




## Traveling with Medications Checklist

Time	Tips/ Checklist	Notes
<p data-bbox="121 654 331 686"><b>Before Travel</b></p> 	Check that your medications (such as cannabis) are legal in the location that you are visiting Note: Be aware that there may be legal consequences associated with certain medications	
	Check your current supply of medication(s), including as needed medications and non-prescription medications	
	Check what travel supply you can receive based on where you are travelling (within versus outside province or country)	
	Check what you can take in your carry-on luggage: <a href="https://www.catsa-acsta.gc.ca/en/what-can-bring/medication-and-medical-items">https://www.catsa-acsta.gc.ca/en/what-can-bring/medication-and-medical-items</a>	
	Check the recommended storage for your medications (e.g., if any need to be refrigerated) Note: You may be able to take a small cooler as a carry-on	
	Locate the closest hospital and know what services your insurance will cover	
	Talk to your doctor and receive a signed and dated note specifying why you are taking each medication	
	Talk to your pharmacist and receive a list of your medications with both the trade and generic names	

<p><b><i>During Travel</i></b></p> 	Keep all medications in their original packaging, with their labels	
	Do not buy medications outside of Canada, unless you have been advised by, or have consulted with, a registered healthcare provider	
	Be aware of cultural norms around certain medications and taking medications in public places (e.g., injectable insulin)	
	Be aware that you are subject to the judicial system of the country you are in Note: be aware of laws around cannabis use, including medical cannabis	
	Record (written or dictate) any side effects, symptoms, etc. that are experienced while travelling to discuss with your healthcare providers upon return	
<p><b><i>After Travel</i></b></p> 	Ensure you have returned with all remaining medications, including the appropriate quantity of medication	
	If returning with extra medications, re-organize them as needed	
	Ensure medications are returned to safe storage (e.g., refrigeration, lock box)	
	Follow-up with any of your healthcare providers, as needed	