

consider beginning an appropriate exercise program at least a month before your departure.

Expecting to carry a backpack? You might want to do a few training walks to get used to it. You can start light and work your way up to carrying the full capacity.

If you're experiencing the hot flashes of menopause, pack a

wardrobe of "layers" that can easily be adjusted to your fluctuating body temperature.

A small magnifying glass is perfect for reading the tiny print on maps.

Make very sure that you have adequate health and travel insurance.

Businesswomen Abroad

In many parts of the world, a woman's traditional role is in the home. The concept of a woman as a business executive is much less common. Understanding the customs and proper business protocol at your destination is imperative.

Learn to greet your business host in his or her language. This show of respect and consideration is always appreciated.

Always meet your business contacts in the lobby of your hotel. Avoid giving out your room number.

Print your business cards in English on one side and in the language of the host country on the other. Especially in countries

In India, men generally don't shake hands with women. They greet them by placing the palms of their hands together and bowing slightly.

where women generally don't hold key corporate positions, this will eliminate any misunderstanding about the rank and position you hold within your profession.

Find out the correct way to give and receive business cards. In China (including Hong Kong) and Japan, you're expected to use both hands. However, in parts of the Middle East, you must never use your left hand, as that hand is considered unclean.