

(613) 944-2500. This information is available 24 hours a day, 365 days a year.

DFAIT also publishes a series of booklets on safe travel, including *Bon Voyage, But: Information for the Canadian Traveller* and *Her*

Own Way: Advice for the Woman Traveller. These publications are available on DFAIT's Web site (<http://www.voyage.gc.ca>), or you can order them by calling **1-800-267-8376** (in Canada) or **(613) 944-4000.**

Your trip is unique...and so are you

When choosing an adventure trip or excursion, there are many things to consider. Underestimating the risks or having too much confidence in your own abilities can lead to trouble, especially in extreme conditions or at unusual destinations.

Even though others are doing it, the risk for you may be different. Research your destination and be aware of the dangers. Conditions may vary from month to month.

In 1998, a young couple from Newfoundland went on a surfing holiday to a popular beach in

Indonesia. On the second day of the vacation, the woman watched helplessly as her boyfriend disappeared into the ocean. He was unfamiliar with local conditions and had underestimated the strong currents and undertow. His body was recovered four days later.

Two high school students and an adult guardian were drowned during a field trip along the rocky coast of California. A freak wave hit and the 45-year-old woman was pulled into the water. The two students died in a failed rescue attempt.