



# Packing Pointers

# Medications & Medical Supplies

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# A Novel Holiday Packing Pointers Medication and Medical Supplies

The USA's **Transport Security Administration** website posts valuable information related to the medications and medical supplies that can be brought with you in-flight. To see the TSA directory of information regarding travelers with medical conditions or disabilities, go to:

<http://www.tsa.gov/traveler-information/travelers-disabilities-and-medical-conditions>

For information about allowances for pill or capsule forms of medication, see this TSA page:  
<http://www.tsa.gov/traveler-information/what-expect-if-passenger-needs-medication>

## Pack Your Prescription Medication Information

Rick Steves promotes packing prescription medications in their original containers, labeled with legible Rx identification and replacement information. If you take more than a couple Rx drugs, however, packing each container can take up a ton of room.



Instead, we suggest carrying the original copy of your most recent **Tax Receipt for each Rx drug on your person**, and packing copies of them with your **other stashed documents**. [See the Documents and Baggage ID PDF:

<http://www.anovelholiday.com/tips/DocsBagID.pdf>]

Each Rx tax receipt contains all the information that TSA personnel may want to see, as well as all information vital to replacing your medication if it becomes lost or damaged.

**\*Insulin-dependent (diabetic) travelers**, or those who require other forms of *injectable* Rx medication, should also bring a signed physician's statement, attesting to your need for carrying syringes with **needles**. Some TSA personnel may consider these items to be potentially dangerous, and Rx receipts bearing your name aren't commonly pasted on syringe packages.

## Pointers for Pill (or Capsule) Packing

If you only have one or two prescription medications and you want to keep them in their original containers for TSA needs and refill reference, stuff several cotton balls inside to keep travel motion from turning them into dust.

Travelers who take several Rx meds or vitamins probably use pill organizers consisting of compartments that can be preloaded with daily doses for a week (or more). These organizers are far too bulky to pack and, like Rx bottles, don't protect pills from being pulverized by travel motion. But, they're handy for pill packing preparation.

**Buy some tiny zip bags**—available at any craft or hobby store for less than \$5 per package of 100 bags. (You'll also need these tiny baggies to pack your extra camera batteries, as you'll learn in the UK Photography Issues PDF: <http://www.anovelholiday.com/tips/UKphotography.pdf>)

Load your organizer, then dump each day's collection of pills into one little baggie. **Be sure to pack at least *two* extra days of drugs and vitamins in case your return home is delayed.**

If you're like CD Miller, and take a slew of vitamins and Rx meds at bedtime, but only two vitamins in the morning, you can pack the morning pills in several daily dose bags, *or* pack enough of them in one bag each. Similarly, if you take some Rx meds or vitamin supplements only a few times a week, pack enough of them in a single bag.



At left is CD Miller's **12-day trip supply** of medications, drugs, and vitamins.

In the lower left corner are only 4 tiny zip bags, each containing Miller's daily bedtime Rx meds and vitamins. (14 of *those* baggies would be too big a pile to photograph with the other bags in one frame!)

Next to them are two bags, each containing 14 days-worth of Miller's two morning vitamins.

What's in the *snack*-sized zip bag at top? Miller's ibuprofen—generic Advil!

**Over-the-Counter pain meds are far more expensive in the UK than in the US or Canada.**

**Pack plenty with you!** If you're a Tylenol (acetaminophen) fan, it is called **paracetamol** in the UK. But, you won't need to know that if you bring enough with you.

Once you've packaged all your meds, drugs, and vitamins into tiny- or snack-sized zip bags, stuff the lot into one quart-sized zip bag.

Add the **original copy of your most recent Tax Receipt for each Rx drug** to the bag. (A copy of these receipts will be stashed with your other important documents in each item of baggage.)

Roll out the air, zip the bag, and put this cushioned collection of your pills in a carryon.

**You're ready to fly!**

