

## **ISTM Pharmacist Professional Group Database on International Regulations on Importation of Medicines for Personal Use**

*This database is intended as a guide only for practitioners wishing to research information on the importation of medicines for personal use across international borders. It is not a definitive statement on individual country requirements which may change between updates of this database. In addition the implementation and enforcement of the country regulations may deviate from the stated information. The accuracy of translation into English cannot be guaranteed. The database is therefore only one of various resources that should be used when exploring the potential issues in advising travellers and ISTM does not accept responsibility for any inaccuracies arising.*

### **Layout of the database**

Column 1- Not all countries currently included – see end of database for a list

Column 2 – Countries are asked to provide information to International Narcotic Control Board (INCB) on a standard template and in English. Many countries present this in a different format as described in each entry

Column 3 – A summary of the INCB information on the website <https://www.incb.org/incb/en/publications/Guidelines.html> as provided by each country to the Board

Column 4 – The URLs of government website containing relevant information

Column 5 – A summary of some of the information obtained through the URLs in column 4

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
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Algeria	Standard template used – NOT in English	<p><i>Information translated into English – may be inaccurate.</i></p> <ul style="list-style-type: none"> <li>Valid medical prescription required</li> </ul>	No official government websites with relevant information	N/A
Armenia	Standard template used	<p>Restrictions:</p> <ul style="list-style-type: none"> <li>Narcotic drugs: ten narcotic drugs, in three retail forms</li> <li>Psychotropic substances: ten psychotropic substances in three retail forms</li> </ul>	No official government websites with relevant information	N/A
Ascension Islands	Letter addressed to INCB from relevant authority	<p>“Legally there are strict restrictions on import/export of psychotropic substances. Only psychotropic substances - e.g. Diazepam and Temazepam are imported for medical use at the hospital.”</p> <p>“If a traveller requires temazepam for fear of flying, they may bring no more than 4 tablets for their flights (including return flight), accompanied by a signed doctors’ note for the prescription.”</p>	<p><a href="http://www.ascension-island.gov.ac/wp-content/uploads/2013/04/CAP-A6-Customs-Ordinance.pdf">http://www.ascension-island.gov.ac/wp-content/uploads/2013/04/CAP-A6-Customs-Ordinance.pdf</a> (Page 50) - (Date accessed: 06/07/2016)</p>	<p><i>Information regards importation of medicines and may not apply specifically to carrying medicines for personal use.</i></p> <p>“The importation of certain goods into Ascension are prohibited or restricted and must be declared to Customs and they are: a) controlled drugs”</p>

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Austria	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>Valid medical prescription for periods between 5 and 30 days</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>Narcotics drugs – definite list on INCB</li> <li>Psychotropic substances – definite list on INCB</li> <li>Definite list of prohibited substances</li> </ul>	<p><a href="http://www.bmgf.gv.at/home/Gesundheit/Reiseinformationen/Reisen_nach_Oesterreich/Mitnahme_von_Medikamenten_nach_Oesterreich">http://www.bmgf.gv.at/home/Gesundheit/Reiseinformationen/Reisen_nach_Oesterreich/Mitnahme_von_Medikamenten_nach_Oesterreich</a> (Last accessed 27/07/16)</p>	<p><i>Information extracted and summarised from link provided.</i></p> <p>“The maximum permitted quantity of prescription medicines, without a permit, for personal use is three retail packs of the smallest package size. Addictive substances are an exception to this.”</p> <p>“When carrying prescription medicines into Austria, a declaration from the treating doctor/physician must be carried with the following information:</p> <ul style="list-style-type: none"> <li>Personal information</li> <li>The need for continued treatment</li> <li>The generic name of the drug and its dosage</li> </ul> <p>The following is recommended:</p> <ul style="list-style-type: none"> <li>If the confirmation is not issued in German, attach a certified translation</li> <li>Keep the medicines in their original packaging so that they are clearly labelled”</li> </ul> <p>“Narcotics and psychotropic: For substances that are subject to the Narcotic Substances Act (i.e. narcotic drugs and psychotropic substances) strict rules and control rules apply. The unauthorized possession of these substances is punishable by legal penalties. When travelling to Austria with these substances the following apply:</p> <ul style="list-style-type: none"> <li>For stays up to 5 days, drugs can be carried without further confirmation for</li> </ul>
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				<p>its own needs (Note. However, that with prescription drugs proof of personal use is needed (see above))</p> <ul style="list-style-type: none"> <li>• For stays from 5 days up to a maximum of 30 days, these drugs may be carried only with a prescription from your home doctor/physician. A prescription form that will form in accordance with Annex X of the Narcotic Drugs Decree is recommended</li> <li>• The brought amount may not exceed the requirements for 30 days. For stays longer than 30 days, there is the opportunity to be prescribed the necessary medication from an established doctor/ registered doctor in Austria. It is helpful in such cases, a medical report of the doctor/ the treating physician's home country be treated."</li> </ul>
Azerbaijan	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>• Valid medical prescription</li> <li>• Doctor's certificate endorsed by the health authorities of the country of residence</li> <li>• Certificate issued by the health authorities of the country of destination</li> <li>• Presentation of the original prescription at the Customs of the country of destination</li> <li>• Other: Medical document certifying illness, endorsed by the health authorities of the country of residence</li> </ul>	<p><a href="http://www.cseea.ro/upload_tiny_mce/file/Azerbaijan/Law%20of%20the%20Republic%20of%20Azerbaijan%20On%20medicines.pdf">http://www.cseea.ro/upload_tiny_mce/file/Azerbaijan/Law%20of%20the%20Republic%20of%20Azerbaijan%20On%20medicines.pdf</a> (Date accessed: 06/07/2016)</p>	<p>"Persons, visiting the Republic of Azerbaijan or travelling abroad, may bring for personal use sufficient number of medicines, including medicines, not registered in the Republic of Azerbaijan, without any problems." [Page 6, Article 9, Section 9.4]</p>

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		<p>Restrictions:</p> <ul style="list-style-type: none"> <li>Narcotic drugs</li> <li>Psychotropic substances</li> </ul> <p><i>The list of prohibited substances includes narcotic drugs and psychotropic substances whose trade is prohibited in the Republic of Azerbaijan (in accordance with Law No. 960-IIQ of 25 June 2005, adopted by the President of the Republic of Azerbaijan). Other information: The quantity of the substance concerned should not exceed that specified in the prescription.</i></p>		
Bahrain	Letter addressed to INCB from relevant authority - Bahrain ministry of Health	<p>Clear information for persons entering and leaving the country carrying ‘controlled substances for personal use’</p> <p>Persons entering Bahrain:</p> <ul style="list-style-type: none"> <li>Must be able to produce proper identification to the customs directorate</li> <li>Must be able to provide ‘medical reports from his country authenticated by health authorities’</li> <li>Quantities of such medicines will be then be dispensed to the person on a weekly or monthly basis, checked against the dosage in their medical reports</li> </ul> <p>Persons leaving Bahrain:</p> <ul style="list-style-type: none"> <li>‘Treating physician should present a prescription’ for medicinal substances detailing medical condition/case notes,</li> </ul>	<p>(1) <a href="http://www.customs.gov.bh/page.php?SID=WTBKR2JscFVNREZPYVZwMFVGUlpV015TURsT1ZFazk%253D">http://www.customs.gov.bh/page.php?SID=WTBKR2JscFVNREZPYVZwMFVGUlpV015TURsT1ZFazk%253D</a> (Date accessed: 20/07/2016)</p>	<p>(1) <i>Some additional information provided, should be used in conjunction with INCB information.</i></p> <p>“Passengers may bring into the country, medicines for personal use only. An original prescription from a registered medical practitioner must be enclosed (stamped and signed by the relevant medical authority with full details of the patient and medical condition). All medication should be in original packaging and should not have expired.</p> <p>Hallucinatory or psychotropic medicines and drugs are not permitted without a prior approval from the Ministry of Health. Any passenger found with such medicines will be liable to prosecution under the relevant laws.”</p>

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		<p>authenticated by Ministry of Health</p> <ul style="list-style-type: none"> <li>Letter from Pharmacy &amp; Drug Control Directorate required, permitting transfer to country of destination</li> </ul>		
Barbados	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>Doctors certificate endorsed by the health authorities of the country of residence</li> <li>Other kind of documentation: unknown (form states 'see attachment' but no attachment is provided on the INCB website'</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>No restrictions</li> </ul>	<i>No official government websites with relevant information</i>	N/A
Belarus	Standard template used, but NOT in English	N/A	<a href="http://uk.mfa.gov.by/en/visit_Belarus/customs_formalities/">http://uk.mfa.gov.by/en/visit_Belarus/customs_formalities/</a> [Date accessed: 06/07/2016]	<p><i>Embassy of the Republic of Belarus (to the UK of GB and Northern Ireland)</i></p> <p>“Narcotic drugs, psychotropic substances and their precursors can be imported to Belarus only in the form of medicinal drugs for personal use on medical indications in limited quantities. The need for their use should be supported by relevant documents.”</p>

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Belgium	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>• A valid medical prescription</li> <li>• Doctors certificate endorsed by the health authorities of the country of residence, for example a Schengen Certificate</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• None listed</li> </ul>	<p><a href="http://www.eu-verbraucher.de/fileadmin/user_upload/eu-verbraucher/PDF_Englisch/Laendersheets_EN/BE/TOURISM_IN_BELGIUM_-_Arrival.pdf">http://www.eu-verbraucher.de/fileadmin/user_upload/eu-verbraucher/PDF_Englisch/Laendersheets_EN/BE/TOURISM_IN_BELGIUM_-_Arrival.pdf</a> [Date accessed: 06/07/2016]</p>	<p><i>Restrictions information provided.</i></p> <p>“For narcotic or psychotropic medicines, the imported quantity must correspond to the quantity required for personal use. You must be able to demonstrate the need for and quantity of the medicine by means of a medical.</p> <p>For non-narcotic, psychotropic medicines, the imported quantity must correspond to the duration of the treatment (with a maximum of three months). Always carry a medical certificate in case a check is carried out.”</p>
Belize	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>• Valid medical prescription</li> <li>• Certificate issued by the health authorities of the country of destination</li> <li>• Presentation of the original prescription at the Customs of the country destination</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs – 30 days</li> <li>• Psychotropic substances – 30 days</li> </ul>	<p><i>No official government websites with relevant information</i></p>	<p>N/A</p>
Benin	Standard template used – NOT in English	<p>N/A</p>	<p><i>No official government websites with relevant information</i></p>	<p>N/A</p>

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Bhutan	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>• Valid medical prescription</li> <li>• Doctors certificate endorsed by the health authorities of the country of residence</li> <li>• Certificate issued by the health authorities of the country destination</li> <li>• Presentation of the original prescription at the Customs of the country of destination</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs - ‘As per prescription’</li> <li>• Psychotropic substances – ‘As per prescription’</li> </ul>	<p><a href="http://www.bnca.gov.bt/downloads/NDPSSAAct2005.pdf">http://www.bnca.gov.bt/downloads/NDPSSAAct2005.pdf</a> [Date accessed: 06/07/2016]</p>	<p><i>Additional information provided, use in conjunction with INCB.</i></p> <p>“The possession by international travellers or patients of small quantities of preparations containing narcotic drugs and psychotropic substances for personnel use shall be permitted, provided that it is established that the preparations have been obtained under prescription from a registered and qualified medical practitioner and do not exceed the quantity mentioned in the prescription.”</p>
Bosnia & Herzegovina	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>• Valid medical prescription</li> <li>• Doctors certificate endorsed by the health authorities of the country of residence</li> <li>• Presentation of the original prescription at the Customs of the country of destination</li> <li>• Other documents: Article 40. Law on Prevention and Suppression of the Abuse of Narcotic Drugs: “with presentation of medical documentation”.</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs – Quantity necessary for personal use in time length of 7 to 15 days</li> <li>• Psychotropic substances – Quantity</li> </ul>	<p><i>No official government websites with relevant information</i></p>	<p>N/A</p>



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		<p>necessary for personal use in time length of 7 to 15 days</p>		
Brazil	Standard template used – edited by recipient	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>Valid medical prescription</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>Narcotic drugs – for ampoules, maximum of 5. For other dosage forms, a quantity enough for maximum of 30 days treatment.</li> <li>Psychotropic substances – for ampoules, maximum of 5. For other dosage forms, a quantity enough for maximum of 60 days treatment.</li> <li>Other substances under national control, included in List C (INCB) – List C1 and C5: maximum of 5 ampoules or quantity enough for a maximum of 60 days treatment for other dosage forms (except medicines for the treatment of Parkinson and Convulsion diseases: a quantity enough for a maximum of 180 days treatment. List C2 (systemic use):</li> </ul>	<p>[1]  <a href="http://www.receita.fazenda.gov.br/Aduana/Viajantes/ViajanteChegBrasilSabem.htm#O%20que%20%C3%A9%20PROIBIDO%20trazer%20do%20exterior%20pelo%20viajante">http://www.receita.fazenda.gov.br/Aduana/Viajantes/ViajanteChegBrasilSabem.htm#O que é PROIBIDO trazer do exterior pelo viajante</a>            (Date accessed: 06/08/2016)</p>	<p><i>Limited information.</i></p> <p>(1) “Some drugs are subject special control by the National Agency for Sanitary Surveillance (ANVISA) and, as such, can only enter the country after the favourable opinion of the health authority. Always have on hand a prescription, stating the name and address of the patient, dosage and mode of drug use and frequency of treatment.”</p> <p>The traveller shall fulfil the Accompanied Baggage Declaration and head to customs supervision in the sector ‘GOODS TO DECLARE’ when you’re bringing: Drugs, EXCEPT for personal use, or food of any kind.”</p>

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		<p>maximum of 5 ampoules or a quantity enough for a maximum of 30 days treatment for other dosage forms. List C3: a quantity enough for a maximum of 30 days of treatment.</p>		
Brunei Darussalam	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>Valid medical prescription</li> <li>Doctor's certificate endorsed by the health authorities of the country of residence</li> <li>Certificate issued by the health authorities of the country of destination</li> <li>Presentation of the original prescription at the Customs of the country of destination</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>Narcotic drugs – Not Allowed</li> <li>Psychotropic substances – 30 days</li> </ul>	<i>No official government websites with relevant information</i>	N/A
Bulgaria	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>Valid medical prescription</li> <li>Doctor's certificate endorsed by the health authorities of the country of residence</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>Narcotic drugs – 30 days</li> <li>Psychotropic substances – 30 days</li> </ul>	<p><i>Download document provided in the link</i>  <a href="https://www.mi.government.bg/en/library/narcotic-substances-and-precursors-control-act-promulgated-state-gazette-no-30-02-04-1999-effecti-56-c25-m258-1.html">https://www.mi.government.bg/en/library/narcotic-substances-and-precursors-control-act-promulgated-state-gazette-no-30-02-04-1999-effecti-56-c25-m258-1.html</a> (Accessed 15/08/16)</p>	<p><i>Extracted from download – section 59.</i></p> <p>“Bulgarian nationals, as well as permanent or temporary foreign residents in Bulgaria, travelling abroad may carry, for personal use medical products containing narcotic substances listed in Schedules under items 2 and 3 of para 2 under Art. 3 of this Act in quantities not exceeding those needed for a thirty-day treatment”</p> <p>“In the cases referred to in Paragraph 1, the travelling person shall hold a permit issued by the</p>

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				<p>Minister of Health, or by an official from the Narcotic Substances Directorate authorized by the Minister”</p> <p>“The permit under Paragraph 2 shall be issued to the person after the latter submitted to the Narcotic Substances Directorate the following: 1. an application; 2. an identification document; 3. a document attesting to the necessary daily dose and the treatment protocol. (4) (New, SG No. 22/2010) Medicinal products containing narcotic substances under Paragraph 1 may be carried only by the persons whom they have been prescribed for.”</p>
Burkina Faso	Standard template used – NOT in English	N/A	<i>No official government websites with relevant information</i>	N/A
Cameeron	Letter addressed to INCB from relevant authority – NOT in English	N/A	<i>No official government websites with relevant information</i>	N/A

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Canada	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>Valid medical prescription</li> <li>Other documentation: “The narcotic or controlled drug must be packaged in pharmacy or hospital dispensed packaging with the appropriate labelling.”</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>Narcotic drugs – “Quantity must not exceed the lesser of single course of treatment OR a 30 day supply, based on the usual daily dose.”</li> <li>Psychotropic substances – Quantity must not exceed the lesser of single course of treatment OR a 30 days supply, based on the usual daily dose</li> </ul>	<p>[1] <a href="http://www.hc-sc.gc.ca/dhp-mpps/compli-conform/import-export/gui-0084_biu-uif-eng.php">http://www.hc-sc.gc.ca/dhp-mpps/compli-conform/import-export/gui-0084_biu-uif-eng.php</a> [Date accessed: 13/07/2016]</p> <p>[2] <a href="http://www.cbsa-asfc.gc.ca/publications/dm-md/d19/d19-9-1-eng.html">http://www.cbsa-asfc.gc.ca/publications/dm-md/d19/d19-9-1-eng.html</a> [Date accessed: 13/07/2016]</p>	<p>[1] “Visitors to Canada may bring into Canada, on their person a single course of treatment or a 90-day supply based on the directions for use, whichever is less, of a prescription drug.</p> <p>The drug must be for the individual’s own personal use, for the use of a person for whom they are responsible and with whom they are travelling.</p> <p>The drug must be shipped/carried in one of the following:</p> <ul style="list-style-type: none"> <li>Hospital or pharmacy dispensed packaging;</li> <li>Original retail packaging; or</li> <li>have the original label affixed to it which clearly indicates what the health product is and what it contains.</li> </ul> <p>A visitor may import an additional single unit, single course of treatment or a 90-day supply based on the directions for use, whichever is less, of a prescription drug. When a prescription drug is mailed to a Visitor, the drug should be accompanied by some form of documentation indicating that the drug is destined to a visitor and/or the visitor should be prepared to provide documentation/written evidence (stamped passport, student/work visa, letter from an employer/university, etc) that they are a Visitor to Canada when requested.”</p>
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				<p><i>Information on OTC medicines for personal use:</i> Individuals are permitted to import a single course of treatment or a 90-day supply based on the directions for use, whichever is less, of an Over the Counter Drug.</p> <p><i>Information on Natural Health Products for personal use:</i> Individuals are permitted to import a single course of treatment or a 90-day supply based on the directions for use, whichever is less, of an NHP.</p> <p>The NHP must be for the individual's own personal use or for the use of a person for whom they are responsible and with whom they are travelling.</p> <p>[2] "Individuals, including Canadian residents, arriving in Canada from abroad are usually permitted to import a single treatment size or a 3 month supply of Schedule F drug for their personal use. The drug must be packed in pharmacy or hospital dispensed packaging. Any other importations of prescription drugs will be detained by Revenue Canada and referred to Health Canada."</p> <p><i>Summary of main information:</i> OTC drug (in person or shipment) and Herbal products, Homeopathic preparations, Vitamin and Mineral Supplemets and Traditional medicines that do not contain controlled drugs or substances: May import a 3 month supply for personal use. Can be repeated after 3 months. No</p>
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				<p>documentation requirements for Health Canada.</p> <p>Prescription Drug (In person):_May import one treatment or a 3-month supply. Must be packed in pharmacy or hospital dispensed packaging. Can be repeated after 3 months. No documentation requirements for Health Canada.</p> <p>Narcotic and Controlled drugs and substances (In person):_Generally prohibited. A limited supply (2 to 3 weeks) of prescribed drugs in pharmacy or packaging (e.g. bearing a prescription number) may be allowed in order to not interrupt a course of treatment.</p>
Chad	Standard template used – NOT in English	N/A	<i>No official government websites with relevant information</i>	N/A
Chile	Standard template used – NOT in English	N/A	<p>(1) <a href="http://www.indro-online.de/chile.htm">http://www.indro-online.de/chile.htm</a> [Last accessed 22/07/2016]</p> <p>(2)<a href="http://www.aduana.cl/what-does-the-concept-of-baggage-refer-to/aduana_eng/2013-04-15/143052.html">http://www.aduana.cl/what-does-the-concept-of-baggage-refer-to/aduana_eng/2013-04-15/143052.html</a> [Last accessed 22/07/2016]</p>	<p><i>Very little information available on the personal import of narcotic and psychotropic drugs.</i></p> <p>(1) “Travellers wishing to bring methadone into Chile for personal use as medication must apply for an import license at the Chilean customs authorities. The approval procedure will at least take several weeks. Therefore, we strongly advise to contact a Chilean embassy or consulate some six months before the intended travel to Chile.”</p> <p>(2) “Medicines for personal use or for the use of direct relatives, in appropriate quantities and must</p>

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				be accompanied by the respective medical prescription. Over the Counter medicines shall be carried in quantities necessary only for the traveller's personal use."
China	Letter addressed to INCB from relevant authority – 'Department of Drug Safety and Inspections', dated April 2005	<p>"Until now, there is no specific legal or administrative measures concerning the travellers leaving/entering China to carry medical preparations containing controlled substances for personal use."</p> <p>"The &lt;narcotics drug control law&gt; and &lt;psychotropic substances control law&gt; are being amended in China and they are expected to be enacted this year."</p>	<p>(1)<a href="http://shanghai.customs.gov.cn/Default.aspx?tabid=5674">http://shanghai.customs.gov.cn/Default.aspx?tabid=5674</a> [Last accessed 22/07/2016]</p> <p>(2) <i>China Customs Declaration</i> <a href="http://www.yutopian.com/travel/world/asia/china/china%20customs.html">http://www.yutopian.com/travel/world/asia/china/china%20customs.html</a> [Last accessed 22/07/2016]</p> <p>(3) <i>China Customs Regulations</i> <a href="http://www.chinahighlights.com/travelguide/guidebook/customs.htm">http://www.chinahighlights.com/travelguide/guidebook/customs.htm</a> [Last accessed 22/07/2016]</p>	<p>(1) "Articles prohibited from importation: *Opium, morphine, heroine and other addictive drugs and psychotropic substances. (NB. This web link does not have any information for the use of these drugs for personal medical use.)"</p> <p>(2) "New bill for constitutional reform concerning minimum quantities. The initiative was proposed in February 2012 by lawmakers from the Liberal, Verde and Polo Democratic parties. The bill is another attempt to modify Article 49 of the constitution, which deals with the issue of drug addiction as a habit. It states that 'possession and consumption of narcotics or psychotropic substances in minimum quantities is permitted."</p> <p>(3) "The quantity of medicine foreign short-stay tourists are permitted to carry should be within a reasonable amount for personal use. The inspection of customs will be guided under the principal of 'reasonable amount for personal use' (i.e. normal amount needed during the travel and stay). Tourists must provide written documentation from a medical institution to prove the necessity of the medicine. Customs will verify the amount of medicine the tourist needs according to the original prescription. The quantity should be within a 7-day ratio. A copy of the prescription will be kept as</p>

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				documentary evidence of the inspection of the tourist. A prescription can only be used for one customs inspection. Any exceeded amount should be declared as cargo.“
Colombia	Letter addressed to INCB from relevant authority – NOT in English	N/A	<i>No official government websites with relevant information</i>	N/A
Costa Rica	Standard template used – NOT in English	N/A	<a href="http://www.costarica-embassy.org/index.php?q=node/111">http://www.costarica-embassy.org/index.php?q=node/111</a> [Last accessed 22/07/2016]	<p>“If you need to take your personal medicine while travelling to Costa Rica, please consider the following:</p> <ul style="list-style-type: none"> <li>• Carry just the necessary quantity for the duration of the travel;</li> <li>• You should have a prescription or a written statement from your doctor, specifying that the medicine is being used under his/her control and that you need it for your physical health.</li> <li>• Have the medicines labelled or properly identified.”</li> </ul>



Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
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Cyprus	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>• Valid medical prescription</li> <li>• Doctor’s certificate endorsed by the health authorities of the country of residence</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs – 30 days</li> <li>• Psychotropic substances – 30 days</li> <li>• Other information – “request by the competent authority from the country of the residence must be sent to the Cyprus Pharmaceutical Services one month before entering the country to bring narcotic drugs or psychotropic substances for medical treatment. Schengen Agreement applicable.”</li> </ul>	<p><a href="http://www.cyprusembassy.net/home/index.php?module=page&amp;pid=1006#Q5">http://www.cyprusembassy.net/home/index.php?module=page&amp;pid=1006#Q5</a> [Last accessed 12/08/2016]</p>	<p>“If you need to bring medicines with you when travelling to Cyprus (e.g. for continuous treatment of conditions such as high blood pressure or arthritis) there will be no problem as long as the quantity you carry is reasonable for the stay.</p> <p>If you are carrying narcotics (i.e. morphine) or psychotropics (i.e. diazepam) please note that Cyprus is a signatory of the Schengen Agreement. If you are coming from a country that is also a signatory, please note that you are required to bring a declaration from your country that authorises you to carry such medicines. Failure to produce such an authorization may lead to the confiscation of your medicines by Customs. You may obtain such an authorization from the local authorities in your country. The MAXIMUM validity of this authorization is 30 days.</p> <p>If you are coming from a country that is not a Schengen Agreement signatory, you should request that the competent authority of your country send us a letter describing the nature of your treatment, your medications, the dose, the quantity required and the name of your physician. The Pharmaceutical Services will then send to the competent authority of your country an authorization for the importation of narcotic drugs or psychotropic substances for personal use that should be forwarded to you. You should carry this to Cyprus and produce it when you are requested to do so by the local authorities. It is to carry these actions out well in advance (at least 1 month) of your trip to Cyprus in order to allow for the usual</p>
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Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
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				due processes to take place in a timely manner.”
Czech Republic	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>Valid medical prescription</li> <li>Doctors certificate endorsed by the health authorities of the country of residence</li> </ul> <p>Restrictions</p> <ul style="list-style-type: none"> <li>Narcotic drugs – 30 days</li> <li>Psychotropic substances – 30 days</li> <li>Other information: “Schengen Agreement Application</li> </ul>	<i>No official government websites with relevant information</i>	N/A
Denmark	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>Valid medical prescription</li> <li>Doctor’s certificate endorsed by the health authorities of the country of residence</li> <li>Certificate issued by the health authorities of the country of destination</li> <li>Presentation of the original prescription at the Customs of the country of destination</li> <li>Other kind of documents, if yes, please</li> </ul>	<p><a href="https://laegemiddelstyrels.en.dk/en/pharmacies/private-individuals-import-of-medicines/medicines-for-human-use/do-you-bring-medicines-when-you-travel-to-denmark">https://laegemiddelstyrels.en.dk/en/pharmacies/private-individuals-import-of-medicines/medicines-for-human-use/do-you-bring-medicines-when-you-travel-to-denmark</a> [1] (Last accessed 22/08/16)</p> <p><a href="https://laegemiddelstyrels.en.dk/da/special/dopingmidler/liste-over-stoffer,-">https://laegemiddelstyrels.en.dk/da/special/dopingmidler/liste-over-stoffer,-</a></p>	<p>Information pertaining to “doping” and “euphoriant” substances – no official definition given on the website. Link provides an email address allowing individuals to check if a medicine is considered “doping” or “euphoriant.”</p> <p>[1] <u>Importing “doping” substances</u> “Note that it is illegal to possess doping substances in Denmark, unless the drugs are to be used for prevention or treatment of diseases. To prove this, you need a prescription for the</p>

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
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		<p>indicate – Schengen Convention</p> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs – 30 days</li> <li>• Psychotropic substances – 30 days</li> </ul>	<p><a href="#">som-laegemiddelstyrelsen-har-vurderet,-falder-ind-under-1-i-lov-om-forbud-mod-visse-dopingmidler-nr-232-af-21-april-1999</a> [2] (Last accessed 22/08/16)</p> <p><a href="https://www.retsinformati.on.dk/forms/r0710.aspx?id=10165">https://www.retsinformati.on.dk/forms/r0710.aspx?id=10165</a> [3] (Last accessed 22/08/16)</p>	<p>medicine when you import the product into Denmark and during your stay in Denmark.</p> <p>“Note that you may be asked to document that the medicine was legally purchased. We recommend that you keep the doctor’s prescription and your receipt for the purchase.”</p> <p><u>Importing “euphoriant” substances</u></p> <p>“Private individuals arriving in Denmark are allowed to bring medicines containing euphoriant substances included on lists B,C,D or E in the Danish executive order on euphoriant substances, however, only for 14 days personal consumption. If you live in a Schengen country, like Denmark, you are allowed to bring medicines covering 30 days personal consumption. In any case, the medicine must be legally purchased and for personal use and prevention or treatment of diseases”</p> <p>“Note that you may be asked to document that the medicine was legally purchase. We recommend that you keep the doctor’s prescription and your receipt for the purchase.”</p> <p>[2] <i>Lists prohibited “doping” substances</i></p> <p>[3] <i>Text translated from Danish. Translations may not be wholly reliable.</i></p> <p><i>“This order covers personal imports of medicinal products”</i></p> <p><i>Information provided regarding:</i></p>
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Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
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				<ul style="list-style-type: none"> <li>• <i>Narcotics</i></li> <li>• <i>Documentation</i></li> <li>• <i>Exemptions</i></li> <li>• <i>Criminal and Implementation</i></li> </ul>
Dominica	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>• Valid medical prescription</li> <li>• Doctor's certificate endorsed by the health authorities of the country of residence</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs – "YES"</li> <li>• Psychotropic substances – "YES"</li> </ul>	<p><a href="http://health.gov.dm/">http://health.gov.dm/</a> [1] (Last accessed 22/08/16)</p> <p><a href="http://webportal.atlasintl.com/Customs%20Docs/Dominican%20Rep.pdf">http://webportal.atlasintl.com/Customs%20Docs/Dominican%20Rep.pdf</a> [2] (Last accessed 22/08/16)</p>	<p>[1] <i>Official government website provided under construction – more information may be available in future.</i></p> <p>[2] <i>"Medication &amp; narcotics – require a physician's prescription"</i></p>
Ecuador	Standard template used – NOT in English	N/A	<i>No official government websites with relevant information</i>	N/A

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
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Eritrea	Letter addressed to INCB from relevant authority – The State of Eritrea Ministry of Health	<p>“No person in accordance with this proclamation shall grow, import, export, manufacture, possess, store, trade, circulate from place to place, distribute, advertise or prescribe narcotic and/or psychotropic drug unless he shall first have obtained a permit therefore from the Department.”</p> <p>“No person shall use narcotic and psychotropic drugs unless they are prescribed for him by a medical practitioner who is licensed to prescribe.”</p> <p>“Therefore, all travellers leaving/entering the country carrying with them medical prescriptions for personal use containing controlled substances should have a valid prescription with them or get a permit from the Department of Regulatory Services, Ministry of Health.”</p>	<p><a href="http://eritrea.usembassy.gov/uploads/images/5OrNKc7eg7Wo8ksUtBKDtA/Procedures_for_Work_and_Residency.pdf">http://eritrea.usembassy.gov/uploads/images/5OrNKc7eg7Wo8ksUtBKDtA/Procedures_for_Work_and_Residency.pdf</a> (Date accessed: 29/08/2016)</p>	<p>Health related items, numerous medicines, any medical materials with out the consent of Ministry of Health (MOH) are not allowed.</p> <p>Travellers entering/leaving the country containing controlled substances should have a valid medical prescription with them or get a permit from the Department of Regulatory services, Ministry of Health.</p>
Estonia	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>Valid medical prescription</li> <li>Other kind of documents – “Schengen citizens – Schengen certification issued in the country of permanent residence.”</li> </ul> <p>“Non-Schengen citizens – For carrying up to one retail package (up to 20 unit doses) of any preparation containing internationally controlled drugs a copy of the prescription or a letter from the physician indicating that the preparation</p>	<p>(1)<a href="http://www.emta.ee/?id=2960">http://www.emta.ee/?id=2960</a> [Date accessed: 26/08/2016]</p>	<p><i>Information regarding narcotics and psychotropics contradictory from INCB. Consult both sources.</i></p> <p>(1) “Narcotic or psychotropic medicinal products may be brought along without a permit of the State Agency of Medicines in quantity of 1 single package for retail sale consisting of up to 20 dosage units. The medicinal products must be accompanied with a notice from a physician, in case of animals with a notice from a veterinarian,</p>

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

		<p>was prescribed for the traveller, specifying the amount prescribed and the duration of treatment.”          “If the quantity exceeds the quantity mentioned above the permit from State Agency of Medicines is required.”</p> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs – 30 days</li> <li>• Psychotropic substances – 30 days</li> </ul>		<p>or with a copy of a prescription certifying the need for the medicinal product.”</p> <p>“A maximum of ten different pharmaceutical preparations, a maximum if ten retail packages each, may be carried for personal use of a traveller, and a maximum of five different pharmaceutical preparations, a maximum of three retail packages each, may be carried for animals accompanying the traveller without the authorisation of the State Agency of Medicines. The size of the retail package shall be a maximum of 100 units of solid dosage forms, 500g of powder for solution, 50g of homeopathic granules, 500ml of solution for infusion and oral solution, 10 ampoules or vials of injectable dosage forms, 200ml or 200g of medicinal products for external use, 100g of herbal substances, 120 doses of inhalation preparations, 10 units of medicated plasters. Medicinal products must be in producer’s packaging.”</p>
Ethiopia	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>• Valid medical prescription</li> </ul> <p>Restrictions: No restrictions indicated</p>	<i>No official government websites with relevant information</i>	N/A

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
Finland	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>Valid medical prescription</li> <li>Other kind of documents – Schengen Citizens Schengen certification issued in the country of permanent residence and/or Doctor’s certificate</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>Narcotic drugs – 30 days for Schengen citizens, 14 for non-Schengen citizens</li> <li>Psychotropic substances - 30 days for Schengen citizens, 14 for non-Schengen citizens</li> <li>List of prohibited substances – <ul style="list-style-type: none"> <li>“Buprenorphine: 48mg for Schengen citizens (pain treatment) 480mg for Schengen citizens (substitution treatment) 22,4mg for non-Schengen citizens (pain treatment) 224mg for non-Schengen citizens (substitution treatment) Methadone: 1200mg for Schengen citizens 560mg for non-Schengen citizens. Schengen Agreement applicable.”</li> </ul> </li> </ul>	<p>(1) <a href="http://www.fimea.fi/classification/private_imports_of_medicinal_products">http://www.fimea.fi/classification/private_imports_of_medicinal_products</a> [Date accessed: 27/08/2016]</p> <p>(2) <a href="http://www.tulli.fi/en/finnish_customs/publications/passengers_removals/passengers/import_restrictions_2013.pdf">http://www.tulli.fi/en/finnish_customs/publications/passengers_removals/passengers/import_restrictions_2013.pdf</a> [Date accessed: 27/08/2016]</p>	<p>(1) <i>Information provided by Finnish Medicines Agency. Information on the import of veterinary medicines for pets available on the same link. Correlates with INCB information.</i></p> <p>“Importing medicines from the European Economic Area. The maximum quantity of medicinal preparations (prescription medicines and over-the-counter medicines) a private person can import from the European Economic Area (EEA) for personal use is equivalent to one year’s consumption.”</p> <p>“Importing medicines outside the European Economic Area. The maximum quantity of medicinal preparations a private person can import from a country outside the European Economic Area for personal use is equivalent to three months’ worth of consumption. Unregistered homeopathic or anthroposophic preparation may not be imported from outside the European Economic Area.”</p> <p>“Import of medicinal preparations classified as narcotics. The maximum quantity of a medicinal preparation classified as a narcotic a private person can import from a Schengen country for personal use is equivalent to the consumption of 30 days. Furthermore, importing a medicinal preparation classified as a narcotic from a Schengen country requires that the importing person can present a Schengen certificate entitling the import of the medicine. The Schengen certificate and the prescription used to obtain the</p>

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

				<p>medicine must be issued in the main country of residence of the person importing the medicine.”</p> <p>“In Finland, a Schengen certificate can be obtained from a pharmacy. You can also check at a pharmacy whether a medicinal preparation is classified as a narcotic drug. Fimea too will provide advice by phone and email.”</p> <p>“The maximum quantity of a medicinal preparation classified as a narcotic a private person can import from other countries for personal use is equivalent to the consumption of 14 days. There are also the following detailed restrictions concerning the import of narcotic drugs:</p> <ul style="list-style-type: none"> <li>• There are separate restrictions on the maximum quantity of medicines containing buprenorphine and methadone</li> <li>• If a private person repeatedly imports the same or an equivalent medicinal preparation classified as a narcotic, the time between the imports must be at least the time it takes to use the previously imported quantity of the prescription</li> <li>• It is prohibited to simultaneously import medicinal preparations that contain narcotic drugs which, according to the package leaflet, would cause a clinically significant and dangerous interaction when used together.”</li> </ul> <p>(2) “From the EEA countries, a passenger is allowed to import prescribed medicinal products</p>
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Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

				<p>and products intended for self-treatment and for personal use in a quantity which corresponds to a maximum of one year's use. From non-EEA countries, a passenger is allowed to import a quantity which corresponds to a maximum of three months' use. From a Schengen country, a passenger is allowed to import for personal use a medicinal product categorised as a narcotic substance in a quantity which corresponds to a maximum of 30 days' use. The passenger must also have the prescription and a transport certificate, that is, a Schengen certificate which has been acquired in the passenger's home country upon purchasing the prescription medicines. This means that a person living in Finland is not allowed to import narcotic medicines acquired in other Schengen countries into Finland. From non-Schengen countries, a passenger is allowed to import for personal use a medicinal product categorised as a narcotic substance in a quantity corresponding to a maximum of 14 days' use. Furthermore, there are stricter limitations for the import of medicinal products which contain buprenorphine and methadone. When required, the passenger must be able to prove that the medicinal product is intended for personal treatment. For prescription medicines, this can be done by presenting the prescription or a medical certificate which the passenger must be carrying when arriving in Finland. A Schengen certificate can be acquired from a pharmacy in Finland, when necessary."</p>
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Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
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France	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>Valid medical prescription</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>Narcotic drugs - “X” suggests quantitative restrictions apply</li> <li>Psychotropic substances – no restrictions indicated</li> <li>List of prohibited substances – “Heroin (Diamorphine)”</li> <li>Other information – “When the quantity of the medical preparation transported corresponds to one month of treatment, only a prescription proving personal use is required. When the quantities transported exceed one month of treatment, the patient must contact the French Health Products Safety Agency (Afssaps), (Narcotic and Psychotropic Drugs Unit)”</li> </ul>	<p>[1]  <a href="http://www.douane.gouv.fr/articles/a11946-le-transport-de-medicaments-en-france-par-des-particuliers">http://www.douane.gouv.fr/articles/a11946-le-transport-de-medicaments-en-france-par-des-particuliers</a> (Last Accessed 10/08/16)</p> <p>[2]  <a href="http://www.douane.gouv.fr/Portals/0/fichiers/information/publication-douane/langues-etrangeres/trouble-free-travel-with-french-customs.pdf">http://www.douane.gouv.fr/Portals/0/fichiers/information/publication-douane/langues-etrangeres/trouble-free-travel-with-french-customs.pdf</a> (Last Accessed 10/08/16)</p>	<p>[1] <i>Detailed information provided in French. Information can be translated using internet provider, but may not be reliable. Please see link for restriction and documentation useful additional information. Details differences in regulations for individuals travelling from Schengen and non-Schengen countries, as not aforementioned in INCB documentation.</i></p> <p>[2] <i>Customs leaflet</i>          “It is strictly prohibited to import, export or possess certain goods, including: n Narcotics and psychotropic drugs (except when accompanied by a prescription, medical certificate or an import and export authorisation for medicinal drugs, substances or preparations classified as a narcotics or psychotropic drugs).”</p>
French Polynesia	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>Valid medical prescription</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>Narcotic drugs – “X” suggests quantitative restrictions apply</li> <li>Psychotropic substances – “X” suggests quantitative restrictions apply</li> </ul>	<i>No official government websites with relevant information</i>	N/A
Georgia	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>Valid medical prescription – “copy of medical prescription translated into English and endorsed by competent</li> </ul>	<a href="http://www.rs.ge/en/5982">http://www.rs.ge/en/5982</a> (Last Accessed 20/08/16)	<i>Useful, detailed information provided on importation, exportation and transit of narcotic and psychotropic substances for natural person’s personal use. Please access link and PDF</i>

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

		<p>authority of the country of departure”</p> <ul style="list-style-type: none"> <li>• Doctor’s certificate endorsed by the health authorities of the country of residence</li> <li>• Other kind of documents – “Document issued by the competent authority of the country of departure confirming the authenticity of the doctor's certificate and the medical prescription indicating competent authority's name, juridical address, contact person, phone number and country of destination. Document shell also indicate: name, sex, age of a natural person; diagnosis, trade and international names of controlled substances, dosage form, quantity in tablets, ampules, etc.; method of administration and duration of treatment unless this information is provided in the medical prescription”</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs – 31 days (“Also: Butorphanol, Nalbuphine, Tramadol; preparations containing: acetyldihydrocodeine, dihydrocodeine, codeine, nicodicodine, nicocodine, norcodeine, pholcodine and ethylmorphine”)</li> <li>• Psychotropic substances – 31 days (“Also: Tianeptine, Ketamine, Pregabalin, Fenazepam; ephedrine, norephedrine, pseudoephedrine; ephedrine/</li> </ul>		<p><i>provided at the bottom of the webpage, in conjunction with INCB information.</i></p>
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Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
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		<p>norephedrine/pseudoephedrine containing preparations.”</p> <p>List of prohibited substances:</p> <ul style="list-style-type: none"> <li>• Substances listed in Schedule IV of the 1961 Convention and in Schedule I of the 1971 Convention</li> </ul> <p>Other information:</p> <ul style="list-style-type: none"> <li>• “The appropriate medical documentation is required for: Clophelin (eye drops and ampules), Clorpromazine, trihexyphenidyl hydrochloride, Propanidide, Thioridazine, baclofene, gabapentine, zopiclonum, zaleplone, tropicamid, dextromethorphan containing preparation, also narcotic drug containing preparations excluding those envisaged under schedule II of the Law on “Narcotic drugs, Psychotropic substances, Precursors and Narcological Aid”.</li> </ul>		
Germany	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>• Valid medical prescription</li> <li>• Doctor’s certificate endorsed by the health authorities of the country of residence</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs – 30 days</li> <li>• Psychotropic substances – 30 days</li> </ul>	<p><a href="http://www.zoll.de/EN/Private-individuals/Travel/Entering-Germany/Restrictions/Medicinal-products-and-narcotics/medicinal-products-and-narcotics_node.html">http://www.zoll.de/EN/Private-individuals/Travel/Entering-Germany/Restrictions/Medicinal-products-and-narcotics/medicinal-products-and-narcotics_node.html</a> [Last</p>	<p><i>Official government custom website provides useful, addition information to INCB.</i></p> <p>“When entering Germany travellers may bring with them medicinal products in quantities that meet usual personal needs. In such cases the usual personal need of a traveller is seen as being equivalent to a maximum of three months’ supply of the recommended dose of each medicinal</p>

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

		<ul style="list-style-type: none"> <li>Other information – “The Schengen Agreement applies.”</li> </ul>	<p>Accessed 20/08/16]</p>	<p>product, irrespective of whether the medicinal products were already taken out of Germany and are now being brought back, or whether the products have been purchased abroad. Neither is the authorisation or registration of the medicinal products in Germany of any relevance.</p> <p>In this connection you should be aware that products that are freely traded in your own country such as food supplements, vitamin preparations, or purely vegetable natural medicines, may be treated as medicinal products in Germany, and therefore fall within the scope of the Medicinal Products Act, particularly where they are presented as agents for the treatment of illnesses. The provisions of the medicinal products legislation of the country in which such preparation is being offered or sold are not of relevance here.”</p> <p>“There are medicinal products, though, that may not be imported into Germany even though they are for a traveller’s personal needs.</p> <p>They include</p> <ul style="list-style-type: none"> <li>counterfeit medications, for example, an imitation of a medicinal product that has already been authorised but that does not originate from the genuine manufacturer, or</li> <li>substances that are particularly harmful and frequently used for doping and are listed in the Annex to Section 6a of the</li> </ul>
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Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

				<p>Medicinal Products Act (for example: testosterone, nandrolon, clenbuterol), of which the possession for the purpose of doping in sports in "not small quantities" is already prohibited. What quantity of these substances shall be seen as "not small" follows from the Doping Substances (Quantities) Regulation (Dopingmittel-Mengen-Verordnung).”</p> <p>“The regulations governing the transport of narcotics can be found in the Narcotic Drugs Act (Betäubungsmittelgesetz - BtMG) and in the Ordinance concerning the Foreign Trade in Narcotics (Betäubungsmittel-Außenhandelsverordnung - BtMAHV).”</p> <p>“What are narcotics?</p> <p>Narcotics are the substances and preparations listed in Annexes I to III of the Narcotic Drugs Act.”</p> <p>“Medicines containing narcotics carried as travel necessities</p> <p>Special provisions that apply to medicinal products such as morphine that fall under the Narcotic Drugs Act must be observed; they must therefore be specifically prescribed by the attending doctor. Travellers may take with them appropriate quantities of narcotics that have been</p>
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Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

				<p>prescribed in this way by their doctors for their own use during the period of their travel to Germany. However, depending on their destination, travellers must comply with a number of conditions described below.”</p> <p>“Travelling within the Schengen area</p> <p>Travellers may carry narcotics that have been prescribed by a doctor, while travelling for a period of up to 30 days within the states of the Schengen area, if they are in possession of a certificate pursuant to Article 75 of the Schengen Agreement, that has been completed by the attending doctor and that has been certified prior to the journey by the highest regional health authority or by a competent body acting on behalf of that health authority. You can find additional relevant information and the form mentioned (downloadable PDF file) on the website of the Federal Institute of Drugs and Medical Devices (Bundesinstitut für Arzneimittel und Medizinprodukte - BfArM ).</p> <p>The provision on carrying narcotics within the states of the Schengen area also applies to travellers from the states of the Schengen area entering Germany, even if the narcotics that are being carried are prescribable narcotic drugs in the country of origin, but not in Germany.”</p> <p>“Entry from countries outside the Schengen area</p> <p>Before entering Germany from a country that is</p>
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Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

				<p>not a member of the Schengen Agreement, patients shall have their prescribing physician issue, and carry on their journey, a multilingual certificate specifying the individual and daily doses, the name of the active ingredient and the duration of the journey. There is no form requirement for such certification; it must, however, be authenticated by the competent health authority of the country of provenance.</p> <p>Due to the lack of uniform provisions concerning the carriage of narcotics outside the Schengen area, travellers need to make sure that they comply with the specific rules of any country of transit, which should be inquired from the diplomatic mission of each country concerned.”</p>
Ghana	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>• Valid medical prescription</li> <li>• Doctor’s certificate endorsed by the health authorities of the country of residence</li> <li>• Certificate issued by the health authorities of the country of destination</li> <li>• Presentation of the original prescription at the Customs of the country of destination</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs – “Annexes II of the "Guidelines for national regulations concerning travellers under treatment</li> </ul>	<i>No official government websites with relevant information</i>	N/A



Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

		<p>with internationally controlled drugs" that are referred to in the CND resolution 46/6.”</p> <ul style="list-style-type: none"> <li>• Psychotropic substances – “Annex III of the "Guidelines for national regulations concerning travellers under treatment with internationally controlled drugs" that are referred to in the CND resolution 46/6.”</li> </ul>		
Haiti	Standard template used – NOT in English	N/A	<i>No official government websites with relevant information</i>	N/A
Hong Kong	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>• Valid medical prescription</li> </ul> <p>Restrictions: No restrictions indicated</p>	<p>(1)<a href="http://www.customs.gov.hk/en/passenger_clearance/prohibited_controlled/index.html">http://www.customs.gov.hk/en/passenger_clearance/prohibited_controlled/index.html</a> [Date accessed: 24/08/2016]</p> <p>(2)<a href="http://www.customs.gov.hk/en/trade_facilitation/prohibited_articles/imports/pharmaceutical/index.html">http://www.customs.gov.hk/en/trade_facilitation/prohibited_articles/imports/pharmaceutical/index.html</a> [Date accessed: 24/08/2016]</p> <p>(3)<a href="http://www.customs.gov.hk/en/trade_facilitation/prohibited_articles/imports/chinese_medicines/index.html">http://www.customs.gov.hk/en/trade_facilitation/prohibited_articles/imports/chinese_medicines/index.html</a> [Date accessed: 24/08/2016]</p>	<p><i>Not explicitly obvious whether information refers to personal use or general importation/</i></p> <p>(1) “Importation/exploration of any prohibited/controlled items into or out of the Hong Kong Special Administrative Region (HKSAR) is governed by laws. The commonly found prohibited/controlled items are dangerous drugs, psychotropic substances, controlled chemicals, antibiotics, powdered formula, etc. Passengers are liable to prosecution if these items are brought into/out f HKSAR without a valid licence or permit.”</p> <p>(2) “Importation of pharmaceutical products and medicine are controlled under the ‘Import and Export Ordinance, Chapter 60, Laws of Hong Kong’ and must be covered by a licence issues by</p>

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
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				<p>the Department of Health. Pharmaceutical products and medicines imported in the personal baggage of a person entering Hong Kong and which are accompanied by him and in a reasonable quantity for his personal use may be exempted from licensing requirement. Transhipment cargo may be exempted from licensing requirements under certain conditions.”</p> <p>(3) “The import of proprietary Chinese medicines (pCm) and 36 types Chinese herbal medicines (Chm) as listed in the ‘First Schedule to the Import and Export (General) Regulations (Chapter 60, sub Leg A), Laws of Hong Kong’ are subject to licensing control. Importation of these articles must be covered by an import licence issued by the Department of Health. Licensing requirement may be exempted when these articles are imported in the accompanied personal baggage of a person entering Honk Kong and in a reasonable quantity for his personal use.”</p>
Hungary	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>• Valid medical prescription</li> <li>• Doctor’s certificate endorsed by the health authorities of the country of residence</li> <li>• Certificate issued by the health authorities of the country of destination</li> </ul> <p><i>Please see older link for restrictions, newer version is difficult to read due to formatting issues</i></p> <p><a href="http://www.incb.org/documents/Psychotropics/guidelines/travel-regulations/English/Hungary-">http://www.incb.org/documents/Psychotropics/guidelines/travel-regulations/English/Hungary-</a></p>	<p>(1) <a href="http://hungary.usembassy.gov/travel_customs.html">http://hungary.usembassy.gov/travel_customs.html</a> [Date accessed: 25/08/2016]</p>	<p>(1) “A traveller requiring medicines that contain potentially addictive drugs or narcotics (e.g. some cough medicines, tranquilizers, sleeping pills, antidepressants or stimulants) should:</p> <ul style="list-style-type: none"> <li>*Declare all such drugs, or medicines, and similar products to the CBP officer;</li> <li>*Carry such substances in their original containers;</li> <li>*Carry only the quantity of such substances that a person with that condition (e.g. chronic pain) would normally carry for his/her personal use; and</li> <li>*Carry a prescription or written statement from</li> </ul>

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

		<p><a href="#">ENG.pdf</a></p>		<p>your physician that the substances are being used under a doctor’s supervision and that they are necessary for your physical wellbeing while travelling.</p> <p>Medicines for personal use are allowed.”</p>
Iceland	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>Valid medical prescription</li> <li>Doctor’s certificate endorsed by the health authorities of the country of residence</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>Narcotic drugs – “30 days for Schengen citizens, 14 days for non-Schengen citizens”</li> <li>Psychotropic substances – “30 days for Schengen citizens, 14 days for non-Schengen citizens”</li> <li>Other information – “Schengen agreement applicable.”</li> </ul>	<p><a href="http://www.imca.is/inspections/importation_by_individuals_of_medical_products_for_personal_use/">http://www.imca.is/inspections/importation by individuals of medicinal products for personal use/</a> [Date accessed: 24/08/16]</p>	<p>“Criteria for import of medicinal products for personal use, if permitted: The medicinal products must have been obtained by lawful means for human use.</p> <p>The person must be able to present a certificate, a prescription or another written statement along with instructions for use, which proves beyond doubt that the medicinal products have been obtained by lawful means and that they are essential in the stated amounts.”</p> <p><u>“I. Import from EEA states</u> Import of medicinal products in a luggage</p> <p>Medicinal products can be imported in luggage for personal use in an amount corresponding to a maximum of 100-days use, with the following conditions: Medicinal products classified as narcotic and addictive in amount corresponding to a maximum of 30-days use, if the person is living inside the Schengen area, with regulated restrictions.</p> <p>Medicinal products classified as narcotic and addictive in amount corresponding to a maximum</p>

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

				<p>of 14-days use, if the person is living outside the Schengen area, with regulated restrictions.</p> <p>Individuals can import in luggage in amount corresponding to a maximum of 30-days use medicinal products classified as anabolic steroid hormones and their analogues or growth hormones and their analogues, according to a list of medicinal products prohibited in sports. Customs authorities can request proof of the need for the stated amount, e.g. by a doctor's certificate or a prescription.</p> <p>The Schengen states are: Iceland, Finland, Sweden, Denmark, Norway, Germany, Belgium, France, Luxembourg, Netherlands, Italy, Austria, Spain, Portugal and Greece.</p> <p><u>II. Import from non-EEA states</u> Import of medicinal products in a luggage:</p> <p>Medicinal products can be imported in luggage for personal use in an amount corresponding to a maximum of 100-days use, with the following conditions:</p> <p>Medicinal products under regulatory surveillance, i.e. narcotics and addictive medicinal products or anabolic steroid hormones and their analogues or growth hormones and their analogues cannot be imported in luggage.”</p>
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Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

India	Letter addressed to INCB from relevant authority – Government of India Ministry of Home Affairs	Detailed information, please see: <a href="https://www.incb.org/documents/Psychotropics/guidelines/travel-regulations/English/India-ORIGINAL.pdf">https://www.incb.org/documents/Psychotropics/guidelines/travel-regulations/English/India-ORIGINAL.pdf</a>	<a href="http://dor.gov.in/int_ndps_medicaluse">http://dor.gov.in/int_ndps_medicaluse</a> [Date accessed: 24/08/2016]	<p><i>Information mainly regards narcotics and psychotropic substances.</i></p> <p>“Narcotic Drugs and Psychotropic Substances have medical uses. However, the medical use of all narcotic drugs and psychotropic substances is permitted in all countries. In India, narcotic drugs and psychotropic substances listed in Schedule I of the NDPS Rules, 1985 are prohibited.</p> <p>However, international travellers may require narcotic drugs and psychotropic substances for their medical use (including some which may be prohibited in India). International travellers wishing to bring any narcotic drug or psychotropic substance may, well before their departure from their country, seek permission of the Narcotics Commissioner to import the drugs. Their application should be accompanied by the prescription and any other relevant papers. After obtaining permission, they may bring the drugs with them.”</p> <p>“Small quantities of drugs, the imports of which is otherwise prohibited under Section 10 of the Act, may be imported for personal use subject to the following conditions :</p> <p>(i) The drugs shall form part of a passenger's bona fide baggage and shall be the property of, and be intended for, the exclusive personal use of the passenger,</p> <p>(ii) The drugs shall be declared to the Customs</p>
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Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

				<p>authorities if they so direct</p> <p>(iii) The quantity of any single drug so imported shall not exceed one hundred average doses: Provided that the licensing authority may in an exceptional case in any individual case sanction the import of a larger quantity: Provided further that any drug, imported for personal use but not forming part of bona fide personal baggage, may be allowed to be imported subject to the following conditions, namely-</p> <p>(i) the licensing authority, on an application made to it in Form 12-A is satisfied that the drug is for bona fide personal use;</p> <p>(ii) the quantity to be imported is reasonable in the opinion of the licensing authority and is covered by prescription from a registered medical practitioner; and</p> <p>(iii) the licensing authority grants a permit in respect of the said drug in Form 12-B.”</p>
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Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
Indonesia	Letter addressed to INCB from relevant authority – Republik Indonesia National Narcotics Board	“Indonesia has not yet adopted specific legal or administrative measure to allow travelers leaving/entering the country to carry medical preparations containing controlled substances for personal use. In addition, we have law on narcotics (number 22 of the year 1997), psychotropic (number 5 of the year 1997) and immigration (number 9 of the year 1992).	<a href="http://www.balitourismboard.org/custom_service.html">http://www.balitourismboard.org/custom_service.html</a> [Date accessed: 24/08/2016]	<p><i>Information regarding traditional medicine only.</i></p> <p>”It is ultimately prohibited to import into Indonesia territory, ready use medicines, including Chinese traditional medicines, in the form of capsules, pill, powder, liquid and other ready form, which is unregistered at the directorate general of medicines and food (POM) The exception of this provision:</p> <p>Importation of ready-use medicines of traditional medicines for personal or commercial use, <i>should be approved by the directorate general of medicines and food (POM)</i></p> <p>Ready-use or traditional medicines may be imported in small quantities for personal use by passengers of planes or ships (small consignments) as long as it can be propped by doctor’s prescription.”</p>
Ireland	Letter addressed to INCB from relevant authority – Community Health Division Dublin	“In Ireland, the current practice is that the customs officer must be satisfied that the documentation, e.g. letter(s) from the dispensing pharmacist and/or prescribing doctor, supports the amount and personal use of the medical products in the possession of the traveler.”	<a href="http://www.embassyofireland.au.com/home/index.aspx?id=81803">http://www.embassyofireland.au.com/home/index.aspx?id=81803</a> [Date accessed: 24/08/2016]	<p><i>Limited information.</i></p> <p>“You are permitted to bring your personal medication into Ireland with you. You should have a letter from your Doctor stating the medication that has been prescribed for you and you must keep it in its original packaging.</p> <p>It is an offence to import or carry on your person controlled substances (drugs) when travelling to or from Ireland. (Examples of controlled substances are cannabis, cocaine, heroin and amphetamines). The Customs National Drugs</p>

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

				Team has dog units located at airports and ferry ports. The drug detector dogs are trained to detect drugs such as cannabis, cocaine, heroin and amphetamines. There are penalties for drugs offences in Ireland”
Israel	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>• Valid medical prescription</li> <li>• Doctor’s certificate endorsed by the health authorities of the country of residence</li> <li>• Certificate issued by the health authorities of the country of destination</li> <li>• Presentation of the original prescription at the Customs of the country destination</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs – 31 days</li> <li>• Psychotropic substances – 31 days</li> </ul>	<i>No official government websites with relevant information</i>	N/A
Italy	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>• Valid medical prescription</li> <li>• Doctor’s certificate endorsed by the health authorities of the country of residence</li> <li>• Other kind of documents – “Certificate issued by the physician according to Annex I of DM 16 November 2007 (for citizens living in Italy going abroad.”</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs – 30 days</li> <li>• Psychotropic substances – 30 days</li> </ul>	<i>No official government websites with relevant information</i>	N/A



Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

		<ul style="list-style-type: none"> <li>Other information – “Schengen Agreement applicable.”</li> </ul>		
Japan	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>Doctor’s certificate endorsed by the health authorities of the country of residence (applicable for psychotropic substances ONLY)</li> <li>Certificate issued by the health authorities of the country of residence (narcotic drugs ONLY)</li> <li>Other kind of documents – (psychotropic substances ONLY) “If the traveler intend to import/export the psychotropics more than a certain amount or those in injection form, the traveler should have a certificate written by his/her doctor identifying the disease, the necessity of the drug (psychotropics) , the names of psychotropics and their quantities prescribed</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>Narcotic drugs – “Quantity must not exceed the appropriate amount, based on the usual daily dose.”</li> <li>Psychotropic substances – “30 days supply (see Narcotics Control Department website)”</li> <li>List of prohibited substances – “Heroin, Opium powder Methamphetamine,</li> </ul>	<p><a href="http://www.mhlw.go.jp/english/policy/health-medical/pharmaceuticals/01.html">http://www.mhlw.go.jp/english/policy/health-medical/pharmaceuticals/01.html</a> (Last Accessed 25/08/16)</p>	<p>Useful additional information to INCB.</p> <p>“You can bring your personal medicines into Japan once certain procedures are completed. This is because there are patients who need continuous medication and travelers who need medicines as belongings, however, when you bring narcotics and psychotropic described in 4, please note that importing them from overseas is subject to control by other laws and rules.</p> <p>To be more specific, when you bring your personal medicines into Japan, you have to apply for so called "Yakkan Shoumei", a kind of import certificate, and receive it before you leave home, and declare it to the officer at customs.</p> <p>When you bring your personal medicines into Japan up to the amount described below, you do not have to apply for "Yakkan Shoumei", instead the officers at customs check the amount of your bringing medicines, and then you can bring them into Japan.</p>

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

		Amphetamine Cannabis Stimulant raw materials (such as ephedrine, pseudoephedrine, including their pharmaceutical forms)		<ul style="list-style-type: none"> <li>• Poison, Deadly poison, Prescription drug : Up to 1 month supply</li> <li>• Drug for external use (excluding Poison, Deadly poison, Prescription drug) : Up to 24 per one item</li> <li>• Injectable drug and Syringe for the drug: Up to 1 month supply * Only "Pre-filled Syringe" or "Self-injection Kit"</li> <li>• Other Drugs, Quasi drugs : Up to 2 month supply</li> </ul> <p>Regardless of the description above, you cannot bring prohibited drugs and controlled drugs into Japan.”</p>
Jordan	Alternative documentation – NOT in English	N/A	<i>No official government websites with relevant information</i>	N/A
Kazakhstan	Standard template used	Documentation required: <ul style="list-style-type: none"> <li>• Valid medical prescription</li> </ul> Restrictions: <ul style="list-style-type: none"> <li>• Narcotic drugs – “5-10 day course of treatment”</li> <li>• Psychotropic substances – “5-10 day course of treatment”</li> <li>• Other information – “Laws and regulations of the Republic of</li> </ul>	<i>No official government websites with relevant information</i>	N/A

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

		<p>Kazakhstan establishing legal, regulatory and administrative measures to permit travellers entering or leaving the country to transport medications containing controlled substances for personal medical use: - Law No. 291 of 10 July 1998 of the Republic of Kazakhstan on narcotic drugs, psychotropic substances and precursors and measures to combat their trafficking and abuse; - Decision No. 396 of 30 March 2012 of the Government of the Republic of Kazakhstan approving rules for the medical use of narcotic drugs, psychotropic substances and precursors subject to control in the Republic of Kazakhstan.”</p>		
Kenya	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>• Valid medical prescription</li> <li>• Presentation of the original prescription at the Customs of the country of destination</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs – 30 days</li> <li>• Psychotropic substances – 30 days</li> </ul>	<i>No official government websites with relevant information</i>	N/A
Korea, Republic of	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>• Valid medical prescription</li> <li>• Doctor’s certificate endorsed by the health authorities of the country of residence</li> </ul>	<a href="http://www.customs.go.kr/kcshome/main/content/ContentView.do?contentId=CONTENT_ID_000001312&amp;layoutMenuNo=210">http://www.customs.go.kr/kcshome/main/content/ContentView.do?contentId=CONTENT_ID_000001312&amp;layoutMenuNo=210</a>	<p><i>Limited information.</i></p> <p>Drugs which must be declared to customs: “Narcotic drugs such as opium, heroin, cocaine, MDMA, hemp and Philopon; Viagra; Cialis; and</p>

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

		<ul style="list-style-type: none"> <li>• Certificate issued by the health authorities of the country of destination</li> <li>• Other kind of documents – “passport copy, permit application form”</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs – 90 days</li> <li>• Psychotropic substances – 90 days</li> </ul>	<p><u>16</u> (Last Accessed: 22/08/16)</p>	<p>diet pills”</p>
Kyrgyzstan	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>• Valid medical prescription</li> <li>• Other kind of documents – “Medical document (prescription from a doctor), endorsed by the health authorities of the country of origin, that attests to the presence of an illness.”</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs – “X” <i>suggests restrictions apply</i></li> <li>• Psychotropic substances – “X” <i>suggests restrictions apply</i></li> <li>• List of prohibited substances – “List of prohibited narcotic drugs and psychotropic substances whose trade is prohibited on the territory of the Kyrgyz Republic (Decision No. 543 of 9 November 2007 of the Government of the Kyrgyz Republic).”</li> <li>• Other information – “The quantity and doses of the substances must not exceed those stated in the prescription.”</li> </ul>	<p><i>No official government websites with relevant information</i></p>	<p>N/A</p>

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

LAO	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>• Valid medical prescription</li> <li>• Doctor’s certificate endorsed by the health authorities of the country of residence</li> <li>• Certificate issued by the health authorities of the country of destination</li> <li>• Presentation of the original prescription at the Customs of country of destination</li> <li>• Other kind of documents – “Ministry of Health No: 456/MOH, dated 19 April 2006 governing The Control of Narcotic Drugs, Psychotropic Substances and Precursors.”</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs – “Refer to the dose of prescribed medicine.”</li> <li>• Psychotropic substances – “Refer to the dose of prescribed medicine.”</li> <li>• List of prohibited substances – “Pseudoephedrine was banned in Lao PDR referring to the Ministry of Health degree No: 899/MOH, dated 2 June 2014.”</li> </ul>	<p><a href="http://laos.embassy.gov.au/vtan/MD04.html">http://laos.embassy.gov.au/vtan/MD04.html</a> (Last Accessed 20/08/16).</p>	<p><i>Suggests there are no restrictions on importing medicines for personal use.</i></p> <p>“The prescription medicines you take every day in enough quantity to cover your entire trip.”</p>

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

Latvia	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>Valid medical prescription</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>Narcotic drugs – “30 for Schengen citizens. 14 for non-Schengen citizens” <i>presumably days</i></li> <li>Psychotropic substances – 30 days</li> <li>List of prohibited substances – “Schedule I of the substances under control in Latvia”</li> <li>Other information – “Schengen Agreement applicable”</li> </ul>	<p>[1]  <a href="http://www.zva.gov.lv/?id=383&amp;sa=383&amp;top=333">http://www.zva.gov.lv/?id=383&amp;sa=383&amp;top=333</a>            (Last Accessed 25/08/16)</p> <p>[2]  <a href="http://www.zva.gov.lv/doc_upl/On-Proc-Legal-Trade-Narc-Psych.pdf">http://www.zva.gov.lv/doc_upl/On-Proc-Legal-Trade-Narc-Psych.pdf</a>            (Last Accessed: 25/08/2016)</p>	<p>[1] <i>Provides various downloadable documents on regulations for narcotics and psychotropic substances. Documents are lengthy but do add some useful information in conjunction with INCB.</i></p> <p>[2] <i>Section 39 of the document states “Natural persons who cross the State border may export or import medicinal products included in Registers II and III for personal use without a special permit if the medicinal products included in Register II are intended for a course of medical treatment, which is not longer than 14 days, but the medicinal products included in Register III are intended for a course of medical treatment, which is not longer than 30 days. The need to use such medicinal products shall be certified by the person by presenting a prescription, a duplicate or copy of the prescription or other documents that certify such facts.”</i></p>
Lebanon	Standard template used – NOT in English	<i>It can be postulated by the layout of the template that there is a 7-day restriction for narcotic drugs and a 30 day restriction for psychotropic substances but this shouldn't be relied upon solely.</i>	<a href="http://www.customs.gov.lb/customs/laws_regulations/trader_guides.asp">http://www.customs.gov.lb/customs/laws_regulations/trader_guides.asp</a> (Last Accessed: 25/08/2016)	<p><i>Little information.</i></p> <p>“Value of Items which are admitted without restrictions</p> <ul style="list-style-type: none"> <li>Medicines: the required quantity for personal use”</li> </ul>
Lithuania	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>Valid medical prescription</li> </ul> <p>Restrictions:</p>	<a href="http://www.vilnius-airport.lt/en/tips-for-passengers/customs/">http://www.vilnius-airport.lt/en/tips-for-passengers/customs/</a> (Last Accessed: 25/08/2016)	<p><i>Source is unlikely to be government official but appears reliable, useful information.</i></p>

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

		<ul style="list-style-type: none"> <li>Narcotic drugs – “15 days without Schengen certificate. 30 days with Schengen certificate.”</li> <li>Psychotropic substances – “15 days without Schengen certificate for substances listed in Schedule II or III of the 1971 Convention. 30 days with Schengen certificate, and for substances in Schedule IV of the 1971 Convention.”</li> <li>List of prohibited substances – “Substances listed in Schedule IV of the 1961 Convention or in Schedule I of the 1971 Convention, plus most stimulants.”</li> </ul>		<p>“Not more than 5 original packages of medicinal products are allowed to be brought in without the prescription copy or physician`s warrant. With the prescription copy or physician's warrant, allowable number could be from 6 to 9 original packages of medicinal product of the same name, pharmaceutical form, strength and dosage number. More than 10 original packages of the same name medicinal product or more than 10 packages of the medicinal products of different names are allowed to be brought only with a special physician's warrant.</p> <p>On conveying narcotic and psychotropic medicines through the border of the Republic of Lithuania, travellers (both those entering and those leaving the country) should observe the following rules:</p> <ul style="list-style-type: none"> <li>narcotic and psychotropic medicines are allowed to carry only for personal use in connection with health care;</li> <li>when going to a Shengen state, it is required to possess together with medicines carried a certificate in a prescribed form issued by a health care institution; and when going to a non-Shengen state, the copies of the prescriptions of medicines being carried are required (the copies of these prescriptions does not need to be endorsed by the Ministry of Health);</li> </ul>
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Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

				<ul style="list-style-type: none"> <li>• only the certificate or prescription (a copy of the prescription) issued in the name of the traveller is valid;</li> <li>• medicines shall not be carried in bigger amounts than indicated in the certificate or prescription (its copy);</li> <li>• when going to a Shengen state, narcotic medicines can be carried in the amounts needed for a period not longer than 30 days, and when going to a non-Shengen state - for a period not longer than 15 days;</li> <li>• psychotropic medicines can be carried in the amounts needed for a period not longer than 30 days;</li> <li>• medicines shall be kept only in original packages (in which the medicines have been bought in pharmacies).</li> </ul> <p>If medicines are required for a longer treatment course, we suggest taking with you a certificate about disease and treatment prescribed, issued by a doctor in an appropriate foreign language, in order it would be possible to consult foreign doctors for prescribing the necessary medicines.</p> <p>Narcotic medicines are the medicines containing the following substances: buprenorfin, fentanyl, methadone, morphine, petidine, tramadol.</p> <p>Psychotropic medicines are the medicines containing the following substances: alprazolam, bromazepam, chlordiazepoksid, diazepam,</p>
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Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
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				<p>estazolam, klonazepam, klorazepat, bigger dozes of codeine, fenobarbital, lorazepam, medazepam, midazolam, oksazepam, nitrazepam, pentazocin, temazepam, tetrazepam, triazolam, zolpidem.</p> <p>If you have any questions concerning the conveyance of medicines through the border of the Republic of Lithuania, please apply to the Lithuanian State Medicines Control Agency (SMCA) under the Ministry of Health of the Republic of Lithuania. Phone numbers: (+370 5) 261 65 49, (+370 5) 212 40 59. The address of the web page of the agency:<a href="http://www.vvkt.lt">www.vvkt.lt</a>.”</p>
Luxembourg	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>Valid medical prescription required</li> <li>Doctor’s certificate endorsed by the health authorities of the country of residence</li> </ul> <p>Restrictions: <i>None listed</i></p>	<i>No official government websites with relevant information</i>	N/A
Macao	Letter addressed to INCB from relevant authority – the People’s Republic of China	<p>Very lengthy document but the only English section states:</p> <p>“Regulations for travelers under treatment with internationally controlled drugs of Macao SAR”</p> <ul style="list-style-type: none"> <li>“In accordance with article 9 of the Law No.34/99//M of Macao: Travellers leaving or entering Macao are allowed to carry medical preparations containing of Table 1A, Table 2 B, 2 C, Table 3</li> </ul>	<p><i>Decree No 34/99/M Article 9, International Flow of Persons:</i></p> <p><a href="https://www.google.co.uk/url?sa=t&amp;rct=j&amp;q=&amp;esrc=s&amp;source=web&amp;cd=1&amp;cad=rja&amp;ved=0CDEQFjAA&amp;url=https%3A%2F%2Fcms.unov.org%2Fdocum%2Fentrepitoryindexer%2F">https://www.google.co.uk/url?sa=t&amp;rct=j&amp;q=&amp;esrc=s&amp;source=web&amp;cd=1&amp;cad=rja&amp;ved=0CDEQFjAA&amp;url=https%3A%2F%2Fcms.unov.org%2Fdocum%2Fentrepitoryindexer%2F</a></p>	<p><i>Some useful information provided by source. Downloads as a Microsoft word document.</i></p> <p>1. “Persons entering into or departing from Macao may carry substances or preparations listed in Table 1-A, Table 2-B, Table 2-C, Table 3 and Table 4 for personal use. The amount shall be kept, however, under the maximum needed for treatment for no more than 30 days. Documents containing</p>

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
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		<p>and Table 4 for personal use (Pg. 59-60). However, the quantities are restricted of 30 days of treatment, and documents prescribed by the medical practitioners confirming that the traveller is a bona fide patient under treatment are also required.”</p> <ul style="list-style-type: none"> <li>• “If the traveller could not provide the preceding sub-paragraph required documents, necessity for using such medical preparations should be confirmed by health authorities (Pg. 60).”</li> <li>• “If travellers do not produce the above-mentioned documents, any substances or preparations referred to in Paragraph 1 of this article should be held by customs authority; or if the needs of treatment do not confirm by Macao Health Authority, those medical preparations should be detained by customs authority (Pg. 60).”</li> <li>• “In addition, we would like to notify that the following substances and its preparations are prohibited to import and/or use within the territory of Macao: Amfepramone, Phentermine, Fenproporex, Mefenorex, Norpseudoefedrine (Cathine), Phendimetrazine.”</li> </ul>	<p><a href="http://www.getdocinoriginalformat.com/GetDocInOriginalFormat.drsx%3FDocID%3D9a80c978-fa86-4e06-87d8-ae9e72ea1d26&amp;ei=5MD8UeCbNOq20QXKnYCYCA&amp;usg=AFQjCNElp0FOuJ4Ude2ysbgY3LmNPnOutA">GetDocInOriginalFormat.drsx%3FDocID%3D9a80c978-fa86-4e06-87d8-ae9e72ea1d26&amp;ei=5MD8UeCbNOq20QXKnYCYCA&amp;usg=AFQjCNElp0FOuJ4Ude2ysbgY3LmNPnOutA</a>  [Date accessed: 25/08/2016]</p>	<p>explanations by physicians of the purpose of these substances or preparations shall also be presented.</p> <p>2. If no documents containing explanations by physicians of the purposes of the substances or preparations are presented, as specified in the preceding clause, the need to use the substances or preparations referred to in the preceding clause shall be confirmed by public health authorities.”</p>
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Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
Malaysia	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>Valid medical prescription</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>Narcotic drugs – 30 days</li> <li>Psychotropic substances – 30 days</li> </ul>	<p><a href="http://www.malaysia.org.au/travel3.html">http://www.malaysia.org.au/travel3.html</a> (Date accessed: 25/08/2016)</p>	<p><i>Government official website provided gives useful information. Should be used alongside INCB information.</i></p> <p><b>“Personal prescriptions</b>  Malaysia accepts all medications prescribed for their patients by Australian doctors. If the medication is unusual, or requires use of scheduled drugs such as morphine tablets or the use of syringes, or is for treatment of HIV infections or drug dependency then a letter from the prescribing doctor should be sought. All medications must be carried in the bottles or packets in which they were dispensed with the name of the patient on the label and must carry a description of the contents. One month’s supply of personal medications can be brought into Malaysia for the exclusive use of that person. If the visitor is travelling beyond Malaysia to other countries then medication sufficient for the entire journey may be brought into the country. Non-prescribed items bought over the counter from a pharmacy or chemist must also be carried in the bottles or packets in which they were sold that carry a description of the product. No more than one month’s supply of an item may be brought into Malaysia for the personal use of the visitor. Never carry loose tablets into the country. Health food supplements, organic medicines and vitamins may be brought into Malaysia for the personal use of the visitor but must be labelled and identified.</p>

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

				<p>It is an offence against Australian law for travellers to take Pharmaceutical Benefits Scheme (PBS) subsidised medicines out of Australia in quantities that exceed the normal personal consumption of the person carrying them.</p> <p><b>Customs Regulations</b>  Visitors entering Malaysia through the various entry points are required to declare all dutiable or prohibited goods in their possession. They are also required to open, unpack and repack their luggage to facilitate customs inspection. This ruling applies to visitors arriving in Malaysia at first points of entry only.</p> <p>There are no customs duties for travel between Peninsular Malaysia and Sabah and Sarawak. The islands of Labuan in Sabah and Langkawi in Kedah are excluded from any customs duties because of their duty-free status. No customs duty is payable on any goods imported into Labuan or Langkawi except for rubber, marble, anchovies and petroleum products.</p> <p>Malaysia's customs regulations provide stiff penalties for those found guilty of making false declarations or for concealing any dutiable or prohibited goods.”</p>
Maldives	No documentation available	N/A	<a href="http://www.customs.gov.mv/travellers/restricted_items">http://www.customs.gov.mv/travellers/restricted_items</a> (Last Accessed: 25/08/2016)	<p>“A valid medical prescription issued by a registered medical practitioner is required for importation of controlled drugs (for personal use only)”</p> <p>“For commercial use prior permit required from: Maldives Food and Drug Authority”</p>

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
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Malta	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>Valid medical prescription</li> <li>Schengen agreement applicable</li> </ul> <p>Restrictions: <i>None listed</i></p>	<i>No official government websites with relevant information</i>	N/A
Mauritius	Letter addressed to INCB from relevant authority – Republic of Mauritius Ministry of Foreign Affairs, International Trade And Regional Co-operation	Very detailed document <a href="https://www.incb.org/documents/Psychotropics/guidelines/travel-regulations/English/Mauritius-ORIGINAL.pdf">https://www.incb.org/documents/Psychotropics/guidelines/travel-regulations/English/Mauritius-ORIGINAL.pdf</a>	<a href="http://www.mra.mu/index.php/media-centre/faqs/custom#4">http://www.mra.mu/index.php/media-centre/faqs/custom#4</a> (Last Accessed: 25/08/2016)	“A passenger under medical treatment is allowed to bring along his medicines provided it is supported by a valid prescription issued by a medical practitioner.”
Mexico	Standard template used – NOT in English	N/A	<a href="http://www.sat.gob.mx/aduanas/pasajeros/Paginas/Mercancia_ingresar_Mexico.aspx">http://www.sat.gob.mx/aduanas/pasajeros/Paginas/Mercancia_ingresar_Mexico.aspx</a> (Last Accessed: 25/08/2016)	<p><i>Government customs website in Spanish – requires translating.</i></p> <p>“Your personal luggage without paying taxes. It consists of the following: An apparatus for measuring blood pressure and one to measure glucose or mixed reagents, as well as drugs for personal use (in case of psychotropic substances should show prescription.”</p>

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
Micronesia	Standard template used	Documentation required: <ul style="list-style-type: none"> <li>• Valid medical prescription</li> <li>• Doctor's certificate endorsed the health authorities of the country of residence</li> </ul> Restrictions: <ul style="list-style-type: none"> <li>• Narcotic drugs – 30 days</li> <li>• Psychotropic drugs – 30 days</li> </ul>	<i>No official government websites with relevant information</i>	N/A
Moldova	Standard template used	Documentation required: <ul style="list-style-type: none"> <li>• Valid medical prescription</li> <li>• Doctor's certificate endorsed by the health authorities of the country of residence</li> <li>• Certificate issued by the health authorities of country of destination</li> </ul> Restrictions: <ul style="list-style-type: none"> <li>• Narcotic drugs – 7 days</li> <li>• Psychotropic drugs – 30 days</li> </ul>	<a href="http://www.welcome-moldova.com/articles/entry-regulations.shtml">http://www.welcome-moldova.com/articles/entry-regulations.shtml</a> (Last Accessed: 25/08/2016)	<i>Source unlikely to be government official. In agreement with INCB information.</i>  “It is permitted to import and export medicines from Moldova for personal use only. (For safer travel it would be advisable to carry a prescription with you for all the medicines you may carry with you).”
Montenegro	Standard template used	Documentation required: <ul style="list-style-type: none"> <li>• Doctor's certificate endorsed by the health authorities of the country of residence</li> </ul> Restrictions: <ul style="list-style-type: none"> <li>• Narcotic drugs – 30 days</li> <li>• Psychotropic substances – 30 days</li> </ul>	<a href="http://www.upravacarina.gov.me/ResourceManager/FileDownload.aspx?rId=141741&amp;rType=2">http://www.upravacarina.gov.me/ResourceManager/FileDownload.aspx?rId=141741&amp;rType=2</a> (Last Accessed 26/08/16)	<i>Quantity contradicts INCB information.</i>  “Persons entering or leaving the country can bring in a reasonable quantity of medicines needed for personal use or for pets that he/she is bringing, for a period not exceeding 6 months. Possession of medicines containing narcotic drugs without appropriate medical documentation or non-declaring of the medicine shall present the offence, and such medicine shall be seized and stored under special supervision.”

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
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Montserrat	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>Valid medical prescriptions</li> <li>Doctor's certificate endorsed by the health authorities of the country residence</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>Narcotic drugs – <i>not specified</i></li> <li>Psychotropic substances – <i>not specified</i></li> </ul>	<i>No official government websites with relevant information</i>	N/A
Morocco	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>Valid medical prescription</li> <li>Doctor's certificate endorsed by the health authorities of the country of residence</li> <li>Certificate issued by the health authorities of the country of destination</li> <li>Other kind of documents – “Written request from patient - Licence for release for consumption (for medical preparations not on sale in Morocco), issued by the Moroccan health authorities - Certificate/licence for transport of medical preparations (if necessary)”</li> </ul> <p>Restrictions: <i>None listed</i></p>	<a href="http://www.bitd.org/Download.aspx?ID=918">www.bitd.org/Download.aspx?ID=918</a> (Last Accessed 26/08/16)	<p><i>Limited information but should be used alongside INCB information. PDF downloads when link is accessed.</i></p> <p>“Medicine : • in small amounts for personal use ☛ submission of a “sworn undertaking” available in Customs offices, along with supporting medical documentation (medical certificate, prescription, etc.). • other than for personal use ☛ Health Ministry authorization.”</p> <p>“D. Prohibited goods : The importation of the following goods is prohibited : - narcotic drugs”</p>
Namibia	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>Valid medical prescription</li> <li>Doctor's certificate endorsed by the health authorities of the country of</li> </ul>	<i>No official government websites with relevant information</i>	N/A

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
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		<p>residence</p> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs – 30 days</li> <li>• Psychotropic drugs – 30 days</li> </ul>		
Nauru	Letter addressed to INCB from relevant authority – Minister For Health, Shipping Women’s Affairs & Nauru Rehabilitation Corporation	<p>“Nauru’s initial response is that there exists the “Dangerous Drugs Ordinance 1952-1966” which prohibits the exportation of any dangerous drug (which are listed in the Ordinance). The same Ordinance prohibits the importation of any dangerous drug unless with a permit issued by the President and only for medical practitioners or other person deemed fit by the President. There does not exist any legal or administrative measures in Nauru to allow travelers entering/leaving the country to carry medical preparations containing controlled substances for personal use.”</p>	<i>No official government websites with relevant information</i>	N/A
Netherlands Antilles	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>• Valid medical prescription</li> <li>• Certificate issued by the health authorities of the country of residence of the traveller. “In case of a national from of the EU member states, a Schengen declaration is accepted.”</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs – “It should be in accordance with the daily dose and the intended length (days) of stay in the Netherlands Antilles.”</li> <li>• Psychotropic substances – “It should be in accordance with the daily dose and</li> </ul>	<a href="http://www.rsonac.org/other-services/faq-travel/travel-with-medicine-to-the-netherlands.html">http://www.rsonac.org/other-services/faq-travel/travel-with-medicine-to-the-netherlands.html</a> (Last Accessed 26/08/16)	<p><i>Contradictions regarding narcotics.</i></p> <p>“If you are traveling to the Netherlands and you are bringing medication with you, there should be no problem at customs if it is clear that the medicine is for personal use. It is recommended to bring a letter from your physician stating the amount of medicine you use per day. It is prohibited to bring narcotics into the country.”</p>



Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

		the intended length (days) of stay in the Netherlands Antilles.”		
New Zealand	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>• Other kind of documents – “Please see attached Appendix I.” <i>No appendix attached on INCB website</i></li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs – 30 days</li> <li>• Psychotropic substances – 30 days</li> </ul>	<p>[1] <a href="http://www.customs.govt.nz/news/resources/listsandguides/documents/advice%20to%20travellers.pdf">http://www.customs.govt.nz/news/resources/listsandguides/documents/advice%20to%20travellers.pdf</a> (Last Accessed 26/08/16)</p> <p>[2] <a href="http://www.medsafe.govt.nz/Consumers/MIET/ImportMedicines.asp">http://www.medsafe.govt.nz/Consumers/MIET/ImportMedicines.asp</a> (Last Accessed 26/08/16)</p>	<p>[1] “MEDICINES If you are carrying prescription medicines or controlled drugs you should: » have a prescription or letter from your doctor » carry the drugs in their original containers » only carry up to three months’ supply of prescription medicines or one month’s supply of controlled drugs.”</p> <p>“Further information is available from Medsafe on +64 9 257 5704 or at <a href="http://www.medsafe.govt.nz">www.medsafe.govt.nz</a> For further information on importing controlled drugs, contact the Ministry of Health on +64 4 819 6855 or at <a href="http://www.moh.govt.nz">www.moh.govt.nz</a>”</p> <p>[2] “Bringing medicines into New Zealand on your person or in your luggage If you are arriving into New Zealand and carrying prescription medicines either on your person or in your luggage you must ensure:</p> <ul style="list-style-type: none"> <li>• You declare the possession of those medicines on your incoming passenger arrival card which is lawfully required, and inspected, by the New Zealand Customs Service; and</li> <li>• You have a copy of the prescription from your doctor or a letter from your doctor stating that you are being treated with the medicine(s), and</li> </ul>

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

				<ul style="list-style-type: none"> <li>You carry the medicine(s) in their original containers, and</li> <li>You have sufficient quantity not exceeding three months supply for prescription medicines (with the exception of oral contraceptives which can be supplied in six month quantities)</li> </ul> <p>All other medicines including herbal medicines, dietary supplements and over-the-counter medicines may be imported without the above documentation. Over the counter medicines can be imported only if they are for individual use or for a member of your immediate family. Please note that anything in your possession that might be considered as a prescription medicine or controlled drug must be declared on your incoming passenger arrival card. If in doubt, declare it.”</p>
Niger	Letter addressed to INCB from relevant authority – NOT in English	N/A		Not much information is available on the Embassy website on specific regulations for Narcotics and Psychotropic drugs.
Oman	Letter addressed to INCB from relevant authority	<i>Please see</i> <a href="https://www.incb.org/documents/Psychotropics/guidelines/travel-regulations/2013-travellers-update/OMA_18_November_2013_Original_travellers_II.pdf">https://www.incb.org/documents/Psychotropics/guidelines/travel-regulations/2013-travellers-update/OMA_18_November_2013_Original_travellers_II.pdf</a>		
Palau	Standard template used	Documentation required: <ul style="list-style-type: none"> <li>Valid medical prescription</li> </ul>		

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
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		<ul style="list-style-type: none"> <li>• Doctor's certificate endorsed by the health authorities of the country of residence</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs – 30 days</li> <li>• Psychotropic substances – 30 days</li> </ul>		
Panama	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>• Valid medical prescription</li> <li>• Other kind of documents – “Air waybill, retail invoice, note from the patient requesting the importation of the product into the country for personal use.”</li> </ul> <p>Restrictions: <i>None listed.</i></p>	(1) <a href="http://www.d2medical.ie/vaccine_detail.asp?countryId=PM">http://www.d2medical.ie/vaccine_detail.asp?countryId=PM</a> [Date accessed: 03/08/2013]	<p>Not much information is available on the Embassy website on specific regulations for Narcotics and Psychotropic drugs.</p> <p>Many medications are unavailable so travellers should bring with them any prescribed medicine in its original container and in amounts commensurate with personal use. A copy of the prescription and a letter from the prescribing doctor explaining the need for prescription drugs facilitates their entry into the country.</p>
Peru	Standard template used – NOT in English	N/A	(1) <a href="http://about.usps.com/publications/pub141/peru.htm">http://about.usps.com/publications/pub141/peru.htm</a> [Date accessed: 03/08/2013]	<p>Not much information is available on the Embassy website on specific regulations for Narcotics and Psychotropic drugs.</p> <p>Prescription drugs for personal use must have the following on the Commercial Invoice and on the doctor's prescription: complete name and telephone number of the doctor and patient. The following must also be shown: name of drug and form of medicine.</p>
Poland	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>• Other kind of document – Schengen certificate</li> </ul> <p>Restrictions:</p>	(1) <a href="http://www.thevisitor.pl/index.php?id=215">http://www.thevisitor.pl/index.php?id=215</a> [Date accessed: 24/08/2013]  (2) <a href="http://www.incb.org/do">http://www.incb.org/do</a>	(1)Medicines for personal consumption are allowed in in sufficient needed quantities.  (2) In case the visit takes longer than 2 weeks, a permit from the

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

		<ul style="list-style-type: none"> <li>Narcotic drugs – 30 days</li> <li>Psychotropic substances – 30 days</li> </ul>	<p><a href="#">cuments/Psychotropics/guidelines/travel-regulations/English/Poland-ENG.pdf</a> [Date accessed: 24/08/2013]</p>	<p>Pharmaceutical Inspectorate is needed. Schengen agreement applicable.</p> <p>(2) Documents required:</p> <p>a) Doctor's certificate endorsed by the health authorities of the country of residence is required to travellers under medical treatment with drugs containing narcotic drugs of Schedule II, III and/or psychotropic substances of Schedule III and IV;</p> <p>b) Certificate issued by the health authorities of the country of destination is required to travellers under medical treatment with drugs containing narcotic drugs of Schedule I and/or psychotropic substances of Schedule II. Restrictions on narcotics and psychotropic drugs: 14 days.</p> <p>(2) is an extraction from the INCB table. Not much information is provided on the embassy website on the quantities of medicines allowed; but INCB gives more detailed information (NB. INCB data is dated back from 2007)</p>
Portugal	Letter addressed to INCB from relevant authority - Instituto Nacional da Farmácia e do Medicamento, Portugal	“Under article 13 (International movement of persons) of Decree-Law No. 15/93, of 22 January, amended 20 February, persons who cross Portuguese borders may carry, for their own use, medical preparations containing controlled substances in quantities not exceeding those required for 30 days' treatment, upon presentation of a medical document justifying the need for their use. Persons failing to provide a document justifying the need for the use of	(1) <a href="http://www.gddc.pt/legislacao-lingua-estrangeira/english/drugs-doc-dl-15-93.htm">http://www.gddc.pt/legislacao-lingua-estrangeira/english/drugs-doc-dl-15-93.htm</a> [Date accessed: 24/08/2013]	(1) Any persons crossing Portuguese borders may, for the purpose of their personal use and if they present a medical document justifying the need thereof, be in possession of a quantity of substances and preparations listed in Tables I-A, II-B, II-C, III and IV, not in excess of the quantity that is necessary for 30 days treatment. (Please visit the link provided (1) to find out what drugs are listed in each of the tables mentioned above – the tables are right at the bottom of the page on

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

		<p>such substances shall incur the penalties set out in article 21 (Trafficking and other illicit activities) of the same Decree.”</p> <p>‘For personal use can carry medical preparations containing controlled substances in quantities not exceeding 30 days treatment, upon presentation of a medical document justifying the need for their use.’</p>		<p>the link provided).</p> <p>Medicines for personal use are allowed into the country. NB. Schengen agreement applies. Further information can also be found here (However, link (1) has covered most of the information relevant to travellers):  <a href="https://smallbusiness.fedex.com/international/country-snapshots/portugal#C05a">https://smallbusiness.fedex.com/international/country-snapshots/portugal#C05a</a> [Date accessed: 24/08/2013]</p>
Qatar	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>• Valid medial prescription</li> <li>• Certificate issued by the health authorities of the country of destination</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs – 10 days</li> <li>• Psychotropic substances – 60 days</li> </ul>		
Russian Federation	Letter addressed from relevant authority – NOT in English		<p>(1)<a href="http://www.rossiya-airlines.com/en/passenger/luggage/Customscheck/">http://www.rossiya-airlines.com/en/passenger/luggage/Customscheck/</a> [Date accessed: 24/08/2013]</p> <p>(2)<a href="http://www.themoscowtimes.com/business/business_for_business/article/latest-changes-to-the-regulation-of-medicine-imports/416694.html">http://www.themoscowtimes.com/business/business_for_business/article/latest-changes-to-the-regulation-of-medicine-imports/416694.html</a> [Date accessed: 24/08/2013]</p>	<p>(1)According to article 168 of the Customs Code of the Russian Federation, all goods and transport facilities carried across the customs border of the Russian Federation shall be declared to a customs body of the Russian Federation.</p> <p>The following must be declared in writing:</p> <p>8. Drugs and psychotropic agents.  9. Poisonous and strong substances and medicines. (Within many other items).</p> <p>(4) II. The list of personal use goods which import and (or) export from the Customs Union is</p>

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
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			<p>(3)<a href="http://www.russianembassy.ru/en/pages/russianvisaguide">http://www.russianembassy.ru/en/pages/russianvisaguide</a> [Date accessed: 24/08/2013]</p> <p>(4)<a href="http://eng.customs.ru/index.php?option=com_content&amp;view=article&amp;id=1686&amp;Itemid=1908">http://eng.customs.ru/index.php?option=com_content&amp;view=article&amp;id=1686&amp;Itemid=1908</a> [Date accessed: 24/08/2013]</p>	<p>restricted:</p> <p>2. While crossing the customs border in any manner except for international mail:</p> <p>2.2 Specified amounts of narcotic drugs and psychotropic substances in the form of medicines for personal use for medicinal purposes (in this case the necessary documents should be presented) as well as precursors in the amount allowed by the national legislations of the Customs Union member states;</p> <p>Exception: a certain amount of narcotic drugs and psychotropic substances for personal use for medicinal purposes (in this case the necessary documents should be presented), as well as precursors in the amount allowed by the national legislations of the Customs Union member states. (It would be advisable to contact the Customs Union member states to find out the quantities allowed).</p> <p>Link (2): (Please read the initial text first, from there the next line follows)... Without receiving the above licenses or conclusions (or permits), medicines may be imported:</p> <p>By members of the diplomatic corps;</p> <p>By individuals for their personal use (with no commercial purpose);</p> <p>Read more:</p> <p><a href="http://www.themoscowtimes.com/business_for_business/article/latest-changes-to-the-regulation-of-medicine-imports/416694.html#ixzz2csjEYtfC">http://www.themoscowtimes.com/business_for_business/article/latest-changes-to-the-regulation-of-medicine-imports/416694.html#ixzz2csjEYtfC</a></p>
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Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
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				(3) Medical drugs can be brought to Russia in quantities sufficient for personal consumption during your stay.
Saint Lucia	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>• Valid medical prescription</li> <li>• Doctor's certificate endorsed by the health authorities of the country of residence</li> <li>• Certificate endorsed by the health authorities of the country of residence</li> <li>• Presentation of the original prescription at the Custom's of the country of destination</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs – 30 days</li> <li>• Psychotropic substances – 30 days</li> </ul>		
Senegal	Letter addressed from relevant authority – NOT in English	N/A	(1) <a href="http://travel.state.gov/travel/cis_pa_tw/cis/cis_1013.html">http://travel.state.gov/travel/cis_pa_tw/cis/cis_1013.html</a> [Date accessed: 24/08/2013]	(1) Travellers should carry a supply of any needed prescription medicines, along with copies of the prescriptions, including the generic name for the drugs, and a supply of preferred over-the-counter medications.  Not much information is available in regards to narcotics and psychotropic drugs into Senegal for personal medical use.
Seychelles	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>• Valid medical prescription</li> <li>• Doctor's certificate endorsed by the health authorities of the country of residence</li> </ul>		

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

		<ul style="list-style-type: none"> <li>• Certificate endorsed by the health authorities of the country of residence</li> <li>• Presentation of the original prescription at the Custom's of the country of destination</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs – 30 days</li> <li>• Psychotropic substances – 30 days</li> <li>• List of prohibited substances - flunitrazepam</li> </ul>		
Singapore	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>• Valid medical prescription</li> <li>• Other kind of documents – “Doctor’s letter”</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs – 3 months</li> <li>• Psychotropic substances – 3 months</li> <li>• List of prohibited substances – “Please refer to <a href="http://www.hsa.gov.sg/publish/hsaportal/en/health_products_regulation/bringing_personal_medication/controlled_substances.html">www.hsa.gov.sg/publish/hsaportal/en/health_products_regulation/bringing_personal_medication/controlled_substances.html</a>”</li> <li>• Other information – “Please refer to: <a href="http://www.hsa.gov.sg/publish/hsaportal/en/health_products_regulation/bringing_personal_medication.html">www.hsa.gov.sg/publish/hsaportal/en/health_products_regulation/bringing_personal_medication.html</a>”</li> </ul>	(1) <a href="http://www.hsa.gov.sg/publish/hsaportal/en/health_products_regulation/bringing_personal_medication.html">http://www.hsa.gov.sg/publish/hsaportal/en/health_products_regulation/bringing_personal_medication.html</a> [Date accessed: 24/08/2013]	<p>(1)If the medicinal products you are importing into Singapore contain any controlled substance listed in Appendix A (follow the link to find out what medicines are listed in Appendix A), you are required to apply for prior approval from the Health Products Regulation Group, Health Sciences Authority, Singapore.</p> <p>To apply for approval, please download this application form and submit the completed form with the necessary supporting documents at least ten working days before the arrival date by:</p> <p>Email to: <a href="mailto:hsa_info@hsa.gov.sg">hsa_info@hsa.gov.sg</a>  Fax to: (65) 64789068; or  Mail to:  Audit and Licensing Division  Health Products Regulation Group  Health Sciences Authority  150 Cantonment Road, Cantonment Centre  Blk A, #01-02, Singapore 089762  Upon approval, the licence/permit will be sent to</p>



Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

				<p>you through email / fax.</p> <p>The following documents and information are required to be submitted with your application:</p> <p>Names, strengths and dosages of the medicinal products (both trade/brand names and names of active ingredients contained in the products)</p> <p>Total quantity of each medicinal product to be imported into Singapore</p> <p>A copy of your doctor's letter or prescription verifying for</p> <ul style="list-style-type: none"> <li>i) the need for the medicinal products</li> <li>ii) the total quantity of the medicinal products to be imported into Singapore</li> </ul> <p>A copy of your travel itinerary indicating intended arrival and departure dates into/from Singapore (applicable for visiting tourists)</p> <p>A copy of your passport page with personal particulars</p> <p>Your contact details (address, phone/fax number, and/or email)</p> <p>(1) If the medicinal products you are importing do not contain any controlled substance listed in Appendix A, you may import quantities not exceeding 3 months' supply without seeking prior approval from HSA.</p> <p>For prescription medicinal products, you are required to have the necessary supporting documents, namely, a letter from your doctor and/or a copy of the prescription as proof that the medicinal products are for your personal medical</p>
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Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
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				use. The individual shall take full responsibility for the use of these medicinal products in accordance with the instructions given by the prescribing doctor.
Slovak Republic	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>Valid medical prescription, <i>box checked but annotated "not valid information". Contradictory, please see additional information</i></li> <li>Other kind of documents – “ Certificate issued by the health authorities of the country of residence (Schengen Agreement). To hold a formal confirmation from pharmacy that travellers possess medical preparation licitly.’</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>Narcotic drugs – “7 days for Schedule I, 1961 Convention 30 days for Schedule III, 1961 Convention”</li> <li>Psychotropic substances – “7 days for Schedule II, 1971 Convention 30 days for Schedules III and IV, 1971 Convention”</li> <li>Other information – “Schengen Agreement applicable”</li> </ul>	(1) <a href="http://www.bratislava-info.sk/index.php?cl=n4&amp;iid=27&amp;action=view&amp;lng=en">http://www.bratislava-info.sk/index.php?cl=n4&amp;iid=27&amp;action=view&amp;lng=en</a> [Date accessed: 24/08/2013]	<p>(1) Import and export of medication for personal use while traveling is not limited, if the medication is exported and imported in appropriate quantity.</p> <p>While exporting or importing drugs with dazing and psychotropic ingredients it is recommended to carry the doctor’s prescription. Attention, this certificate may not be accepted when other countries and depends on laws and regulations of each state.</p> <p>Schengen agreement applies. INCB agrees in that a valid medical prescription is needed.</p>
Slovenia	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>Valid medical prescription</li> </ul>	(1) <a href="http://www.carina.gov.si/en/travellers/travellers_entering_slovenia_from_t">http://www.carina.gov.si/en/travellers/travellers_entering_slovenia_from_t</a>	(1) According to the Manufacture and Trafficking of Illicit Drugs Act importation of narcotics into Slovenia and exportation from Slovenia are

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

		<p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs – 5 days</li> <li>• Psychotropic substances – 5 days</li> <li>• Other information – “Schengen agreement applicable.”</li> </ul>	<p><a href="#">hird_countries/prohibitions_and_restrictions/</a> [Date accessed: 24/08/2013]</p>	<p>prohibited unless a permit issued by the Ministry of Health is submitted. Persons crossing the Slovenian border may only possess prohibited drugs for personal use if these are used as medicines in accordance with special regulations. The border authorities can demand from persons who have such drugs in their possession while crossing the border of the Republic of Slovenia a medical certificate proving the right to possess prohibited drugs.</p> <p>(1) As a matter of principle, medicinal products may only be imported after obtaining the advance permit by the Ministry of Health.</p> <p>A permit for importing medicines is not required for medicinal products in quantities to meet travellers’ personal needs. Schengen Agreement applicable.</p>
Soloman Islands	Letter addressed from relevant authority – Pharmacy Services Division, Ministry of Health and Medical Services, Soloman Islands	<p>“As far as I am aware, there are no legislative restrictions in Soloman Islands on travelers either entering or leaving with such personal medication, provided that the substance is not itself ‘banned’ here – and we have not, as yet, specifically banned any medicinal substance.”</p> <p>“As a matter of practical policy, we expect that such medicines will have been legally supplied in the country of origin, and where there may be doubt, we advise Customs officers on the entry to request our intervention/advice on a case-by-case basis.”</p> <p>“As to exit, there are no regulations – any</p>	<p>(1)<a href="http://www.mof.gov.sb/Libraries/Customs_Legislation/Customs_Act.sflb.aspx">http://www.mof.gov.sb/Libraries/Customs_Legislation/Customs_Act.sflb.aspx</a> [Date accessed: 24/08/2013]</p>	<p>According to (1) no restrictions on medicines have been mentioned.</p> <p>To add to the above, the link below (Solomon Islands Government web link) [<a href="http://www.mof.gov.sb/Customs/CustomsProhibitedGoods/CustomsRestrictedImports.aspx">http://www.mof.gov.sb/Customs/CustomsProhibitedGoods/CustomsRestrictedImports.aspx</a>] also agrees with the above, in that there is no restrictions stated for medicines.</p>

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

South Africa	Standard template used	<p>medicine legally obtained here may be taken out for personal use.”</p> <p>Documentation required:</p> <ul style="list-style-type: none"> <li>• Valid medical prescription</li> <li>• Doctor’s certificate endorsed by the health authorities of the country of residence</li> <li>• Certificate endorsed by the health authorities of the country of residence</li> <li>• Presentation of the original prescription at the Custom’s of the country of destination</li> <li>• Other kind of documents – “copy of passport &amp; itinerary”</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs – 60 days</li> <li>• Psychotropic substances – 60 days</li> </ul> <p><a href="https://www.incb.org/documents/Psychotropics/guidelines/travel-regulations/2013-travellers-update/SAF-7_August_2014_Original_travellers_I_attachme nt.pdf">https://www.incb.org/documents/Psychotropics/guidelines/travel-regulations/2013-travellers-update/SAF-7_August_2014_Original_travellers_I_attachme nt.pdf</a></p>	<p>(1)<a href="http://www.southafrica-newyork.net/consulate/customs%20and%20excise.html">http://www.southafrica-newyork.net/consulate/customs%20and%20excise.html</a> [Date accessed: 24/08/2013]</p> <p>(2)<a href="http://www.southafrica.info/travel/advice/redtape.htm#.UhjPfBtJ6jY">http://www.southafrica.info/travel/advice/redtape.htm#.UhjPfBtJ6jY</a> [Date accessed: 24/08/2013]</p>	<p>(2)It is illegal to bring the following goods into South Africa:</p> <ul style="list-style-type: none"> <li>• Narcotics: any narcotic or psychotropic substances, including drugs such as cannabis, heroin, cocaine, mandrax or ecstasy; or any paraphernalia relating to their use.</li> </ul> <p>South African Revenue Service also confirms the information above - <a href="http://www.sars.gov.za/ClientSegments/Customs-Excise/Travellers/Pages/default.aspx">http://www.sars.gov.za/ClientSegments/Customs-Excise/Travellers/Pages/default.aspx</a> [Date accessed: 24/08/2013]</p> <p>(1)Medicine, in the normal course of events, are prohibited by private individuals, but by way of a concession immigrants and tourists visiting the Republic may bring with them for their personal use a supply for a month provided they are in possession of a prescription for such medicine or a certificate from a chemist to the effect that the medicine was duly prescribed by a physician.. This does not apply to small amounts of patent medicines, e.g. aspirin, which are carried for own use.</p>
Spain	Letter addressed from relevant authority – NOT in English	N/A	<a href="http://mapausa.org/eng/fo od.htm">http://mapausa.org/eng/fo od.htm</a> (Last Accessed 26/08/16)	“The requirements for taking any kind of drug to Spain, not considered as psychotropics (substances susceptible of create

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

				<p>addition) are:</p> <p>*Doctor’s prescription, specifying the active ingredient, generic name, dosage and frequency of intakes (Spanish translation has to be attached.)</p> <p>For medicaments considered as psychotropics , the requirements are:</p> <p>*Doctor’s report (Spanish translation has to be attached) justifying the prescription, including patient personal information, diagnosis, active ingredient, generic name, dosage and frequency of intakes.</p> <p>In the case of a chronic illness that needs a large amount and variety of medicaments, and when an extended period of time in Spanish territory is foreseen, travellers can take with them the necessary amount. Before traveling, it has to be in consideration that many medicaments commercialized in the USA are not commercialized in Spain with the same name, for that reason, it is necessary to specify in the prescription and in the Doctor’s report the active ingredient and the generic name, in order to facilitate the obtention of medicaments with the same characteristics in the Spanish pharmacies.”</p>
Sri Lanka	Standard template used	Documentation required: <ul style="list-style-type: none"> <li>• Valid medical prescription</li> <li>• Other kind of documents – “License to</li> </ul>	(1) <a href="http://webportal.atlasintl.com/Customs%20Docs/Sri%20Lanka.pdf">http://webportal.atlasintl.com/Customs%20Docs/Sri%20Lanka.pdf</a> [Date	Pharmaceuticals and medicines are allowed to be brought to Sri Lanka for personal use & also w/physician’s prescriptions.

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

		<p>import drugs for personal use has been issued by the competent authority as individual patient basis.”</p> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs – <i>none listed</i></li> <li>• Psychotropic substances – <i>none listed</i></li> <li>• List of prohibited substances – “Lysergic acid diethylamide (LSD) or any salt thereof. M, N-Dimethyltryptamine (DET) or any salt thereof. N,N-Dimethyltryptamine (DMT) or any salt thereof. 4-Methyl-2,5,-dimethoxyamphetamine (STP) (DOM) of any salt thereof.”</li> <li>• Other information – “Maximum quantity permitted is as per the quantity specified in the prescription issued by a consultant Medical Practioner.”</li> </ul>	<p>accessed: 24/08/2013]</p>	<p>Agrees with the INCB in that it is unclear as there are no specific legal provisions for travellers carrying small quantities of medical preparations containing controlled substances.</p>
Sweden	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>• Valid medical prescription – “comment: Or other proof of medicinal purpose and personal use.”</li> <li>• Other kind of documents – “The traveller must provide proof that the narcotic medicine is for medicinal purposes and for the traveller’s personal use, e.g. doctor’s certificate, pharmaceutical label with the patients and doctors name on it.”</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs – “Maximum 5 days</li> </ul>		

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

		<p>supply”</p> <ul style="list-style-type: none"> <li>• Psychotropic substances – “Maximum 5, 21 or 90 days supply depending on which list is applicable in the Medical Products Agency’s provisions on lists of narcotics.”</li> <li>• List of prohibited substances – “Medicines containing narcotics in list I in the Medical Products Agency’s provisions on lists of narcotics e.g. eticyclidine, heroin, mescaline, methcathinone, psilocybine.”</li> <li>• Other information – “Article 5a of the Ordinance (1992:1554) on the control of narcotic drugs: Residences from other Schengen countries may bring narcotic drugs or psychotropic substances corresponding to a maximum of 30 days supply.”</li> </ul>		
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Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

Switzerland	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>Valid medical prescription</li> <li>“Schengen Agreement applicable”</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>Narcotic drugs – 30 days</li> <li>Psychotropic substances – 30 days</li> </ul>	(1) <a href="http://www.ezv.admin.ch/zollinfo_privat/04414/04418/index.html?lang=en">http://www.ezv.admin.ch/zollinfo_privat/04414/04418/index.html?lang=en</a> [Date accessed: 24/08/2013]	<p>(1) Travellers are allowed to carry medicinal products containing narcotic or psychotropic substances without an import or export permit, provided that the quantity carried is no greater than that required for 30 days, and in the case of exportation, that the destination country allows this.</p> <p>N.B. You may only carry the quantity required for a month if it is for your own personal use and not for someone else.</p> <p>INCB also mentions that a valid medical prescription is required indicating the name of the patient, the name of the medical product, the posology and total amount of the medical preparation prescribed.</p> <p>Schengen agreement applies.</p>
Syrian Arab Republic	Letter addressed from relevant authority – NOT in English	N/A		<p>Not much information is available in regards to narcotics and psychotropic drugs into Syrian Arab Republic for personal medical use.</p> <p>Not much information is available in regards to carrying medicines into Syrian Arab Republic for personal medical use.</p>
Tajikistan	Letter addressed from relevant authority – NOT in English	N/A	(1) <a href="http://travel.state.gov/travel/cis_pa_tw/cis/cis_1037.html">http://travel.state.gov/travel/cis_pa_tw/cis/cis_1037.html</a> [Date accessed: 24/08/2013]	<p>Not much information is available in regards to medicines in general, narcotics and psychotropic drugs into Tajikistan for personal medical use.</p> <p>(1) Some HIV/AIDS entry restrictions exist for visitors to and foreign residents of Tajikistan. Visitors and foreign residents who will be in</p>



Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

				Tajikistan for more than 90 days must present a medical certificate showing that they are HIV-free, or to submit to an HIV test in Tajikistan. Please verify this information with the Embassy of Tajikistan before you travel.
Thailand	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>Valid medical prescription</li> <li>Doctor's certificate endorsed by the health authorities of the country of residence</li> <li>Certificate endorsed by the health authorities of the country of residence</li> <li>Other kind of documents – "Presentation of certificate issued by health authorities of the country of destination at the Customs of the country of destination."</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>Narcotic drugs – 30 days</li> <li>Psychotropic substances – 30 days</li> <li>List of prohibited substances – "Narcotic drugs in Categories 1,4 and 5. Psychotropic Substances in Category 1."</li> <li>Other information – "Please see the table of narcotic and psychotropic drugs attached." <i>No table attached.</i></li> </ul>	<p>(1)<a href="http://www.thaiconsulate.se/img/document/GuidanceForTravelers.pdf">http://www.thaiconsulate.se/img/document/GuidanceForTravelers.pdf</a> (This link is really good – please read before travelling) [Date accessed: 24/08/2013]</p> <p>(2)<a href="http://narcotic.fda.moph.go.th/faq/upload/guidance%20for%20travelers%20version%204.doc_e1a4.pdf">http://narcotic.fda.moph.go.th/faq/upload/guidance%20for%20travelers%20version%204.doc_e1a4.pdf</a> [Date accessed: 24/08/2013]</p> <p><a href="http://narcotic.fda.moph.go.th/faq/faq.php">http://narcotic.fda.moph.go.th/faq/faq.php</a></p>	<p>(1) According to the new regulation, travellers under treatment can carry medications containing narcotic drugs of Category 2 for personal treatment with the quantity of not exceeding 30 days of usage and must follow the regulations strictly.</p> <p>Travellers are required to obtain a permit (Form IC-2), issued by Food and Drug Administration, before your travel to Thailand. The quantity of the medications must not exceed 30 days of usage. To apply for the permit, please download the application form – follow link (1) (Form IC-1) and supplementary and submit the completed form with medical prescription and the certificate at least two weeks before your arrival date by : Fax to : 66 2591 8471 or Email to : narcotic@fda.moph.go.th or Mail to : Narcotics Control Division Food and Drug Administration Ministry of Public Health Nonthaburi 11000, THAILAND</p> <p>According to The Psychotropic Substances Act B.E. 2518 (1975), travellers under treatment can carry medications containing</p>

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

				<p>psychotropic substances of Category 2, 3, 4 for personal treatment with the quantity of not exceeding 30 days of usage and with a certificate/medical prescription of the physician. The certificate/medical prescription of the physician should indicate :</p> <ul style="list-style-type: none"> <li>◆ the name and address of the patient,</li> <li>◆ the identified medical condition,</li> <li>◆ the name and the necessity of medical preparations for his/her treatment,</li> <li>◆ the posology and total amount of medical preparations prescribed,</li> <li>◆ the name, address and licence number of the prescribing doctor.</li> </ul> <p>The quantity of the medications must not exceed 30 days of usage.</p> <p>Examples of psychotropic substances of Category 2, 3, 4 according to Psychotropic Substances Act B.E. 2518 (1975):</p> <p>Category 2: Buprenorphine, Methylphenidate, Midazolam, Nitrazepam, Phentermine, Temazepam, Triazolam, Zolpidem.</p> <p>Category 3: Pentazocine.</p> <p>Category 4: Alprazolam, Bromazepam, Chlordiazepoxide, Clonazepam, Clorazepate, Diazepam, Oxazepam, Lorazepam, Phenobarbital.</p> <p>(2) Those travellers carrying medications containing narcotics of category 2 are required to declare the medications they are carrying into/out of Thailand.</p> <p>Those travellers carrying all other medications into Thailand (including medications containing</p>
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Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
-----------------	-------------------------	---------------------------------	---------------------------------------	---

				<p>psychotropic substances of Categories 2, 3, and 4) do not have to declare their medications at the Customs Dept. Red Channel if the medication is for personal treatment in a quantity not exceeding 30 days of prescribed usage and accompanied by a certificate/medical prescription from the prescribing physician. Those medications are then considered personal belongings. The prescription/certificate should be kept with the traveller throughout their stay in Thailand. The medications must be kept in the original prescription bottles with the contents clearly marked.</p> <p>Thai FDA: Version 1.4 Page 7 of 7</p> <p>In the case that a traveller's medications are prohibited from import into Thailand, the traveller should consult their doctor to determine alternate medications.</p> <p>NB. As requirements concerning medications may change, travellers should check the requirements on this website for the importation/exportation of medications prior to each visit.</p>
Tanzania	Letter addressed from relevant authority – The United Republic of Tanzania Ministry of Health	<p><i>Detailed document, please see:</i></p> <p><a href="https://www.incb.org/documents/Psychotropics/guidelines/travel-regulations/English/Tanzania-ORIGINAL.pdf">https://www.incb.org/documents/Psychotropics/guidelines/travel-regulations/English/Tanzania-ORIGINAL.pdf</a></p>	<p>(1)PDF file will follow from this link:  <a href="https://www.google.co.uk/url?sa=t&amp;rct=j&amp;q=&amp;esrc=s&amp;source=web&amp;cd=2&amp;cad=rja&amp;ved=0CD8QFjAB&amp;url=http%3A%2F%2Fwww.tfda.or.tz%2Findex.php%3Foption%3Dcom_">https://www.google.co.uk/url?sa=t&amp;rct=j&amp;q=&amp;esrc=s&amp;source=web&amp;cd=2&amp;cad=rja&amp;ved=0CD8QFjAB&amp;url=http%3A%2F%2Fwww.tfda.or.tz%2Findex.php%3Foption%3Dcom_</a></p>	<p>1.5.4 Importation of controlled drugs:</p> <ul style="list-style-type: none"> <li>i. Importation permit for controlled drugs shall be issued with additional controlled drugs import certificate which is valid for 6 months.</li> <li>ii. Application for controlled drugs import certificate will be processed at TFDA headquarter offices.</li> <li>iii. Narcotic drugs will be imported by Medical Stores Department (MSD) only.</li> </ul>

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
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			<p><a href="http://phocadownload%26view%3Dcategory%26download%3D18%3Aguidelines-import-export-pharmaceuticals-products-raw-materials%26id%3D22%3Aguidelines%26Itemid%3D300&amp;ei=ZPIYUou9C OR0QXTsYHoBA&amp;usq=AFQjCNGcoBmfmxiaMJ1AiDIUASiKM04ww&amp;bv=51156542,d.d2k">phocadownload%26view%3Dcategory%26download%3D18%3Aguidelines-import-export-pharmaceuticals-products-raw-materials%26id%3D22%3Aguidelines%26Itemid%3D300&amp;ei=ZPIYUou9C OR0QXTsYHoBA&amp;usq=AFQjCNGcoBmfmxiaMJ1AiDIUASiKM04ww&amp;bv=51156542,d.d2k</a> [Date accessed: 24/08/2013]</p>	<p>NB. The above legislation (1.5.4) does not mention import of controlled drugs for personal use – hence it would be advisable to check this legislation before you travel.</p> <p>(1)1.5.2 Importation of medicines for personal use:</p> <p>i. Applications for importation of medicines for personal use should be accompanied by a prescription from a registered medical practitioner, dentist, veterinary surgeon or any other authorized practitioner.</p> <p>ii. Apart from prescription, a letter giving reasons for importation from applicant or qualified medical practitioner, dentist, veterinary surgeon or any other authorized practitioner should also be submitted.</p>
Timor Leste	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>• Valid medical prescription</li> <li>• Doctor’s certificate endorsed by the health authorities of country of residence</li> <li>• Certificate issued by the health authorities of the country of destination</li> <li>• Presentation of the original prescription at the Customs of the country of destination</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs – 30 days</li> <li>• Psychotropic substances – 30 days</li> </ul>		

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
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Togo	Original template used – NOT in English	N/A <i>It can be postulated that there is a 7-day restriction on narcotic drugs, and a 30-day restriction on psychotropic substances – but a translator would be needed to confirm this. Please see additional information for Togo.</i>		
Tristan da Cunha	Original template used	<i>No information provided</i>		
Tunisia	Letter addressed from relevant authority – NOT in English	N/A	(1) <a href="http://www.tunispro.net/tunisia/customs-in-tunisia.htm">http://www.tunispro.net/tunisia/customs-in-tunisia.htm</a> [Date accessed: 24/08/2013]	Not much information is available in regards to narcotics and psychotropic drugs into Tunisia for personal medical use.  Strictly forbidden is, for example, the import of: Drugs, medicines, except medicines for the own use during the vacation, it is suggested to have a doctor's letter as proof.
Turkey	Standard template used	Documentation required: <ul style="list-style-type: none"> <li>• Presentation of the original prescription at the Customs of the country of destination</li> <li>• Other kind of documents – “The travellers under medical treatment carrying medical preparations containing controlled substances for</li> </ul>	(1) <a href="http://www.economy.gov.tr/index.cfm?sayfa=D391E481-0894-5397-EA051FCDEA8CAEE2">http://www.economy.gov.tr/index.cfm?sayfa=D391E481-0894-5397-EA051FCDEA8CAEE2</a> [Date accessed: 24/08/2013]	The INCB states that: Travellers under medical treatment of preparations containing controlled substances for personal use are required to submit the Doctor's report on their treatment as well as the prescription when entering Turkey.  2) Travellers are expected to bring only the

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
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		<p>personal use are expected to carry with them only the amount of medicine necessary to cover the duration of stay in Turkey”</p> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs – <i>none listed</i></li> <li>• Psychotropic substances – <i>none listed</i></li> <li>• Other information: “The following rules are required for methadone: 1. 15 days for methadone. 2. Travellers under substitution treatment with methadone must carry with them a form like “Model form of a certificate for the carrying by travellers under treatment of medical preparations containing narcotic drugs and/or psychotropic substances” which has been developed by INCB according to “International guidelines for national regulations concerning travellers under treatment with internationally controlled drugs”. 3. Upon arriving to the Republic of Turkey travellers must declare this document to the border control. 4. When the duration of stay exceed 15 days the patient must contact the Alcohol and Substance Dependence Treatment Centres in Turkey.” </li></ul>		<p>amount of medicine that will cover the duration of stay in Turkey.</p> <p>1) Any medicine imported by post for personal use needs approval of the Turkish Ministry of Health.</p> <p><u>(1)Communiqué of Product Safety and Inspection No. (2012/20)</u>  [According to this Communication, importation of certain goods such as pharmaceutical products, medicines, some chemicals, etc., is subject to the control of Ministry of Health.</p> <p>For the importation of these goods, the importer shall submit some documents such as the proforma invoice or invoice, the health certificate and certificate of analysis etc. to the Ministry of Health before the import stage. The importer should submit the Control Certificate to the custom authorities during the import stage.]</p> <p>NB. It is unclear whether this is also needed for a person carrying medicines for personal medical use during the travel stay.</p>
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Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
Uganda	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>• Valid medical prescription</li> <li>• Doctor’s certificate endorsed by the health authorities of the country of residence</li> <li>• Presentation of the original prescription at the Customs of the country of destination – “original prescription presented to verification committee who then issue a verification certificate that is presented to customs”</li> <li>• Other kind of documents – “Verification certificate, certificate for narcotics and psychotropics.”</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs – <i>ticked indicating restrictions apply</i></li> <li>• Psychotropic substances – <i>ticked indicating restrictions apply</i></li> </ul>		
Ukraine	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>• Valid medical prescription</li> <li>• Other kind of documents – “Customs declaration. Passport confirming the identity of the patient and the right of the patient to cross the State border of Ukraine. For medications that are registered in Ukraine, a copy of the medication quality certificate issued by the manufacturer is also required.”</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs – “No more than 10</li> </ul>	(1) <a href="http://www.lexology.com/library/detail.aspx?g=9c78f3ef-5179-4e39-93a4-e20dbfeecff1">http://www.lexology.com/library/detail.aspx?g=9c78f3ef-5179-4e39-93a4-e20dbfeecff1</a> [Date accessed: 24/08/2013]	(1)Starting 01 March 2013, import of pharmaceuticals into Ukraine requires a separate import licence (the “Import Licence”). This requirement was introduced by Law of Ukraine No. 5038-VI, dated 04 July 2012 that amended accordingly Law of Ukraine on Pharmaceutical Products No. 123/96-BP, dated 04 April 1996. (“Law”).  To implement the said provision of the Law, the Health Protection Ministry of Ukraine through its Order No, 143, dated 20 February 2013 adopted the relevant licence conditions (“Licence

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
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		<p>ampoules of narcotic drugs or psychotropic substances”</p> <ul style="list-style-type: none"> <li>• Psychotropic substances – “No more than 50 tablets of psychotropic substances”</li> <li>• Other information – “In addition, the patient may transport no more than 10 transdermal systems into or out of the customs territory of Ukraine.”</li> </ul>		<p>Conditions”) that became effective as of 01 March 2013.</p> <p>(1) Import Licence is issued by the State Agency of Ukraine for Pharmaceutical Products (“Agency”) to importers of pharmaceutical products who meet the following requirements:</p> <ul style="list-style-type: none"> <li>*have sufficient material and technical resources;</li> <li>*employ qualified personnel;</li> <li>*have appropriate resources to conduct quality control of the pharmaceuticals that will be imported into Ukraine.</li> </ul> <p>According to the Licence Conditions, <u>no Import Licence is needed for import of:</u></p> <ul style="list-style-type: none"> <li>*active pharmaceutical ingredients (API); and</li> <li>*medicines imported as humanitarian aid or in connection activities of charitable organisations as provided by applicable Ukrainian laws.</li> </ul>
United Arab Emirates	Letter addressed from relevant authority – United Arab Emirates Ministry of Health	Please see <a href="https://www.incb.org/documents/Psychotropics/guidelines/travel-regulations/English/United_Arab_Emirates-ORIGINAL.pdf">https://www.incb.org/documents/Psychotropics/guidelines/travel-regulations/English/United_Arab_Emirates-ORIGINAL.pdf</a>	(1) <a href="http://www.uaeinteract.com/travel/drug.asp">http://www.uaeinteract.com/travel/drug.asp</a> [Date accessed: 24/08/2013]	<p>(2) The INCB goes into mention:</p> <p>1) Residents and non-residents can bring into the country 3 months’ supply of a prescription medicine.</p> <p>Residents can bring up to one year supply of a prescription medicine but need a doctor’s letter or a copy of the prescription issued in country of origin.</p> <p>2) Psychotropic drugs can be brought in by non-residents to cover the duration of their stay.</p>



Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
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				<p>Residents should not bring more than one month supply. However a resident can import more than 1 month supply if medicine not available in UAE, only after approval from Drugs Control Department. In all cases patient must have a doctor's letter or copy of prescription of psychotropic imported into the country.</p> <p>3) Residents or non-residents should not bring in narcotics unless prior discussion with Ministry of Health. Each case is assessed individually.</p> <p>4) Medicines arriving in the country via postal service or a courier can't be released to the patient unless regulations above are followed.</p> <p>[NB. Check for any recent updates as the information given from link (2) is dated back from March 2005.]</p> <p>Link (1) gives a list of Controlled Medicines and Medications, registered with the Ministry of Health in the UAE and enforced by the UAE Ministry of Interior and International Narcotic Controlled Board (INCB).</p> <p>These items are essentially available only in hospitals and in large community pharmacies, under the prescription of doctors. The Ministry of Health advises that unlicensed, controlled medicines can only be imported into the UAE through hospitals and not by individuals.</p> <p>However, the Drug Control Department of the</p>
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Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
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				<p>Ministry of health does have special regulations for personal import of such items: patients or travellers carrying prescribed prescription medications must have their prescriptions issued by licensed doctors, attested by a notary public, and, in the case of U.S. citizens, duly authenticated by both the secretary of state of one's U.S. state, and finally also authenticated by the Secretary of State of the U.S. Government in Washington, D.C.</p> <p>Further queries may be directed to the UAE Ministry of Health's Drug Control Department in Abu Dhabi, P.O. Box 848, Fax: + 971 2 6313 742.</p>
United States of America	Letter addressed from relevant authority – U.S. Department of Justice, Drug Enforcement Administration	<p>“The United States Statute (21 USC 956) and the DEA regulations (21 CFR 1301.26) allow personal use importation only where the controlled substances were "lawfully" obtained by the traveler abroad. The travelers seeking to carry, on their person, into the United States controlled substances obtained abroad for personal medical use may only do so if the controlled substances were dispensed in full compliance with the laws of the country in which they were dispensed. The regulatory citations are listed below: 21 CFR 1301.26 Exemptions from import or export requirements for personal medical use. Any individual who has in his/her possession a controlled substance listed in schedules II, III, IV, or V, which he/she has lawfully obtained for his/her personal medical use, or for administration to an animal accompanying him/her, may enter or depart the</p>	<p>(2a)<a href="http://www.fda.gov/forindustry/importprogram/importpolicyandinformationbyproduct/default.htm">http://www.fda.gov/forindustry/importprogram/importpolicyandinformationbyproduct/default.htm</a> [Date accessed: 24/08/2013]</p> <p>(2b)<a href="http://www.cbp.gov/xp/cgov/travel/id_visakbyg/prohibited_restricted.xml">http://www.cbp.gov/xp/cgov/travel/id_visakbyg/prohibited_restricted.xml</a> [Date accessed: 24/08/2013]</p>	

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
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		<p>United States with such substance notwithstanding sections 1002-1005 of the Act (21 U.S.C. 952-955), provided the following conditions are met: (a) The controlled substance is in the original container in which it was dispensed to the individual; and (b) The individual makes a declaration to an appropriate official of the Bureau of Customs and Border Protection stating:”</p> <p>“That the controlled substance is possessed for his/her personal use, or for an animal accompanying him/her; and (2) The trade or chemical name and the symbol designating the schedule of the controlled substance if it appears on the container label, or, if such name does not appear on the label, the name and address of the pharmacy or practitioner who dispensed the substance and the prescription number. (c) In addition to (and not in lieu of) the foregoing requirements of this section, a United States resident may import into the United States no more than 50 dosage units combined of all such controlled substances in the individual's possession that were obtained abroad for personal medical use. (For purposes of this section, a United States resident is a person whose residence (i.e., place of general abode—meaning one's principal, actual dwelling place in fact, without regard to intent) is in the United States.) This 50 dosage unit limitation does not apply to controlled substances lawfully obtained in the United States pursuant to a prescription issued by a DEA registrant.”</p>		
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Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
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Uzbekistan	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>Other kind of documents – “A document (attending physician’s report) issued by a medical institution of the patient’s country of residence certifying that the patient is suffering from an illness that requires treatment in the form of narcotic drugs or psychotropic substances, indicating the name of the narcotic drug or psychotropic substance concerned, its pharmaceutical form and quantity and the period of treatment as prescribed by the physician; 2. A document verifying that the use of the narcotic drug or psychotropic substance in question is lawful (copy of prescription).”</li> </ul> <p>Restrictions: “Patients effecting a transit (transfer) through the territory of the Republic of Uzbekistan are</p>		<p>The competent authorities of the following goods into the appropriate permissions (licenses) are required:</p> <ul style="list-style-type: none"> <li>- Narcotic drugs, psychotropic substances and precursors spoke drugs control over the permission of the State Commission of the Republic of Uzbekistan and the certificates issued by the Ministry of Health of the Republic of Uzbekistan;</li> </ul> <p><i>Limited, but some relevant information available for travelers. Page was translated in English, so</i></p>

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
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		<p>permitted to have in their possession for treatment purposes narcotic drugs and psychotropic substances subject to State control in the Republic of Uzbekistan:”</p> <ul style="list-style-type: none"> <li>• “Narcotic drugs in quantities not exceeding treatment dose for seven days”</li> <li>• “Psychotropic substances in quantities not exceeding treatment dose for fifteen days.”</li> <li>• List of narcotic drugs, the trafficking of which is prohibited in the Republic of Uzbekistan – <i>detailed list, please see: <a href="https://www.incb.org/documents/Psychotropics/guidelines/travel-regulations/2013-travellers-update/UZB_30_January_2015_table_ENG_01334.pdf">https://www.incb.org/documents/Psychotropics/guidelines/travel-regulations/2013-travellers-update/UZB_30_January_2015_table_ENG_01334.pdf</a></i></li> </ul>		
Vanuatu	Letter addressed from relevant authority – Department of Health, The Government of the Republic of Vanuatu	<p>“Exemptions – The following preparations are exempted from the prohibitions imposed by this Act – Preparations carried into Vanuatu</p> <p>(a) for personal use; and</p> <p>(b) of reasonable amount; and</p> <p>(c) accompanied with a letter from a medical practitioner from the person’s country of origin; and</p> <p>(d) appropriately labelled with its correct name.”</p> <p>“There are no restrictions on what is carried out of the country as usually it is at importation that the problems arise.”</p>	<p><a href="http://customsinlandrevenue.gov.vu/home/index.php/sample-sites-2/2011-12-22-18-51-21/exemptions-cir">http://customsinlandrevenue.gov.vu/home/index.php/sample-sites-2/2011-12-22-18-51-21/exemptions-cir</a> [Date accessed: 20/08/16]</p>	<p><i>Limited information available.</i></p> <p>“You are also required by law to declare the following goods to customs:</p> <ul style="list-style-type: none"> <li>• Prohibited or restricted goods such as medicines”</li> </ul>

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
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Zimbabwe	Standard template used	<p>Documentation required:</p> <ul style="list-style-type: none"> <li>• Valid medical prescription</li> <li>• Doctor's certificate endorsed by the health authorities of the country of residence</li> <li>• Certificate issued by the health authorities of the country of destination</li> <li>• Presentation of the original prescription at the Customs of the country of destination</li> </ul> <p>Restrictions:</p> <ul style="list-style-type: none"> <li>• Narcotic drugs – 4 months supply</li> <li>• Psychotropic substances – 6 months supply</li> </ul>	<a href="http://www.zimra.co.zw/index.php?option=com_content&amp;view=article&amp;id=22&amp;Itemid=27">http://www.zimra.co.zw/index.php?option=com_content&amp;view=article&amp;id=22&amp;Itemid=27</a> [Last accessed 14/08/16]	<p><i>The link provided details information about import and export. No evident information available from official government websites on medicines for personal use.</i></p>
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**The following countries are not currently on the database**

Afghanistan  
Albania  
Andorra  
Angola

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
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Antigua and Barbuda

Argentina

Australia

Bahamas

Bangladesh

Bolivia

Botswana

Burundi

Cabo Verde

Cambodia

Central African Republic

Comoros

Congo

Costa Rica

Côte d'Ivoire

Croatia

Cuba

Democratic People's Republic of Korea (North Korea)

Democratic Republic of the Congo

Djibouti

Dominican Republic

Egypt

El Salvador

Equatorial Guinea

Fiji

Gabon

Gambia

Greece

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
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Grenada  
 Guatemala  
 Guinea  
 Guinea-Bissau  
 Guyana  
 Honduras  
 Iran  
 Iraq  
 Jamaica  
 Kazakhstan  
 Kiribati  
 Kuwait  
 Lesotho  
 Liberia  
 Libya  
 Liechtenstein  
 Macedonia  
 Madagascar  
 Malawi  
 Mali  
 Marshall Islands  
 Mauritania  
 Monaco  
 Mongolia  
 Mozambique  
 Myanmar  
 Nepal  
 Nicaragua  
 Nigeria



Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
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Norway  
 Pakistan  
 Papua New Guinea  
 Paraguay  
 Philippines  
 Republic of Moldova  
 Romania  
 Rwanda  
 Saint Kitts and Nevis  
 Saint Vincent and the Grenadines  
 Samoa  
 San Marino  
 Sao Tome and Principe  
 Saudi Arabia  
 Serbia  
 Sierra Leone  
 Slovakia  
 Somalia  
 South Sudan  
 Sudan  
 Suriname  
 Swaziland  
 Tonga  
 Trinidad and Tobago  
 Turkmenistan  
 Tuvalu  
 United Kingdom of Great Britain and Northern  
 Ireland  
 United Republic of Tanzania

Name of Country	INCB information format	INCB information for travellers	URLs of Government Official Website/s	Additional Information on Government Official Website
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Uruguay  
Venezuela  
Vietnam  
Yemen  
Zambia