

Since security screening regulations change frequently without warning, and differ from country to country, check regulations before you travel to allow enough time to get the proper documentation.

Needles and syringes may be difficult to purchase abroad, so take enough to last your entire trip. Before departure, check your airline's regulations regarding needles and syringes in carry-on luggage.

Over-the-counter drugs for sale in Canada aren't always easy to find in other countries. Just in case, take some **pre-ventive medication** along, such as medication against diarrhea or allergic reactions. Some medications available in foreign countries may cause allergic reactions or may be counterfeit and not contain any actual medication. It is also possible that medication in foreign countries may have been removed from the market in Canada because of toxicity or other concerns about its safety or effectiveness.

Travelling with a pre-existing medical condition

If you have a chronic medical condition, carry a letter from your health care provider outlining your situation and required medications. Find out if English- or French-speaking doctors are available in the area you'll be visiting. The International Association for Medical Assistance to Travellers (IAMAT) can help with your research. See page 41 for contact information.

If you have medical needs that will require attention abroad, call each hotel or resort you'll be visiting to discuss arrangements in advance. Be sure to bring any medical supplies you may need. Discuss all your travel plans in advance with your health care provider or travel health clinic.