

The following is based on open-source reporting.

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Summary

In packing for a trip overseas of any duration, some travelers must consider how to handle health conditions that require medication. While most over-the-counter medication can be taken across national boundaries, some cannot. Most prescription drugs, particularly habit-forming and narcotics, require additional consideration.

Commonly prescribed medications in the United States could be unlicensed or controlled substances in other countries. Failing to follow specific guidance may result in confiscation, which could impact medical treatment, or stiff penalties, including imprisonment on charges for drug trafficking, with no available

international destination. Careful consideration should be taken for groups of travelers who maintain a [collective](#) first aid kit that includes an epi-Pen not prescribed to one individual, particularly if an administrator has not been trained to use the device. Ideally, only those to whom the device has been prescribed should self-administer in case of an emergency; otherwise local laws

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