

Extra Security Makes Sense

In your handbag or fanny pack, carry only those necessities that are lightweight and that you can afford to lose or have stolen. You should conceal those items that are not easily replaceable and are crucial to your travel arrangements – your passport, traveller's cheques, cash, medical prescriptions, contact numbers for your doctor and a copy of your insurance policy – by carrying them close to your body.

You can use a cotton money belt that you wear around your waist or a cotton pouch that hangs around your neck and is concealed by loose-fitting clothes. Another

"Foreign women aren't seen as women per se in China, but first and foremost as foreigners. As such they won't be any more vulnerable than a male traveller."

Jan Wong, Globe and Mail columnist and author of Jan Wong's China

"As a woman, my fear of being cooped up in my home without new challenges, new conversations, new vistas, far outweighs any fears I might have at travelling solo in a strange land."

Evelyn Hannon, editor, Journeywoman.com

excellent option is a security half-slip worn under a skirt or dress. Hidden under the hem are three zippered compartments perfect for holding travel documents, cash and credit cards. If you plan to spend time at the beach, consider buying a waterproof pack worn around the waist. It's a practical method of keeping your valuables safe and dry.

Be sure to make duplicate copies of all your important travel documents. Store these in your suitcase and, if the originals are lost