



# Tips for Traveling

- If you plan to travel, please review the top 10 safety tips for travel. To read about safety tips when traveling with your medications by ConsumerMed Safety.org has put together, click on the below link. <http://www.consumermedsafety.org/tools-and-resources/medication-safety-tools-and-resources/consumer-medsafety-lists/item/574-top-te>
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- In case of emergency, it is recommended that you carry a personal portable medical profile. Included in this profile should be a list of all of the medications you are taking, the name and contact number of all of your healthcare providers, emergency contacts, and any other relevant healthcare information. When listing medications, be sure to include when and how much you are taking. You can download free personal portable profiles on the internet or even create and customize your own. [Here](#) is one example.
- If you are flying, travel with your actual prescription bottles
- If traveling by car or taking a pill box, it is a good idea to place tape or rubber bands across the tops.