



VOYASEE TRAVEL READINESS SERIES

PDF 13 - Prescriptions, health kit, documents, customs, carry-on

V5 ATLAS EDITION

Travel Medicine Packing Sheet

A health-prep workbook for organizing medicine, prescriptions, travel health kit items, and destination-rule reminders.

USE BEFORE
packing medicine

BEST FOR
health-conscious
travelers

INCLUDES
prescriptions, kit,
customs, backups

Designed for mobile reading, printing, and real trip preparation - Voyasee.com



Quick-start travel briefing

Use this page first. It shows how to get value from the PDF in under 10 minutes.

Medicine planning is not only packing. It is documentation.

Use this PDF to prepare prescription medicine, basic travel health supplies, doctor letters, dosage notes, storage instructions, and customs-rule checks before traveling.

1 List your medicine

Write generic names, brand names, dosage, timing, and purpose.

2 Check destination

Some medicines are controlled or restricted in different countries.

3 Pack safely

Keep important medicine in carry-on and original labeled packaging where possible.

4 Prepare backup

Carry prescriptions, doctor notes, insurance contact, and emergency plan.

Official reminder

Passport, visa, transit, health, medicine, airline baggage, payment, and local safety rules can change. Always verify important details with official government, airline, embassy, airport, and health sources before travel.



Medicine documentation matrix

Prepare proof before customs, airport security, or emergency care asks questions.

Document	Why useful	Before travel
Prescription copy	Shows medicine, dosage, and your medical need.	Carry digital and printed copy.
Doctor note	Helpful for controlled or essential medication.	Ask for generic names and diagnosis/need if appropriate.
Original packaging	Shows label, name, dosage, and pharmacy details.	Keep medicines labeled and organized.
Generic names	Brand names may differ by country.	Write generic names on your medicine list.
Insurance details	Needed for urgent medical support abroad.	Save policy and emergency contact offline.

Medicine rule: do not assume a medicine legal at home is allowed everywhere. Check destination rules before travel.



Medicine prep timeline

Do not leave health preparation for the night before flying.

1

4-6 weeks before

Discuss travel, refills, vaccines, and health concerns with a qualified health professional if needed.

2

2-3 weeks before

Check destination medicine restrictions, customs rules, and documentation needs.

3

7 days before

Create medicine list with generic names, dosage, timing, and emergency instructions.

4

48 hours before

Pack medicine in carry-on, original packaging, and separate backup copies of documents.

5

Departure day

Keep essential medicine accessible, not buried in checked luggage.

6

During trip

Follow time-zone schedule carefully and protect medicine from heat, moisture, or loss.



Travel health kit builder

Build a practical kit for normal travel problems, not a full pharmacy.

Category	Examples	Planning note
Daily medicine	Prescriptions, vitamins if needed, doctor-approved items.	Carry enough for trip plus delay buffer.
Stomach support	Oral rehydration, approved diarrhea/nausea support.	Ask a professional if unsure.
Pain/fever	Usual OTC medicine if allowed in destination.	Check legal status and dosage.
Wound care	Bandages, antiseptic wipes, blister care.	Useful for walking-heavy trips.
Personal needs	Allergy items, inhaler, glasses, contact lens solution.	Do not rely on finding exact products abroad.

Health kit rule: pack what you know how to use safely and verify restrictions before travel.



Carry-on medicine rules of thumb

Keep essentials reachable and understandable.

CARRY-ON FIRST

- Keep essential medicine with you in case checked luggage is delayed.
- Do not pack all medicine in checked bag.

ORIGINAL LABELS

- Original packaging helps explain what the medicine is.
- Avoid loose mixed pills in unknown containers.

COPIES MATTER

- Carry prescription copies and generic names.
- Keep one copy offline and one printed.

TEMPERATURE

- Some medicine needs special storage.
- Check heat, cold, and refrigeration instructions.



Medicine customs risk board

Review this before crossing borders.

Risk item	Why it matters	Safer action
Controlled medicine	May need permit, letter, or quantity limit.	Check official rules for destination and transit.
Sleep/anxiety meds	Often regulated in some countries.	Carry documentation and verify rules early.
ADHD medicine	Can be tightly controlled.	Check embassy/customs guidance before travel.
Medical cannabis	May be illegal even with prescription.	Do not travel with it unless officially allowed.
Large quantity	Can look like import/supply.	Carry reasonable trip quantity plus permitted buffer.

Transit matters too: medicine rules may apply in countries where you connect, not only the final destination.



Time zone and dosage planning

Do not guess important medicine timing after a long flight.

ASK BEFORE YOU SHIFT

- For time-sensitive medicine, ask your clinician how to adjust.
- Use phone alarms in destination time.

WRITE THE SCHEDULE

- List home time and destination time if needed.
- Keep instructions simple and visible.

PROTECT ROUTINE

- Flights, jet lag, and tours can disrupt doses.
- Keep medicine in day bag when appropriate.

AVOID MIXING

- Be careful with alcohol, sleep aids, and unfamiliar medicine.
- Ask a professional if unsure.



Personal medicine list worksheet

Fill one line per important medicine.

Medicine 1 name + generic: _____

Dose + timing: _____

Purpose / condition: _____

Doctor/pharmacy contact: _____

Medicine 2 name + generic: _____

Dose + timing: _____

Storage instructions: _____

Destination restriction checked?: _____

Keep this worksheet private and secure. Share it only when needed for medical help, customs, or emergency support.



Medicine travel readiness score

Circle 1 to 5 before packing.

Rules checked

Prescriptions copied

Original labels ready

Carry-on plan ready

Enough supply

Storage understood

Insurance saved

Emergency plan ready

How to read your score

32-40: strong health-prep setup. 24-31: fix missing documents or packing gaps. Under 24: pause and verify medicine rules before flying.



Voyasee health-prep loop

Use Voyasee to connect medicine planning with the whole trip.

MEDICINE CHECKER

- Use Travel Medicine Checker before packing.
- Verify destination-specific rules separately.

PACKING

- Use Packing List Generator to keep medicine accessible.
- Keep documents in travel wallet.

JET LAG

- Use Jet Lag Planner for sleep and energy planning.
- Avoid overloading arrival day.

SAFETY

- Use Travel Scam Checker and official safety advice.
- Protect medicine, wallet, and documents.



Voyasee Travel Control Center

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Scan the QR code or type: Voyasee.com

PLAN

- **Travel Passport**
Trip readiness
- **Smart Travel Hub**
Planning center
- **Destination Quiz**
Choose wisely
- **Travel Month Planner**
Best timing

PREPARE

- **Trip Budget Calculator**
Real costs
- **Packing List Generator**
Packing plan
- **Travel Medicine Checker**
Health prep

PROTECT

- **Travel Scam Checker**
Scam risks
- **Transit Visa Checker**
Layover documents
- **Jet Lag Planner**
Energy plan

EXPLORE

- **Interactive Travel Map**
Visual discovery

Why come back to Voyasee?

Voyasee helps travelers make better decisions: where to go, when to go, what to check, what to pack, what to avoid, and how to feel ready before booking.