

lighting in your room and in the hallway is adequate. More and more hotels are recognizing the importance and clout of women travellers. Try to stay at hotels that are known for looking after your concerns.

- ❖ When out and about, be aware of your surroundings and situation at all times.

There are books that cover the concerns of women travellers and that offer helpful travelling tips. Check with your local bookstore or library before you go.

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### Travelling with Children

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If you're travelling to another country with your child and there is a possibility of a custody dispute developing while you're away, you should talk to a lawyer before leaving home. A special publication, *International Child Abductions (A Manual For Parents)* is available from DFAIT's InfoCentre. Please refer to page 30 for details on how to order this publication.

If a person younger than 18 is travelling alone or with only one parent or another adult, notarized documentation certifying that the trip is permitted by both parents should be carried.

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### Have a Great Trip! But Before You Go...

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- ❖ Do your research. Learn about the country you plan to visit. Learn a few phrases in the local language.
- ❖ Get supplementary health insurance and travel insurance.
- ❖ Carry proof of insurance coverage, and give a copy to someone at home.
- ❖ Draw up a flexible itinerary and budget. Keep a copy at home.
- ❖ Make sure your passport hasn't expired. Photocopy the identification page, and keep it separate from your passport. Leave another copy with somebody at home.
- ❖ Make sure you have any visas you need.

- ❖ Find out whether or not you or any members of your family are considered nationals of any of the countries you plan to visit.
- ❖ Get all the required vaccinations. If you need to take medication with you, make sure you keep it in its original container. Carry a doctor's prescription for any controlled drugs, and if you use syringes, carry a medical certificate. Leave copies at home as well.
- ❖ Keep the original receipts for any purchases you make, including your hotel bill, rental car agreement and receipts for medical services.
- ❖ If you're a woman, take extra precautions to ensure your safety.
- ❖ Make sure you review all child custody arrangements if you're travelling with a child. If your child is travelling alone, have him/her carry documentation that states that the trip is permitted by both parents.
- ❖ Be sure plant and animal products you are planning to bring back are acceptable to Canada. Travelling pets may require shots and special permits (at a fee). See page 27 for more information and check with a local office of Agriculture and Agri-Food Canada.
- ❖ Don't forget to pack this booklet. It could help you more than you could imagine.

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## PART TWO: ASSISTANCE IS AVAILABLE

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### Register at the Canadian Mission

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If your stay is longer than three months in one country, it is recommended that you formally register at the nearest Canadian mission. This will help us contact you in case of an emergency or crisis. Registration is not usually available in the countries of Western Europe, Japan, Australia, New Zealand and the United States.