

Health Requirements

There are no special health requirements for Canadian visitors to meet when entering Mexico. Those who plan to spend time in rural tropical areas are advised to take preventive measures against malaria. Further, since Mexico City is at an altitude of 2 679 m, people with heart or respiratory problems should consult with a doctor before visiting.

Health Tips

Tap water in Mexico is seldom safe to drink. Boiled or purified water is usually supplied in hotel rooms and served in restaurants. Salads and raw vegetables should not be eaten in any but the better restaurants. The altitude of Mexico City in combination with the mineral content of the water can result in the affliction *turista* to even the most careful visitor. By not over-indulging in food or drink during the first few days of a visit, you can usually avoid most problems.

Clothing

Canadian spring and fall clothes are suitable throughout the year in Mexico City. As it can get chilly in the winter (December - February), a lightweight coat would be advisable. During the rainy season, which extends from May through October, it is advisable to bring a light raincoat and/or umbrella. The climate in Monterrey is subject to extremes — very hot in the summer (30 to 40°C) and cold in the winter. In Mexico City, Monterrey and Guadalajara, dress is conservative, particularly for business calls. In other areas, particularly in the south, Mexican sports shirts (*guayaberas*) are common dress.