

- a clear hospital or pharmacy label on the original drug container that identifies your full name as it appears on your passport, the name of the pharmacy, the name of the medication and the dosage; and
- a copy of your prescription.

You'll also need this information if your medication is lost or stolen. Along with copies of your prescriptions, keep a record of each drug's generic and trade names.

If you wear glasses or contact lenses, having the prescription with you will make it easier to replace them if needed.

Essential medication should be carried in two different pieces of hand luggage, in case one gets lost or stolen. Bring enough medication for more than the duration of your trip. Don't give in to the temptation to stop taking medication (for blood pressure, depression, etc.) or to decrease the dosage during a trip just because you suddenly feel better.



Some over-the-counter medications, dietary supplements, and herbal and homeopathic products used in Canada are illegal for import and use in other countries or may require a prescription. Contact the embassy of your destination country before departure to make sure both your prescribed drugs and any over-the-counter medication you intend to bring into the country are allowed. Visit [www.travel.gc.ca](http://www.travel.gc.ca) or contact Consular Services (see page 40) for a list of foreign government offices accredited to Canada.

If your medication requires needles and syringes, carry an explanation from your health care provider or a medical certificate with you. In some countries, a traveller found with needles and syringes and without an adequate explanation could be in serious trouble.