

TOP 10
WAVES IN OZ

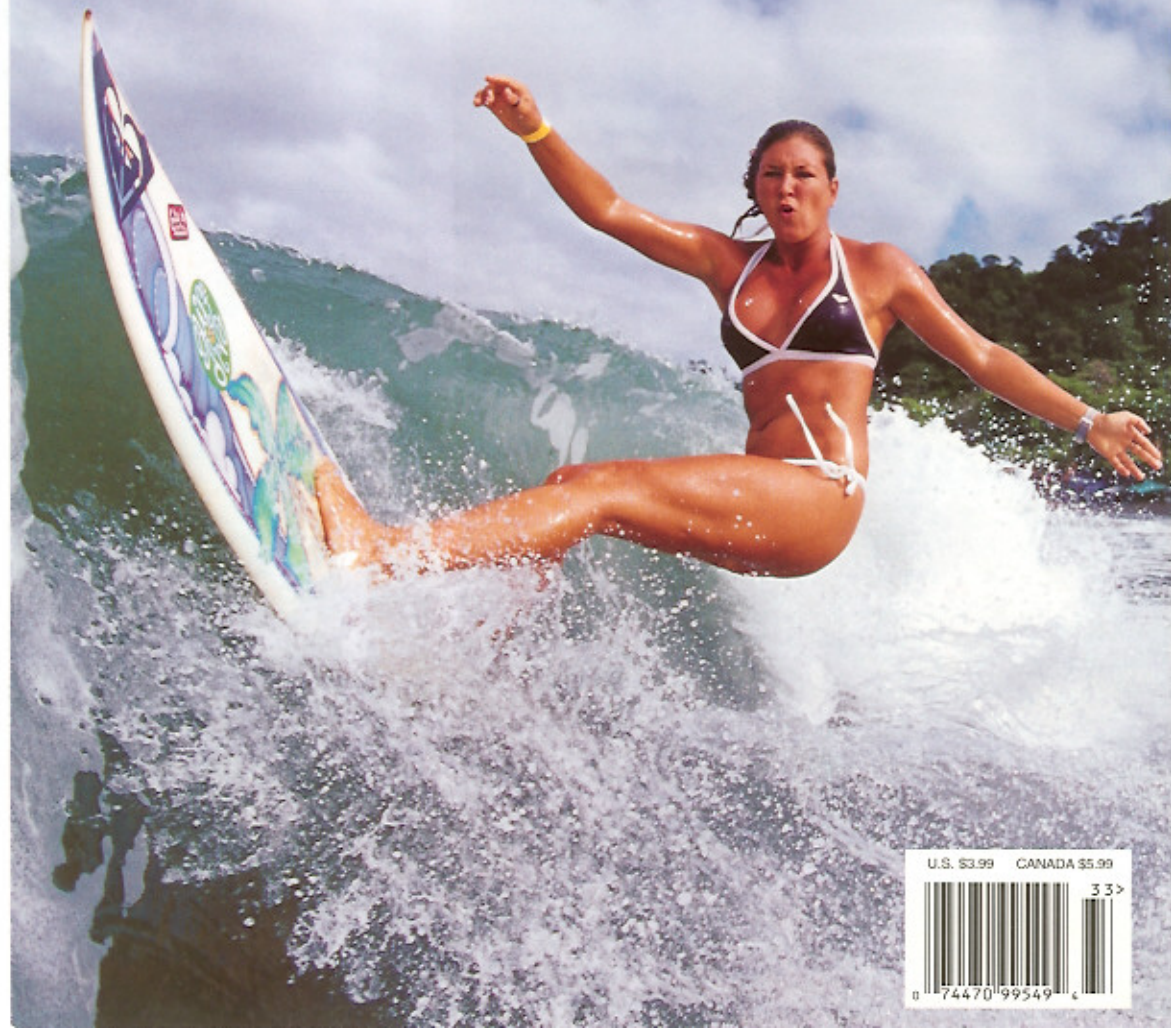
SurfLife



Fall 2003 www.SurfLifeForWomen.com

for women

➤ **8 DAYS IN** **THE TRAVEL ISSUE**
COSTA RICA WHEREVER YOU MAY ROAM



U.S. \$3.99 CANADA \$5.99



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A photograph taken from an airplane window, showing the dark wing of the aircraft in the foreground. Below the wing, a vast landscape of green fields and small towns is visible, partially obscured by a layer of white clouds. The sky above is a clear, bright blue. The overall scene is captured from a high angle, looking out from the cabin.

How-To
Travel

Ten pages to prep you for your next trip

THE PRIMER: a stoke-filled surf adventure is easy with a little pre-trip planning

By Anne Sella



Nothing can get us amped like a foreign surfari – new breaks, new friends, exotic cultures, sun, sand and surf. With minor pre-trip planning an unforeseen incident that could potentially ruin a perfect vacation can be transformed into an exotic tale of adventure worth major bragging points at your home break. So, do a little homework before you go, and then kick back and relax.

BEFORE YOU GO

Read as much as possible about your destination before you go. While libraries and the Internet offer a vast smorgasbord of information, you will also want a guidebook to carry with you. **Lonely Planet** offers some of the best guidebooks out there, but other guides like **Footprints and Rough Guides** are good alternatives for independent adventurers. If you are looking for posh surroundings, try **Fodor's** or **Insight Guides**. Spend some time in your local bookstore and then make your decision. Friends who have traveled to your selected destination are a great source of information and travel intelligence. Pick their brains for the best bargain hotels, coolest bars, wickedest waves and whatever else they care to reveal.

Guidebooks:
www.lonelyplanet.com
www.footprintbooks.com
www.roughguides.com
www.fodors.com
www.insightguides.com

PASSPORTS & DOCUMENTS

A current passport is required for entry into most countries. Make sure you give yourself ample time to submit your application. It normally takes **25 business days to receive your passport**, but an expedited 3-day service is available for an additional fee. If you already have your passport, make sure it isn't about to expire. Several countries require a passport to be valid for a minimum of six months after entry. Also, some countries require entry visas. Once again, it's best to check well in advance so that all your paperwork is in order by the time you're packing your board.

While you're certainly not looking for trouble, having a backup plan in case of emergency is a good idea. Designate

someone you trust as your point person. Make sure they are willing to accept a collect call from you at 3am if there is an emergency. Give them a copy of your itinerary with contact numbers where available and photocopies of all your important documents: passport, visa, credit cards, health insurance, plane ticket, list of travelers check serial numbers, and anything else that might be critical. While you're at it, make copies of these documents for yourself and carry them with you – just keep them stashed in a safe place separate from the originals and hope that you never have to use them.

Passport and Visa info
www.travel.state.gov/passport_services.html
www.travel.state.gov/foreignentryreqs.html
www.traveldocs.com

TRAVEL INSURANCE

Medical insurance doesn't cover health-care costs outside the U.S., nor do most privately-issued policies. No one likes reading all that insurance speak in the fine print, but take a look at your medical policies to see what is covered when you travel. An additional traveler's insurance policy to cover theft, loss and medical problems, including evacuation, is a good idea when traveling to foreign lands. Not only could a medical problem

wreck your vacation, but you could continue to relive the pain as you pay off hefty medical bills for years to come.

For many travelers' health insurance policies offered by student travel organizations (www.wisc.com) are a good value, as long as you are a student. Otherwise, try your local AAA (www.aaa.com) or check your credit card, as some offer free travel policies if you use the card to pay for your flight.



FEMININE STUFF

Keep a supply of toilet paper on you at all times. Trust us on this one. Pre-moistened wipes are another travel necessity. While you're at it, bring an adequate supply of tampons. Your favorite brand, often any brand, isn't always easy to find overseas. Panty-liners and pads are more readily available.

A word about temptation. It doesn't matter how cute the local hottie or how many tequilas you've downed, **sex with a stranger is risky business.** If you must, be very safe. Bring your own condoms and use them. A sexual transmitted disease is not the kind of souvenir you want to bring home.

Vaginitis

Yeast infections can be the scourge of warm climate travel. If you are prone to developing yeast infections, then come armed with ammunition. There are many one-dose antifungal treatments available without a prescription. Trying to explain your predicament to an unsmiling pharmacist in a foreign country is no fun. **Your best offense is a good defense:** keep things loose and breezy and wear cotton underwear. As a precaution, you might want to take acidophilus daily (they do double duty in ward-

ing off traveler's diarrhea). These are the friendly bacteria that live in our bodies and help to keep everything in balance. They are found in yogurt and kefir and can be taken in capsules. Take two in the morning and two at night for the duration of your trip and you should be good to go.

Harassment

Many books and websites advise wearing a fake wedding ring if you are a woman traveling alone. Unfortunately the "image" of American women portrayed in the media can travel with you. That image consists predominantly of B-movie bimbos with Barbie-like bodies who will jump into bed with any guy who so

much as looks at her. The secret to warding off multi-cultural sexual harassment lies in understanding the culture you are visiting.

A WORD ABOUT MALARIA

Malaria is a serious disease that can be fatal if not treated. Diagnosed by a simple blood test, it is curable if medical help is sought when symptoms occur. **Malaria is transmitted by mosquito bites.** The best way to prevent malaria is to not get bitten. Moxie avoidance is practiced from dusk to dawn and involves exposing minimal flesh, slathering a DEET repellent on all exposed skin, and sleeping under a mosquito net. It can also mean taking anti-malarial drugs as a deterrent. These don't prevent the infection but kill the parasites during a stage of their development. There is much to be considered in choosing to take anti-malarial drugs. Side effects and their long-term impact on your body are major concerns. Get the details from an expert and make an educated choice.

Immunization Info:
www.cdc.gov/travel
Health Issues:
www.lonelyplanet.com/health/

NEEDLEWORK: SHOTS AND IMMUNIZATIONS

For some countries, immunization is required, and for others it's just a darn good idea. Your best bet is to **consult with your local traveler's health clinic** for the most up-to-date information on your destination and vaccinations. The further off the beaten track you plan to venture, the more shots you will likely need. This is definitely a plan-in-advance kind of thing. Many immunizations require an initial shot followed by a booster several weeks later. Some shots can't be taken together and require a well-orchestrated sequence of needle sessions that may leave you feeling like a human voodoo doll. Start looking into it at least six weeks before you go. The longer you intend to stay and the more exotic the locale, the more planning required.

Immunization Info: www.cdc.gov/travel
Health Issues: www.lonelyplanet.com/health/

DEPARTURES

Airline/Flt. No. Destination

AIR FRANCE	069	PARIS	102	7:16P
BRITISH AIR	268	LONDON	120	8:50P
QANTAS	026	AUCKLAND-BRISBANE	121	9:30P
BRITISH AIR	7302	AUCKLAND	121	9:30P
PHILIPPINES	103	HONOLULU-HAMILA	122	10:05A
QANTAS	012	SYDNEY	122	10:30A
AMERICAN	7364	SYDNEY	122	10:30A
AMERICAN	7364	SYDNEY	119	11:20A
HEXICANA	125	ZACATECAS-MORELIA	103	11:30A
AIR PACIFIC	811	NADI	103	11:30A
QANTAS	3026	NADI	121	11:40A
QANTAS	100	MELBOURNE	121	11:40A
AMERICAN	7368	MELBOURNE	121	11:40A
HEXICANA	137	MEXICO CITY	123B	11:40A
HEXICANA	923	GUADALAJARA	120	11:50A
QANTAS	108	SYDNEY	120	11:50A
AMERICAN	7366	SYDNEY	123	12:10P
HEXICANA	111	MEXICO CITY-OKACA	115	12:20P
ASIANA	203	INCHEON	103	12:30P
	001	HONG KONG	103	12:30P

FOOD & DRINK

The number one threat to your trip is microbes lurking within the local food and drink. Common sense is your best weapon. If you're going to eat it raw, make sure you peeled it; otherwise stick to well-cooked meat, veggies and fruit. Ice cream can majorly cramp your style, as can any dairy product that is not pasteurized, but yogurt is usually safe. **Drink only bottled or boiled water and pop with no ice.**

If you begin to feel nauseous or get diarrhea, welcome to the third world weight loss plan! It happens to the best of us. The only thing you can really do is drink lots of safe liquids (bottled water or herbal teas) to maintain hydration and wait for it to pass. Some travelers reach immediately for Imodium or Pepto-Bismol but many seasoned travelers believe in letting their bodies naturally pass the unwelcome microbes as fast as possible. Once you feel like eating again, keep it bland - plain white or brown rice, dry toast and unsweetened yogurt to help rebalance the friendly bacteria in your intestinal tract.

For more info on diarrhea and how to recover naturally, check out: www.drweil.com (enter diarrhea in the search box)

MISCELLANEOUS

Jewels—Leave your diamonds at home. If it's gold or looks flashy, leave it behind. The best idea is to buy local handicrafts as you go. Even watches can be a temptation.

Taxi savvy—Take official cabs with meters when possible. If there are no meters negotiate the fare before you get into the cab. When in the cab, put your backpack or bags on the floor. Thieves have no qualms about reaching in through the open window and grabbing anything on your lap.

Ode to ziplock—ziplock bags are the traveler's best friend. A combination of sizes is best. Use them to:

- Organize stuff—everything from socks to funky coasters and beer labels for your scrap book
- Zip away dirty laundry
- Quarantine wet and sandy surf gear
- Protect travel documents and copies of important papers
- Pack travel snacks
- Safeguard against explosions—If it can leak, ziplock it!

MONEY SMARTS

Thanks to modern technology, the best way to travel is with an ATM card. Check with your bank beforehand to make sure that you will be able to easily access your account from overseas.

Be smart in choosing your ATM, avoid the ones out in the open on the street, and go for those inside a bank. Be smart when carrying your money - take only what you need for the day and leave the rest in your hotel's safe. Put a small amount in your pocket or wallet and **stash a couple extra bills in your bra**—that way, if you're mugged, you still have taxi fare to get back to your hotel. It's still a good idea to keep a few traveler's checks tucked away in case of an emergency.

Change a bit of cash before you arrive at your destination. That way you are prepared when you hit the ground and don't have to rely on airport exchange desks being open in the middle of the night when you arrive.

