

You can learn about the food specialties of the area and put together a meal to eat as a picnic in your room. Even with wine, it's less expensive than eating out every night.

Understand that, in some parts of the world, "respectable" women

don't go out alone in the evening. In these places, a flagrant rejection of this custom could very well put you in jeopardy. Instead, after a long day of sightseeing, welcome the opportunity to rest, relax and rejuvenate yourself, so you can be ready to enjoy another full day of new experiences.

## Maintaining Connections

You should maintain contact with at least one person back home, especially if you're travelling

solo. By letter, fax, e-mail or telephone, let that person know where you are and where you're heading next.

Off travelling for the day? You should leave a note in your room explaining where you're going. If

you run into trouble, at least there will be clues to follow.

"Travelling — it opens your eyes. It makes you realize how well off we are here in Canada."

*Captain Nicole Sauv , Pilot,  
Canada 3000 Airlines*

Always carry a business card from your hotel or B&B. If you get lost, approach another woman on the street and show her the

address on the card. She may be able to point you in the right direction.

## Staying Healthy

Not all travel books deal with uniquely female health needs. You can augment what you read with the experienced advice of other women travellers.

It's a good idea to carry your doctor's phone and fax numbers, as well as copies of prescriptions for medication you might require along the way.