



TRAVEL TOOLKIT: MANAGING MEDICATIONS ABROAD

Travelers often face different regulations for bringing medications into other countries. Being unprepared can lead to delays, confiscation, or even arrest. Here are some guidelines from On Call's Medical Team to help you navigate international travel with medications.

COUNTRY SPECIFIC REGULATIONS

Each country has its own rules about which medications can be brought in and in what quantities. Some countries allow only a 5- or 7-day supply, while others permit up to three months.

Certain medications may require special permits, which can take weeks to obtain. Research these regulations in advance and ensure you have the necessary documentation from your physician and, if needed, the destination country.

RISKS OF SUBSTANDARD OR COUNTERFEIT MEDICATIONS

Be cautious about purchasing medications from unfamiliar sources abroad. Counterfeit or substandard medications can contain harmful or inactive ingredients, leading to treatment failure or health risks. Buy medications only from reputable, licensed pharmacies, ensure they're in original packaging, and verify they match the prescribed medication.





EXPERT ADVICE FOR INTERNATIONAL TRAVELERS

The Medical Team at On Call International can provide additional guidance on medication regulations, special permits, and traveling with injectable or temperature-sensitive medications, medical implants, and other equipment. However, here are some general guidelines for travelers:



Doctor's Letter:

Carry a signed and dated letter from your doctor that includes your name, date of birth, passport number, length of stay, generic name and dosage of each medication, amount of medication, duration of use, and the medical condition being treated.



Original Packaging:

Always carry medications in their original, labeled containers.



Prescription Copies:

Bring copies of your prescriptions.



Carry-On Luggage:

Pack medications in your carry-on bag, not checked luggage.



Extra Supply:

Bring enough medication for the entire trip, plus an additional 1–2-week supply in case of delays.



Check Medication Status:

Verify that your medications are allowed in the destination country and if special permission is needed.



Medication Refills:

If you need refills while traveling, visit a local physician to obtain a prescription and purchase medication from a licensed pharmacy.

Want even more travel risk management resources and planning tips? Subscribe to our [quarterly e-newsletter](#) and contact us at trmsolutions@oncallinternational.com.