



Tips on Traveling with Medications

- Bring enough medication for the trip plus an **Additional 2 Weeks**
- Always pack medications in your carry on luggage
- Use original pharmacy prescription bottles, do not combine bottles
- Controlled substances?- have a letter from your doctor stating medical condition / therapy
- Try to keep your medications in a cool / dry place
- Bring a list of drug allergies, medications, how you take them, and what they are taken for
- Have your doctor and pharmacy's phone number in your wallet

Additional Tips for Traveling Abroad

- Travel Vaccinations and Medications, do you need any? – ask your doctor at least 6 wks before leaving
- Have a photocopy of the original prescription for all medications that you are traveling with
- Bring a list of drug allergies, medications, how they are taken, and what they are for in the native language for all countries visited
- Familiarize yourself with local customs / laws prior to arrival
- Prepare a list of English speaking doctors in the countries you are visiting, in case you need medical attention
- Register your trip with the US State Department at <http://travelregistration.state.gov>
- Leave a list of destinations, copy of passport, medication documents, and a general time table with family / friends