

# How to navigate medication regulations

Are you unsure if you can travel with your medication? You're not alone.

Finding out whether your medication is restricted or even available at your destination can be challenging. Laws are country-specific and regulations can be hard to find and interpret.

Your medication may be regulated at your destination depending on the substance being imported and the amount being imported.

If you are not in compliance with your destination's regulations your medication could be confiscated, you could be denied entry, or you could be fined or detained. Fortunately, most travellers are able to import their medication without any issues, but being prepared and in compliance with your destination's regulations are key to ensuring you have a trouble-free trip.

**This chapter addresses the following:**

How much medication am I allowed to bring?

My medication contains a controlled substance. Can I travel with it?

Do I have to bring any supporting documentation?

What should I do if I need to bring more medication than my destination permits?

What should I do if my medication is not permitted into my destination?

Should I declare my prescription medication?

Can I travel with recreational drugs? What about CBD?

Can I travel with steroids?

## How much medication am I allowed to bring?

It depends. The amount of prescription medication you can take with you varies depending on your destination's regulations. Travellers are typically permitted to bring a 30- to 90-day supply of prescription medication such as high blood pressure medication, anticoagulants, insulin, corticosteroid inhalers, chemotherapy drugs, biologics, or antibiotics. Medication that contains a controlled substance, however, is highly regulated. Countries place strict limitations on the amount and type of controlled medication that can be imported ([see page 7](#) for more information).

To review your destination's medication import regulations, check first with the country's embassy, consulate, Ministry of Health, or national drug administration body (e.g. the Egyptian Drug Authority, the Australian Pharmaceutical Benefits Scheme (PBS), the Malaysian National Pharmaceutical Regulatory Agency). You can also review the [International Narcotics Control Board \(INCB\)](#) website and the International Society of Travel Medicine (ISTM) list of [International regulations on the importation of medicines for personal use](#) for country-specific information.