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# Safety Tips for Traveling with Your Prescriptions

Not having your medications available when traveling can ruin your trip. In a recent study of AARP members, 3 out of 4 people (72%) traveled 50 miles or more from their home involving an overnight stay during the year. With this research in mind, we offer these travel tips for your medications:

## **Carry a Record of Your Medications and Personal Health History**

If you become ill or lose your medications, having a record of prescriptions, over the counter medications and health history can speed treatment and replacements. Take the **FREE Personal Medication Record** from this display, fill it out and keep it with you when travelling. Or, register at [www.walgreens.com/aarp](http://www.walgreens.com/aarp) where you can print a record of your prescriptions and create and update a personal health history.

## **Pack Your Medicines in Your Carry on Bag**

Keep your medications with you to make sure you can easily reach them. Keep them in their original containers to ease inspections by Customs or Transportation Security Administration (TSA) personnel. Please check TSA regulations at <http://www.tsa.gov>.

## **Bring More Medication than You Need**

With travel delays in mind, take an extra supply of medication. Walgreens customers can request 90-day supplies of medication with their insurer's permission. Try our "Auto-fill" refill service and avoid ever running out of your prescriptions. If you do run out, every Walgreens is connected electronically, so refills can be picked up at any location nationwide. Just call 1-800 WALGREENS 1-800-925-4733 or visit [www.walgreens.com/findastore](http://www.walgreens.com/findastore).

## **Consider How Your Medications are Stored**

Some medications require special handling. Ask your Walgreens pharmacist for the best methods of transporting and storing your medicines.

## **Do Your Research, Be Prepared**

Countries have different regulations about medications. Before traveling, contact the appropriate embassy for drug regulations. If you take narcotic prescription drugs, or use needles, get a letter from your doctor explaining why you carry those drugs and paraphernalia.

*Use and share these tips with friends and family so everyone can enjoy a worry-free trip.*