

Pack photographs of your home and family. They're perfect ice-breakers wherever you travel.

If you can't make yourself understood in the local language, seek

Dress Sense

When visiting a religious site, a woman should always dress conservatively. A woman traveller should carry a scarf in case she needs to cover her head.

Give some thought to how you dress. In the Western world, you'll encounter few, if any, clothing restrictions, but it still makes sense to dress conservatively. Leave your valuables at home. Instead, take along interesting costume jewellery that might serve as a conversation piece with those you meet along the way.

If you travel into developing countries and male-dominated societies, make every effort to dress modestly. In some places, customs based on religious and moral beliefs strongly influence the way the women dress. For you

out female teenagers. Chances are they're studying some English at school and will take pride in being your translator.

to blatantly break these rules would be considered irreverent and might put you in jeopardy. Why not adapt your clothing to fit the customs of the host country? It becomes an interesting and educational challenge.

For publications that deal in detail with dress codes for women worldwide, check the listings in the resource section at the end of this booklet. For example, *Journeywoman Online* contains a section entitled "What Should I Wear?," which offers some good tips on how to dress appropriately.

Outside North America, a one-piece swimsuit is always a safer choice than a bikini. Yet, in some countries, local women might swim entirely clothed, in accordance with their religious beliefs.