



# Traveling with medications

If you are planning a trip, it's important to ensure that you have the medications you need to keep you healthy. Here is what you need to know.



## **Plan well in advance**

To be sure you have enough medication, talk to your prescription insurance provider, pharmacist and doctor. If traveling internationally, contact Patient Travel Services (see below). Allow two to four weeks for domestic travel, eight weeks for international.



## **Bring extra medication**

Plans may change. Flights may be delayed. Be prepared by bringing twice as much as you expect to need.



## **Learn the rules at your destination**

Many locations, even within the US, have their own laws about prescription drugs. Some states limit your ability to refill prescriptions written in another state. It pays to check in advance.



## **Keep your prescriptions in their original containers**

In some states, this is a law. But even if it's not, the original pill bottles make it easier to identify the prescription and whom it is for.



## **Ask for extra bottles**

Your pharmacist can give you an extra labeled bottle so you can carry smaller quantities of medication while away from home.



## **Keep medications and supplies at the right temperature**

Never leave your medications in a car or in checked luggage. Since some supplies should be kept at room temperature or below, plan to bring ice/freezer/gel packs as necessary.



## **CONTACT PATIENT TRAVEL SERVICES**

Call **1-866-434-2597** (option 2), Monday–Friday, 8:00 a.m. to 5:00 p.m. EST. Allow 2–4 weeks for domestic travel, 8 weeks for international travel.



## **LEARN MORE ABOUT TRAVELING WITH MEDICATIONS**

[CDC.gov/Features/Travel-Medicine/Index.html](https://www.cdc.gov/Features/Travel-Medicine/Index.html)  
[TSA.gov/Travel/Travel-Tips/](https://www.tsa.gov/Travel/Travel-Tips/)