

The smell in toilets is sometimes overpowering. Try dabbing some mentholatum under your nose to help mask the odours while you use the facilities.

Carry your own antiseptic wipes or a small bar of soap. These are generally not easily available.

The Pregnant Traveller

Try to have at least your first prenatal checkup before you travel.

Most policies don't automatically cover pregnancy-related conditions or nursery care for premature infants.

You should check airlines' rules about pregnant passengers before you book your ticket. In Canada, airlines will allow you to fly up to the

Most, but not all, vaccines are considered safe during pregnancy. Once your pregnancy

35th week of your pregnancy, providing you're healthy and there is no previous history of premature labour. The rules in other countries might be different. You could be asked to supply a

"Don't just read the book!

Travelling to new cultures and meeting new people is not only rewarding in itself, it also gives us an enriched vision of home and the people closest to us."

*Françoise Ducret, Chair,
Canadian Chapter, European
Travel Commission*

is confirmed, you'll require special advice. A Canadian organization called *Motherisk* will answer any questions you might have about appropriate drugs and immunization. Call (416) 813-6780.

letter from your doctor verifying the stage of your pregnancy.

It's wise to build in extra rest stops while you're travelling. Your body is busy nurturing a baby, and the extra effort of travel makes it work even harder.

Check your travel insurance policy carefully to make sure that you'll be covered for all eventualities.