

To cope with the vagaries of foreign bathrooms, consider wearing a long, full skirt. This will allow for some modesty in situations where you have to "go" outdoors.

Always carry a supply of toilet paper with you. In some parts of the world, it's either very scarce or too coarse to be usable.

In parts of Asia and Africa, expect a jug of water, left beside the toilet, in lieu of paper.

The Pregnant Traveller

Try to have at least your first prenatal checkup before you travel.

You should check airlines' rules about pregnant passengers before you book your ticket. In Canada, airlines will allow you to fly up to the 35th week of your pregnancy, providing you're healthy and there is no previous history of premature labour. The rules in other countries might be different. You could be asked to supply a letter from your doctor verifying the stage of your pregnancy.

Check your travel insurance policy carefully to make sure that you'll be covered for all eventualities. Most policies don't automatically cover

The smell in toilets is sometimes overpowering. Try dabbing some mentholatum under your nose to help mask the odours while you use the facilities.

Carry your own antiseptic wipes or a small bar of soap. These are generally not easily available.

pregnancy-related conditions or nursery care for premature infants.

Most, but not all, vaccines are considered safe during pregnancy. Once your pregnancy is confirmed, you'll require special advice. A Canadian organization called *Motherisk* will answer any questions you might have about appropriate drugs and immunization. Call (416) 813-6780.

It's wise to build in extra rest stops while you're travelling. Your body is busy nurturing a baby, and the extra effort of travel makes it work even harder. Constipation can be a problem, especially if you're taking iron supplements. Try to