

PIPESTONE



The Place To Go Before You Go

<https://pipestonetravelstore.com>

Travelling With Medications

For people travelling with medications there can be unexpected pitfalls but by taking the following 4 steps you can ensure your medications don't intrude on your trip.

Here are our top 4 tips when travelling with medications:

1. Take Enough:

Always take 3-5 days extra to ensure that if you are delayed due to a natural disaster, airline mechanical issues or even a flight cancellation you will be covered.

2. Proper Transportation:

Some meds need to be kept cool to keep their effectiveness and that is not always easy when travelling. Especially to hot climates. Items like insulin, injectable MS medications and even some tablets must be kept cool and away from the heat and humidity. Humidity can cause tablets/pills to clump together and become almost impossible to separate. Pipestone carries an insulated pouch and pen holders for these situations.

3. Pack Them Properly:

Always put all your medications in your carry-on bag. Never take the chance to put into your checked bag and have it go someplace you didn't. Any liquid or gel type medications and rubs do not fall under the 3-1-1 rules. Just keep them separate and identify them as such to the security/screening officers at the airport and you should have no problems while going through screening. You do want to make sure that all your items are in an approved bottle, like the type you get from the pharmacy, and there is the proper label on it stating your name, your Doctor's name, type of medication and all the particulars about your schedule for taking the medication. If you have a large bottle of medication and you only need a few days worth, ask your pharmacist to give you a smaller

<https://pipestonetravelstore.com>

Dalhousie Station: 1-403-239-7084 | WillowPark Village: 1-403-777-1767

bottle, along with a label which you can use for your trip.

4. Adjusting Your Intake Schedule:

If you are about to go to the other side of the planet and you are taking a medication that you take

on an schedule, like every four hours when you are awake, it is best to speak with your physician to get their opinion as to the transition for the change in time zones you will be experiencing.

Other Points Of Interest

- Understand that there are some medications which are legal in Canada but they might not be legal in your destination country. You can contact that foreign government office in Canada to verify if you have any concerns
- Always carry a copy of the prescription in the event that you might lose your meds or they become destroyed while you are away. A replacement prescription is always easier to get when you have the exact paperwork.
- If you need to carry unusual medications or a selection of inject able items with you it is advisable to get a letter from your doctor describing why you are taking medication and how you are required to take them.
- While travelling with medical marijuana, as long as you have the proper certification, is legal in Canada it is NOT the case in the USA. Do not expect you can travel to the USA with youe Canadian clearance and expect things to work out. Many states have not adopted a program for medical or casual use and as a result it is still very much against the law.
- When travelling to the USA you are generally allowed to take a 90 day supply with you without causing too many concerns or questions with the customs department.
- Bringing medications back into Canada which have been purchased while on your trip can lead to second level interrogation upon your return. Not all drugs are on the “no import” list but it is good to know before you spend money on something which will be taken away upon your return home.