

## Manage Medicines While Traveling

### Traveling soon? Six Tips for managing your medicines while traveling

We all travel for business or vacations. While it can be easy to get caught up with the preparations, it's important to arrange your medicines and health records carefully.

Six Tips for managing your medicines while Traveling:

- 1. Pack all your medicines carefully:** Arrange both regular medicines and those needed for common ailments separately. Retain original labels. Additionally, you can maintain a small notebook with the name of the medicine and its purpose.
- 2. Keep some stock in your carry-on luggage** so that you can access it easily. Carry adequate stock for your trip, and place it in check-in baggage. Store the medicines in a cool place, and avoid exposure to heat, direct sunlight, or moisture.
- 3. Keep your medication schedule:** If you are traveling to a different time zone it can be challenging to keep track of your schedule. Set an alarm on your phone or adjust it to match the new time zone.
- 4. Carry extra stocks:** Make sure to carry an adequate quantity of your medicines as there may be situations where your trip gets extended. Carry a copy of the prescription with generic names in case you need to buy more.
- 5. Keep your doctor informed:** Let your doctor know that you are traveling, they may advise additional precautions. Make sure there is a way to contact them in case of an emergency. Carry your health reports, if necessary, especially for complex conditions.
- 6. Check the rules:** Before you travel, check the laws of your destination and ensure that your medicines are allowed to be carried into that country. If you are unsure, talk to your doctor.

#### To know more:

- [6 Tips to manage medicines while traveling](#)
- [How to handle symptoms while traveling?](#)
- [How do I adhere to medication during travel?](#)

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