

Traveling with Medications

Pre-Departure & Immigration Information

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If you take medication – prescription or over-the-counter– at home, it is important to keep taking your medications abroad (assuming that is what your doctor advises). Traveling with medication can be overwhelming because each country has different rules for medication. To successfully travel abroad with medications, follow these three tips.

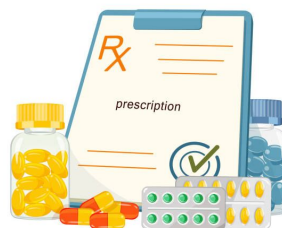
Verify Legality in your Host Country



Each country has its own rules for medications and **you must comply with the rules.**

If you aren't sure, it is a good idea to call ISOS before you travel to verify that your medication is legal. *This is especially important if you prescribed a controlled substance or ADHD medications ([click here for more information on ADHD Medications](#)).* ISOS will also tell you what is required of you to enter the country. ISOS can be reached at 215-354-5957 and your member ID is 11BCAS791724.

Get a Letter of Support from your Doctor



Having a letter from your doctor helps ensure a smooth experience at immigration.

A good doctor's letter includes your legal name, that you are a patient of your doctor, your medication name (including brand and generic names), dosage, name of condition, and that the medication is medically necessary and for personal use only. To help, you can [share this template with your doctor](#), so they know what to include in your documentation.

Bring Enough and Pack Correctly



As law permits, bring enough medication to last the entire time you're abroad.

It is best if you bring enough medication for the number of days you're in country plus 7-10 days in case your return is delayed. Pack all your medication in the original packaging and in your carry on bag (follow your airline and TSA policies for liquids). If you need to request additional days of medication from your doctor and insurance company, ask for a "vacation override".

If you can't secure enough supply of your medication, have questions about policies or procedures, or need support with this process, contact your Wellness Advisor. *Don't know who your Wellness Advisor is?*

[Click here to find out.](#)