

backup system. It's also a good idea to leave copies of these documents with a family member or friend.

If you'll be travelling in developing countries, pack a small flashlight. Power failures can be frequent.

Consider carefully whether to accept food or drink from strangers. Understand that drug-ging is always a possibility.

Air Travel

Remember that, when you're flying, your body has to adapt to changes in cabin pressure, the air you're breathing and different time zones.

Travelling in comfortable, casual clothes that don't restrict body movement is a good idea. Also remember that your feet are bound to swell. Avoid travelling in pull-on boots; shoes with laces make the most sense.

Lip balm and moisturizer can help to combat the dryness of aircraft cabins.

If you use contraceptive pills, be sure to take them every

In any country you visit, avoid sightseeing in isolated places.

If you plan to rent a car, consider travelling with a cellular phone. If you do, make sure you have an emergency telephone number in case you experience a mechanical breakdown or find yourself in a dangerous situation. Never pick up hitchhikers. And never get out of your car if someone bumps into it; wait for the police to arrive.

24 hours. Don't be misled by crossing time zones.

A good way to minimize jet lag is to drink a glass of water for every hour you're in the air.

Chewing gum will help to relieve the pressure that builds up in your ears, especially during the plane's final descent.

Shoes are never worn in Muslim mosques and Buddhist temples. Travellers should pack a pair of heavy socks.