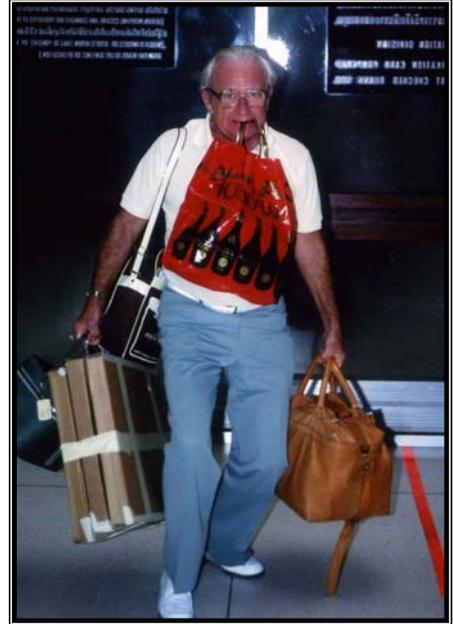


DAVID SKILLAN'S TRAVEL TIPS

I've published these tips before, and they bear repeating. They're valid whether you're going on safari in Africa or just overnighting in the next town. Please share them with friends and family members who like to travel.

- Before travelling, ensure that your passport is valid for at least six months, and that you have all necessary visas.
- Travel insurance provides peace of mind (and vital coverage), so be sure to buy it!
- Always carry a photocopy of your passport details in a separate place, in case your passport is mislaid or stolen and must be replaced.
- Have a dental check-up and get any necessary vaccinations well before departure.
- Never wear expensive or flashy jewellery. You could be robbed!
- Don't buy expensive luggage. All luggage takes a beating and gets thrown around a lot.
- Pack as lightly as possible. Never wear new or best clothing when travelling. Wear casual, loosely fitting garments. Dress for comfort, not to impress.
- Keep valuables such as your passport, tickets, medication, spectacles, etc., in your carry-on flight bag. Do not lock them in your suitcase.
- Remember to carry an extra battery and memory card for your camera.
- Wear a money belt, small backpack, or waist pouch in which to store such valuables as your passport, airline tickets, and travellers' cheques. This will leave your hands free.
- Always carry a good book, to pass time when flying and hanging around airports and to help you nod off at night.
- Wear a small Canadian flag pin. It makes for easy identification and is often a conversation opener.
- Always wear sunglasses and a hat in the tropical sun! This will reduce your risk of heatstroke by 75 percent. Sunscreen is also a must!
- Carry a fold-up weekend bag in your suitcase. It's useful for short excursions and/or shopping.
- Never leave valuables exposed in a hotel room. Lock them up!



- Make a point of learning how to say "please" and "thank you" in the local language wherever you go. The locals appreciate it.
- When filling out immigration forms, answer "Tourism" to the question "Purpose of visit?"
- On long flights, a mild sleeping pill helps you relax, cope with jet lag, and adjust your sleeping pattern. There's no need to tough it out!
- And remember, we're all ambassadors when we're abroad!

Travel is seductive and intoxicating. It should always be enormous fun . . . and a great adventure! ➤