

corruption, an ongoing war, insurgencies or sporadic unrest. Tourists can be lucrative targets for kidnappers. A wilderness expedition in such an environment is risky and foolhardy.

6. Detail what equipment and clothing you'll need. Take a medical kit, toiletries, and enough money to get you through an emergency. And remember that the longer

you're going to be on your feet, the heavier your bag will become.

7. Buy comprehensive health, travel and life insurance. Many insurance policies do not cover activities that involve risk such as scuba diving, skydiving or even snorkelling. Always carry evidence of your insurance with you.

Getting medical advice

Before you leave, get advice on health issues at your destination. Health Canada strongly recommends an individual risk assessment by your doctor or a travel medicine specialist prior to travelling. Based on your health risks, the need for vaccinations or other special precautions can be determined. Health

Canada's Laboratory Centre for Disease Control provides travel health information through the Internet (http://www.hc-sc.gc.ca/hpb/lcdc/osh/tmp_e.html) and through a fax retrieval system, FAXlink. To access FAXlink, call **(613) 941-3900** using the handset of your fax machine and follow the instructions.