



Medications readily available in Canada may be prohibited in other countries. And while illegal drugs are commonly used in some parts of the world, their purchase, consumption, import and export are banned almost everywhere. To help minimize problems and make the most of your international travels, keep the following advice in mind:

DO...

- **Check if your prescription medications are legal in the country you plan to visit.** Some over-the-counter medications, dietary supplements, and herbal and homeopathic products legally available in Canada may be illegal in other countries or require prior approval from local authorities. Find out by consulting our country Travel Advice ([travel.gc.ca/advice](#)) and contacting the embassy or consulate of your destination country before leaving Canada.
- **Keep all medications in their original, labelled containers** and carry a note from your doctor explaining their medical use.

Did you know...?
Medicines sold over the counter in Canada are illegal in Japan if they contain stimulants.

Did you know...?
Medications containing codeine are not allowed into the United Arab Emirates without prior permission from the UAE Ministry of Health.

- **Carry a doctor's certificate explaining the medical purpose of injection supplies** that you require. Check with your airline before departure, as needles and syringes may be prohibited in carry-on luggage for security reasons.
- **Understand that you're subject to the judicial system of any country you're visiting.** It's your responsibility to know and abide by local laws. Your Canadian citizenship offers no immunity, and consular officials can't get you out of jail.
- **Realize that your travel health insurance probably won't cover you** if something goes wrong while you're under the influence of drugs or alcohol.
- **Pack your luggage yourself** and never leave it unattended.

Did you know...?
More than one third of Canadians imprisoned abroad each year are charged with drug-related offences.

- **Keep an eye on your children's backpacks, toys and stuffed animals.** Someone could slip drugs inside without your knowledge.
- **Choose your travel companions wisely.** Never cross a border with a hitchhiker or as a hitchhiker. If your fellow travellers happen to be carrying, using or selling illegal drugs, you could be found guilty by association.

DON'T...

- **Be fooled into smuggling drugs in exchange for money or a free vacation.** Drug convictions can carry severe penalties abroad, including the death sentence or life imprisonment.
- **Carry parcels, gifts or luggage for other people across a border** or through customs under any circumstances.
- **Give in to the temptation to use recreational drugs.** Involvement with narcotics could put your health at risk and jeopardize your future.

Did you know...?
A drug conviction in Singapore could lead to the death sentence.

- **Assume that a criminal record for drug-related offences abroad won't follow you back to Canada.**
- **Leave food or drinks unattended in nightclubs** or accept snacks, beverages, gum or cigarettes from strangers. Drugs may be present that could put you at risk of sexual assault and robbery.
- **Attempt to carry "medical marijuana" when entering or leaving Canada,** even if you're authorized to possess or produce marijuana for medical purposes at home. The Government of Canada cannot authorize you to import or export marijuana or use it for medical purposes abroad.

For further facts about drugs and travel, visit [travel.gc.ca/drugs](#). Or contact Consular Services by telephone (1-800-267-6788 or 613-944-6788), TTY (1-800-394-3472 or 613-944-1310) or email ([travel@international.gc.ca](#)).