

# Pack smart when travelling with medicines

## Always allow plenty of time to prepare for your trip

A medical check-up is recommended before you travel to ensure medication is still right for you and sufficient supplies are available (always include a little extra in case of delays).

Carry a copy of the prescription and letter from the prescriber, with a list of the 'generic' names of the medicines. Keep medicine in its original pharmacy packaging and in your hand luggage with an extra supply in the hold luggage.

Some countries may not allow the entry of certain types of medicines, rules for the different countries can be checked with the foreign embassy in the UK.

Counterfeit (fake) drugs are more common in certain regions. If you do need to obtain supplies abroad consult a recognised pharmacy or health care provider.

More information available in NaTHNaC's handy factsheet  
<http://travelhealthpro.org.uk/factsheet/43/travelling-with-medicines>