

## DRESS SENSE

No matter where you travel, it is best to dress modestly. Leave both valuable and authentic-looking costume jewellery at home. Blending in, rather than sticking out, will help you stay safe.

In Saudi Arabia, a woman must wear an abaya (a long black dress that covers the body from the shoulders to the toes). A scarf should be carried at all times to cover the head when requested. In addition, a woman is not allowed to drive a motor vehicle or ride a bicycle. She must have a male driver.

If you travel in developing countries and male-dominated societies, make every effort to dress conservatively. Customs based on religious and moral beliefs strongly influence the way the women dress in some cultures. To blatantly break these rules would be considered irreverent and could put you in jeopardy. Instead, adapt your clothing to fit the customs of the host country.

You can find out more about dress codes for women worldwide at the *Journeywoman* website (see the "For More Information" section).

When visiting a religious site, a woman traveller should dress appropriately. She should carry a scarf in case she needs to cover her head. She should never wear shoes in a Muslim mosque or Buddhist temple.

During a visit to Kuala Lumpur, Michelle was frustrated by the constant stares and occasional rude remarks from strangers, despite her attempts to dress conservatively and avoid standing out. She finally realized that as a tall, blonde, fair-skinned foreigner, the only solution was to be herself and accept this uncomfortable invasion of privacy.