

## Coping with Foreign Bathrooms

Modern bathrooms as we know them in North America do exist around the world, but not everywhere. As a traveller, you'll come across everything from outhouses to simple holes in the ground where squatting is a necessity. Some toilets will flush, but many won't. In developing countries, some cubicles are enclosed. However, as you venture further into the countryside, you might have to make do with little or no privacy.

To cope with the vagaries of foreign bathrooms, consider wearing a long, full skirt. This will allow for some modesty in situations where you have to "go" outdoors.

Always carry a supply of toilet paper with you. In some parts of

"Oh Canada! I enjoy leaving it, but I love coming back."

*Erica Ehm,  
Canadian television  
personality*

the world, it's either very scarce or too coarse to be usable.

In parts of Asia and Africa, expect a jug of water, left beside the toilet, in lieu of paper.

The smell in toilets is sometimes overpowering. Try dabbing some mentholated ointment or lip balm under your nose to help mask the odours while you use the facilities.

Carry your own antiseptic wipes or a small bar of soap. These are generally not readily available.

## The Pregnant Traveller

Try to have at least your first prenatal checkup before you travel.

You should check airlines' rules about pregnant passengers before you book your ticket. In Canada, airlines will allow you to fly up to the 35th week of your pregnancy, providing you're healthy

and there is no previous history of premature labour. The rules in other countries might be different. You could be asked to supply a letter from your doctor verifying the stage of your pregnancy.

Check your travel insurance policy carefully to make sure that you'll be