



Travelling with my medicines

Tick things off a week before you leave, and again the night before.

Destination

Dates away

A week before

- ☐ Count how many days of each medicine I need
- ☐ Ask the pharmacy if I need extra for delays
- ☐ Ask my pharmacist about time zone changes
- ☐ Print my medication list
- ☐ Check the rules for my destination

When I pack

- ☐ Medicines in their original packaging
- ☐ Everything in my carry-on bag
- ☐ A copy of my list in a second bag
- ☐ Pill organiser or chart
- ☐ Phone charger and reminders on

How much to take

Medication	Per day	Days away	Plus spare	Total	Packed
					☐
					☐
					☐
					☐
					☐
					☐

