

It is not unusual for women to stop menstruating when travelling for a long time. Do not worry if there are no other symptoms and you do not think you are pregnant.

If you are prone to yeast infections, they are more likely to recur in warm, moist climates. Wearing loose-fitting cotton underwear and skirts rather than pants may help. Carry appropriate medication in your first-aid kit. It might not be available where you are travelling.

Cystitis is an infection of the urinary tract and bladder. Drinking a lot of purified water, especially in hotter climates, may help to reduce your chances of suffering from this problem.

Note that prescription medications can raise suspicion in foreign countries, causing delays and protracted investigations. Keep them in their original, labelled containers and pack them in your carry-on luggage

with a note from your doctor explaining their use. If you use contraceptive pills, remember to take them every 24 hours. Do not be misled by changing time zones.

If you wear glasses or contact lenses, be sure to carry an extra pair as well as a copy of your prescription.

If you choose to have any piercings, acupuncture, tattooing or manicures while on the road, keep in mind that improperly sterilized instruments can carry hepatitis B and C or AIDS.

If you absolutely must have dental work, injections or an internal examination while abroad, contact the nearest embassy or consulate of Canada. Consular officials can provide a list of local doctors and hospitals. Your travel insurer can also assist you.