

walking? If you're not already involved in fitness activities, consider beginning an appropriate exercise program at least a month before your departure.

Expecting to carry a backpack?

You might want to do a few

training walks to get used to it.

You can start light and work your way up to carrying the full capacity.

In China, sandals without a heel-strap are viewed as bedroom slippers and are generally considered inappropriate outdoor footwear.

A small magnifying glass is perfect for reading the tiny print on maps.

If you have a medical condition that could present a problem while you're travelling, you should wear a Medic Alert® bracelet. Through the Medic Alert® Foundation, your vital

medical facts become part of a database that can be accessed 24 hours a day from anywhere in the world. Call 1-800-825-3785

If you're experiencing the hot flashes of menopause, pack a wardrobe of "layers" that can easily be adjusted to your fluctuating body temperature.

for membership information.

Make very sure that you have adequate health and travel insurance.

Businesswomen Abroad

In many parts of the world, a woman's traditional role is in the home. The concept of woman as business executive is much less common. Understanding the customs and proper business protocol at your destination is imperative.

Learn to greet your business host in his or her language. This show of respect and consideration is always appreciated.

Always meet your business contacts in the lobby of your hotel. Avoid giving out your room number.

Print your business cards in English on one side and in the language of the host country on the other. Especially in countries where women generally don't hold key corporate positions, this will eliminate any misunderstanding about the rank and