

To cope with morning sickness, ginger is an excellent remedy. Crystallized forms can be found in most supermarkets and health-food stores. Otherwise, raw ginger root is available almost anywhere in the world and can be grated into your food in small amounts.

If possible, avoid travelling in malarial zones. Even while taking anti-malarial drugs, pregnant women are more prone to catch the disease, and the illness tends to affect them more severely.

Especially during the first trimester of pregnancy, avoid high-altitude destinations, where oxygen to the fetus could be decreased.

Pregnant women should avoid using iodine to purify water. Iodine could have an adverse effect on the fetal thyroid.

## BACKPACKING YOUR WAY

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Travelling with a backpack is no longer the exclusive domain of young travellers. Women of all ages are benefiting from this less structured, lower budget mode of travel. But staying safe and avoiding problems while backpacking requires preparation and research.

Before departure, it is wise to do training walks to get used to backpacking, especially for older travellers. Make sure that you are in adequate shape if you plan to walk a lot and carry a heavy load.

Finding safe accommodations should be a woman's first concern. Camping solo or accepting lodging from a stranger can be an invitation to danger. If staying at a hostel, do not trust the locks. Carry your own to secure your belongings and your room. Never leave valuables or travel documents in your room and keep them close to you if sleeping in a dorm.