

Since it is interesting to experience the sights and rhythms of a foreign town after dark, consider joining a sightseeing tour. Check with the local tourism centre for appropriate tours or cultural events. Make sure the tour bus picks you up and drops you off where you are staying.

If you are not comfortable eating dinner alone, consider other options, such as shopping for food to eat in your room or having your main meal at lunchtime, when most restaurants offer their specialties at more reasonable prices.

Understand that, in some parts of the world, "respectable" women do not go out alone after dark. Ignoring this custom could put you in jeopardy. Instead, after a long day of new experiences, welcome the chance to rest and relax.

## STAYING HEALTHY

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Not all travel books deal with female health needs. You can complement your reading with the experienced advice of other women travellers.

It is a good idea to carry your doctor's phone number, fax number and email address, as well as copies of prescriptions for medication you might need along the way.

Prescription drugs, including your regular brand of contraceptive, may not be available at your destination. Take enough with you to last the whole trip.

You may want to pack a supply of condoms to guard against unwanted pregnancy as well as to protect yourself from sexually transmitted diseases, even if you do not intend to have new partners.

When travelling to developing countries, carry a supply of tampons and sanitary napkins. They tend to be difficult to find and may be expensive.