



General Guidelines for Travelling with Medicines

If you are travelling to India with prescription or over-the-counter medicines, it's essential to plan and understand local regulations. Some medications that are legal in your home country may be **restricted or prohibited** in India.

Therefore, it's advisable to **check with the Indian Embassy or Consulate in your country** before departure.

Travelling with Medicines

If you're carrying prescription or over-the-counter medicines, follow these guidelines to ensure a smooth and compliant journey:

1. **Carry enough medication** for the entire trip, with extra for unexpected delays or loss.
2. **Keep medicines in original packaging** with labels and information leaflets.
3. If refrigeration is needed, use a **cool pack, insulated pouch, or thermos flask**.
4. **Carry all essential medicines in your hand luggage:**
 - Checked baggage may be delayed or misplaced.
 - Split supplies across bags, if possible, for backup.
5. **Bring a copy of your prescription:** Ideally in English; *consider a translation if required*.
6. For syringes, narcotics, or controlled medications, **carry a doctor's note** explaining your need.

Air Travel with Liquid Medicines

If you are travelling with liquid medicine over 100mL, you must:

1. Inform your airline in advance
2. Carry a doctor's letter explaining the need for medication



Some medications available over-the-counter in your country may be restricted or prohibited in India. Check with the Indian Embassy or Consulate before travel.

If you require a cold storage option on arrival, please inform us ahead of time. We will do our best to coordinate refrigeration at your arrival hotel in New Delhi.

Vaccination Advice for Travelers to India

The **World Health Organization (WHO)** recommends that all international travelers are up to date with routine vaccinations. The following factors determine what additional vaccines may be advised:

- Age and medical history
- Immunization records
- Duration and purpose of travel
- Regions within India being visited
- Risk of exposure to infectious diseases
- Legal entry requirements of any countries en route

We **strongly recommend consulting your doctor or travel medicine specialist** at least **6–8 weeks before travel** to ensure adequate time for immunizations.

Routine and Recommended Vaccinations May Include:

- Tetanus, Diphtheria, & Pertussis (Tdap)
- Measles, Mumps, and Rubella (MMR)
- Malaria
- Hepatitis A and B
- Typhoid
- Polio
- Influenza
- Rabies (for those visiting rural areas or working with animals)