

Staying Healthy

Not all travel books deal with uniquely female health needs. You can augment what you read with the experienced advice of other women travellers.

It's a good idea to carry your doctor's phone and fax numbers as well as copies of prescriptions for medication you might require along the way.

You won't always be able to eat properly. Consider carrying multi-vitamins to supplement your diet.

Your regular brand of contraceptive pill may not be available at your destination. Take enough with you to last the whole trip.

Major stomach upsets (diarrhea or vomiting) cause your body to lose its ability to absorb the contraceptive pill. It's wise to use condoms to guard against unwanted pregnancy.

You may want to pack a supply of condoms to protect yourself against sexually transmitted diseases, too.

When travelling to developing countries, carry a supply of tampons and sanitary napkins.

When travelling in Asia, it's a good idea to carry a supply of disposable chopsticks. Dishwashing facilities are not always adequate to kill bacteria.

They tend to be difficult to find and may be expensive.

It's not unusual for women to stop menstruating when they're travelling for a long time. If there are no other symptoms and you're not concerned that you might be pregnant, don't worry.

If you're prone to yeast infections, they're 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're 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.