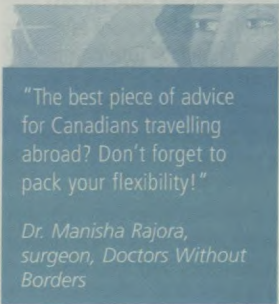


The ideal handbag, if you are taking one, has zippered inner compartments for added security and a thick shoulder strap that goes over your head and shoulder. The best way to carry your handbag is in front of you, next to your stomach, where it is not easily accessible to pickpockets.



"The best piece of advice for Canadians travelling abroad? Don't forget to pack your flexibility!"

*Dr. Manisha Rajora,
surgeon, Doctors Without
Borders*

STAYING SAFE

Remember to pack your common sense when you go abroad. In your handbag or backpack, carry only items that are lightweight and that you can afford to lose. Conceal in a money belt or neck pouch any necessities that cannot be easily replaced and that are crucial to your travel arrangements: your passport, airline ticket, credit and debit cards, traveller's cheques, cash, a copy of your insurance policy, medical prescriptions and contact information for your doctor and the nearest Canadian embassy or consulate.

If you plan to spend time at the beach, consider buying a waterproof hip pack to keep your valuables safe and dry, rather than leaving them unattended while you swim.

Be sure to make copies of all important travel documents and store them in your suitcase, in case the originals are stolen or lost. Leave additional copies with a family member or friend in Canada.