications in the original, labelled container to avoid customs problems.

Some medications that are sold over the counter in Canada are illegal or require a prescription in other countries. Find out whether your medication is legally available in the country you plan to visit. For travel to some countries, it is advisable to obtain a note from your doctor, stating the medical reasons for your prescription and the recommended dosage.

TRAVEL TO THE UNITED STATES AND MEXICO

Canadians should carry a valid Canadian passport for all visits to the United States and Mexico. For detailed information, see our Country Travel Reports.

