



# TRAVELLING WITH MEDICATIONS

Please also refer to the **Travelling with Mito** and **Travelling with Equipment** fact sheet for more information.

## PACKING AND PREPARING YOUR MEDICATIONS

Consider the amount of medication you will need and it pays to pack extra rather than being caught out without enough.

Remember to pack medical equipment such as measuring cups, syringes and hypodermic needles. If any of your medical devices require batteries, packing extra is also a good idea.

Make a spreadsheet of your medications and the times you take them, as this will ensure you pack enough. Alternatively, ask your local chemist to make up a Webster pack for you. [Click here](#) for more information.

Bring your medication prescriptions in case you're separated from your bags, your travel is delayed or there is an emergency. Don't rely on refilling prescriptions or buying regular over-the-counter medications whilst overseas as regulations may vary greatly. Check that your various prescriptions and over-the-counter medications are legal in your destination. You can ask your doctor, chemist or travel agent about this. If they are unsure, contact your destination country's embassy in Australia. By identifying this early, you may be able to organise alternative medications or provide appropriate documentation from your physician that would protect you in any unexpected situations.

Ask your doctor to write a letter listing each prescription and why. This could be useful at airport security and in an emergency.

## MEDICATIONS AND AIR TRAVEL

Different rules apply for many airlines and destinations. You can take prescription and non-prescription medication on board domestic flights. However, if you are taking an international flight, regulations may apply.

- In Australia, liquid, aerosol and gel medications are permissible. According to the Australian Government Department of Infrastructure and Regional Development, a reasonable amount means the amount needed to cover your needs for the duration of the flight including any delays that might occur. This applies to 'special dietary and therapeutic products' such as supplements.
- If travelling overseas, look into international regulations.
- Medication documentation including prescriptions may be needed by security.

Head to the [Australian Government Dept of Health: Therapeutic Goods Administration information page](#).

When considering how much medication to take in your carry-on luggage, you should always be prepared for the event that your checked luggage may not arrive at your destination at the same time as you. Making sure you pack enough to last you a couple of days will prevent you from being stuck without enough to last until your checked luggage arrives. Prepare for any medications that need to remain cool. These can be contained in polystyrene boxes and you may be able to put them in the fridge on the plane.