

# Out on a Limb

ADVICE FOR THE ADVENTURE TRAVELLER 2001

Many Canadians look for unique travel experiences. They want to discover relatively untouched and unspoiled lands, experience different customs, reach new understandings of the world, see exotic flora and fauna, or extend the limits of their physical capabilities. These activities are exciting. But they can also be dangerous.

## Before you leave

By doing your homework before you leave, you minimize the chances of something going wrong. Take the time to learn about your destination and what you are about to do. Most of all, before you undertake a trip that will test you mentally and physically, make sure you know yourself. Is this what you want to do? Is this something you are capable of doing?

To find out about local conditions before you leave, consult

Dept. of Foreign Affairs  
Min. des Affaires étrangères

Relatório do Departamento  
Retourner à la bibliothèque du Ministère

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the Travel Reports published by the Department of Foreign Affairs and International Trade (DFAIT). These reports provide information on safety and security conditions, health issues and entry and visa requirements for over 220 destinations. They can be found on DFAIT's Web site ([http://voyage.dfait-maeci.gc.ca/destinations/menu\\_e.htm](http://voyage.dfait-maeci.gc.ca/destinations/menu_e.htm)), or you can order them by calling **1-800-267-6788** (in Canada) or **(613) 944-6788**, or faxing **1-800-575-2500** (in Canada) or